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NINTENDO DS™



# BRAIN AGE<sup>2</sup>™

*More* Training in Minutes a Day!



INSTRUCTION BOOKLET

**PLEASE CAREFULLY READ THE SEPARATE HEALTH AND SAFETY PRECAUTIONS BOOKLET INCLUDED WITH THIS PRODUCT BEFORE USING YOUR NINTENDO® HARDWARE SYSTEM, GAME CARD OR ACCESSORY. THIS BOOKLET CONTAINS IMPORTANT HEALTH AND SAFETY INFORMATION.**

**IMPORTANT SAFETY INFORMATION: READ THE FOLLOWING WARNINGS BEFORE YOU OR YOUR CHILD PLAY VIDEO GAMES.**

### **⚠ WARNING - Seizures**

- Some people (about 1 in 4000) may have seizures or blackouts triggered by light flashes or patterns, such as while watching TV or playing video games, even if they have never had a seizure before.
- Anyone who has had a seizure, loss of awareness, or other symptom linked to an epileptic condition should consult a doctor before playing a video game.
- Parents should watch when their children play video games. Stop playing and consult a doctor if you or your child have any of the following symptoms:

**Convulsions**  
**Altered vision**

**Eye or muscle twitching**  
**Involuntary movements**

**Loss of awareness**  
**Disorientation**

- To reduce the likelihood of a seizure when playing video games:
  1. Sit or stand as far from the screen as possible.
  2. Play video games on the smallest available television screen.
  3. Do not play if you are tired or need sleep.
  4. Play in a well-lit room.
  5. Take a 10 to 15 minute break every hour.

### **⚠ WARNING - Radio Frequency Interference**

The Nintendo DS can emit radio waves that can affect the operation of nearby electronics, including cardiac pacemakers.

- Do not operate the Nintendo DS within 9 inches of a pacemaker while using the wireless feature.
- If you have a pacemaker or other implanted medical device, do not use the wireless feature of the Nintendo DS without first consulting your doctor or the manufacturer of your medical device.
- Observe and follow all regulations and rules regarding use of wireless devices in locations such as hospitals, airports, and on board aircraft. Operation in those locations may interfere with or cause malfunctions of equipment, with resulting injuries to persons or damage to property.

### **⚠ WARNING - Repetitive Motion Injuries and Eyestrain**

Playing video games can make your muscles, joints, skin or eyes hurt after a few hours. Follow these instructions to avoid problems such as tendinitis, carpal tunnel syndrome, skin irritation or eyestrain:

- Avoid excessive play. It is recommended that parents monitor their children for appropriate play.
- Take a 10 to 15 minute break every hour, even if you don't think you need it.
- When using the stylus, you do not need to grip it tightly or press it hard against the screen. Doing so may cause fatigue or discomfort.
- If your hands, wrists, arms or eyes become tired or sore while playing, stop and rest them for several hours before playing again.
- If you continue to have sore hands, wrists, arms or eyes during or after play, stop playing and see a doctor.

### **⚠ WARNING - Battery Leakage**

The Nintendo DS contains a rechargeable lithium ion battery pack. Leakage of ingredients contained within the battery pack, or the combustion products of the ingredients, can cause personal injury as well as damage to your Nintendo DS.

If battery leakage occurs, avoid contact with skin. If contact occurs, immediately wash thoroughly with soap and water. If liquid leaking from a battery pack comes into contact with your eyes, immediately flush thoroughly with water and see a doctor.

To avoid battery leakage:

- Do not expose battery to excessive physical shock, vibration, or liquids.
- Do not disassemble, attempt to repair or deform the battery.
- Do not dispose of battery pack in a fire.
- Do not touch the terminals of the battery, or cause a short between the terminals with a metal object.
- Do not peel or damage the battery label.

### **Important Legal Information**

REV-E

This Nintendo game is not designed for use with any unauthorized device. Use of any such device will invalidate your Nintendo product warranty. Copying of any Nintendo game is illegal and is strictly prohibited by domestic and international intellectual property laws. "Back-up" or "archival" copies are not authorized and are not necessary to protect your software. Violators will be prosecuted.

*The official seal is your assurance that this product is licensed or manufactured by Nintendo. Always look for this seal when buying video game systems, accessories, games and related products.*



Nintendo does not license the sale or use of products without the Official Nintendo Seal.

**THIS GAME CARD WILL WORK ONLY WITH THE NINTENDO DS™ VIDEO GAME SYSTEM.**



Wireless DS  
Single-Card  
Download Play

**THIS GAME ALLOWS WIRELESS MULTIPLAYER GAMES DOWNLOADED FROM ONE GAME CARD.**

**NEED HELP PLAYING A GAME?**

Nintendo's game pages, at [www.nintendo.com/games](http://www.nintendo.com/games), feature walkthroughs, frequently-asked questions, and codes for many of our games. If your answer isn't there, check out our forums where you can exchange tips with other gamers online.

For more information about our forums, visit [www.nintendo.com/community](http://www.nintendo.com/community).

If you don't have access to the web-site, recorded tips for many titles are available on Nintendo's Power Line at (425) 885-7529. This may be a long-distance call, so please ask permission from whoever pays the phone bill.



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In this Instruction Booklet, the LCD Screen (top screen) is framed in **orange** and the Touch Screen is framed in **blue**.

## Introduction

Hello! I'm Dr. Ryuta Kawashima! Did you know that just like how you lose muscle mass with age, your brain function begins to decrease when you reach maturity? This happens even if you lead a normal, healthy life. Everyone knows you can prevent muscle loss with exercise, and use such activities to improve your body over time. But we now know that the same is true of your brain. If you proactively reinforce daily habits of brain training, you may help to prevent a decrease in brain function.

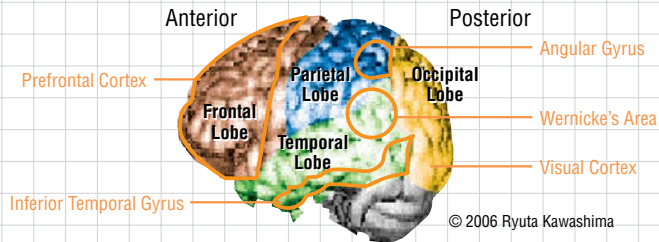
Have you noticed yourself forgetting things lately? Do you have trouble articulating exactly what you want to say? These symptoms may be alleviated by training your brain. But such training is not just for adults. Children, too, may be able to heighten their creativity and memory—and learn self-control—by training their brains.

Ryuta Kawashima, MD



## Getting the Most out of Your Prefrontal Cortex

The prefrontal cortex is like the control tower of your brain—it determines how you use stored knowledge in practical situations. That means that your “practical intelligence,” or ability to apply stored knowledge to your everyday reality, depends upon how well your prefrontal cortex functions. So training your prefrontal cortex could actually raise your intelligence!

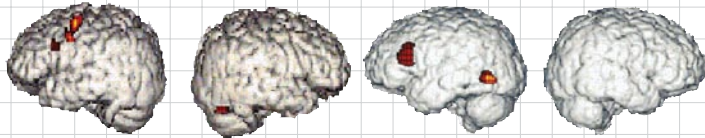


## A Brief Explanation of The Brain

Both hemispheres of the human brain are divided into four parts: the frontal lobe, parietal lobe, temporal lobe, and occipital lobe. The prefrontal region (which makes up a large part of the frontal lobe) is the foundation of creativity, memory, communication, and self-control. Its role could be described as the “brain within a brain.”

## Recent Neurological Research Regarding Brain Training

My research has shown that reading out loud and performing calculations quickly are effective for training your brain. The diagrams below and to the right show functional magnetic resonance imaging (fMRI) of the blood flow in a brain. The red and yellow areas show which parts of the brain are working. Red indicates the hardest working portions of the brain, while yellow displays slightly less activity.



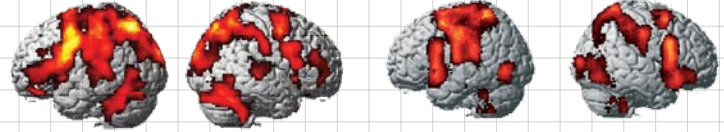
© 2006 Ryuta Kawashima

### A Brain in Idle Thought

The left hemisphere is working, but the right hemisphere is hardly working at all.

### A Brain Solving a Difficult Math Problem

Even when solving a hard problem, your brain may not be working very hard.



© 2006 Ryuta Kawashima

### A Brain Performing Simple Math Problems Quickly

Many parts of both hemispheres are working very hard.

### A Brain Solving Word Problems Quickly

When solving word problems, both hemispheres are very active.

These diagrams demonstrate that performing simple calculations quickly and solving word problems maybe effective ways to work your brain.

Based on these results, I conducted a memory test on a wide range of people, from elementary-school-age children to full-grown adults. My data showed that subjects who performed simple calculations and read aloud did two to three times better in tests of memory ability. Also, patients with cognitive impairment that performed simple calculations and read aloud two to five times per week were able to prevent the worsening of their condition and improve the functioning of their prefrontal cortices more than those who had not done such exercises.

## Training Your Brain with Brain Age

The key to training is sticking with it. This software was designed to work your brain with simple activities. It will also be fun so you can continue to use and enjoy it every day! An optimal time to do this training is in the morning, when your brain should be at its peak level of activity. Take a moment from your free time each day to complete your training.

Don't worry!  
I'll be assisting with your  
brain training. I'm sure we'll  
work well together!



## Modern Equipment Shows That Brain Training Works!

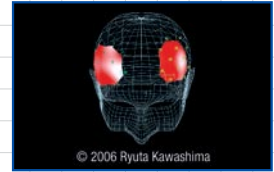
An imaging technology called near-infrared spectroscopy (Figure 1) has allowed us to investigate the workings of the prefrontal cortex in a person who is playing brain age. After testing several dozen training programs, we have selected only those that proved effective for activating the brain (Figure 2).

Figure 1



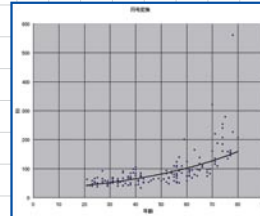
Measuring blood flow  
in the brain.

Figure 2



A three-dimensional image  
produced during the examination.

Chart 1

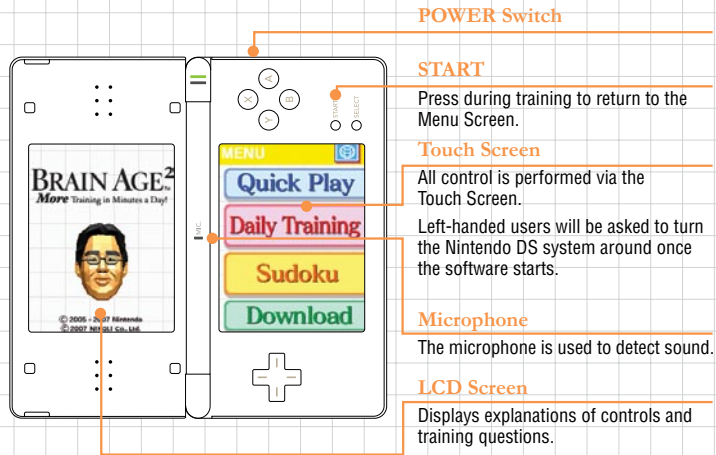


## How Is One's Brain Age Determined?

I took a sample set of 156 people from age 20 to 70 and broke them down into groups of 20. I then evenly dispersed them by age and adjusted their test results to find the best fit in a distribution curve (Chart 1). This is the curve used to calculate your brain's age when you use Brain Age 2.

## Nintendo DS System Controls

Please turn your Nintendo DS sideways when playing Brain Age 2.



If you close the DS while the power is on, it will automatically enter a power-saving Sleep Mode. It will resume normal mode when opened again.

## Getting Started

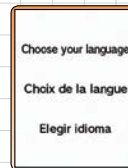
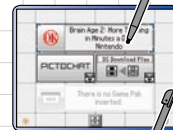
Make sure that the DS power is off then, insert the Game Card into the slot on the back of the system and push until it clicks into place.

Turn the power on and the Health and Safety Screen shown to the right will appear. Once you have read it, tap the Touch Screen.

On the Nintendo DS Menu Screen, touch the Brain Age 2 panel to progress to the Title Screen.

If your Nintendo DS system is set to AUTO MODE, you can skip the previous setting process. See the Instruction Booklet for your Nintendo DS system for more details.

In this software you can choose between three different languages: English, French, and Spanish. The language displayed during use of the software is based on this selection.

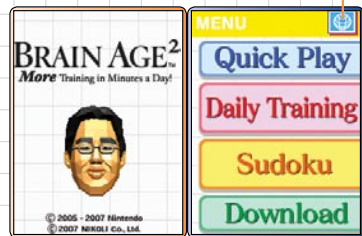


## Modes

Follow the instructions and advice on the LCD Screen to progress through Brain Age 2.

### LANGUAGE SELECTION

This icon allows you to select one of the three languages available in this software.



LCD Screen

Touch Screen

### QUICK PLAY

This provides light training for friends and family.

### DAILY TRAINING

Use this mode to check your brain age and do your everyday training.

### SUDOKU

Play over 100 sudoku puzzles on three difficulty levels.

### DOWNLOAD PLAY

- Take part in multiplayer training using Nintendo DS Wireless Communication.
- Upload the Quick Play version to another Nintendo DS system.

## Saving

This software automatically saves important data such as personal data, settings, your brain age, and training records. Do not turn the power off when switching between screens after training or other activities. See page 33 for details on how to erase personal data.

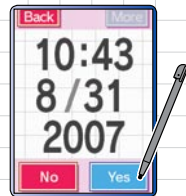
## Daily Training

### Your First Training Session

First you must create a personal data file to save your daily records. A maximum of four different personal data files can be created. To create a file, touch New Data File and follow the instructions.

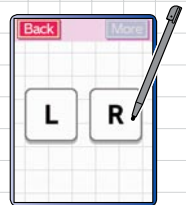
### Confirm the Date

Confirm that the date and time are accurate. If both are correct, touch "Yes." If not, touch "No." To change the date or time, you must first turn the Nintendo DS system's power off. See the Instruction Booklet for your Nintendo DS system for more details.



### Writing Hand

Select your writing hand. If you are right-handed, touch R and proceed to the next step. If you are left-handed, touch L, then follow the instructions to turn the Nintendo DS system around.





## Measuring Your Current Brain Age

When the doctor is finished explaining his theories about the brain, you will be able to test your current brain age.

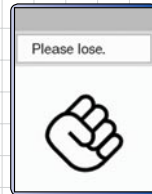
Parts of this test may require you to speak out loud, so please be sure you are in a quiet place. If you are not in such an area, tap "I Can't Speak" to take the Serial Subtraction test instead of Rock, Paper, Scissors.

### NOTE

- Voice recognition effectiveness will vary by individual.
- If you are having trouble being recognized, you may need to adjust how close you are to the microphone.

## ROCK, PAPER, SCISSORS

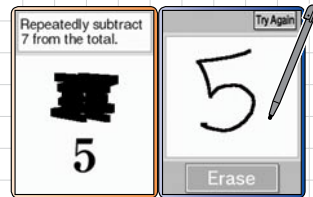
When the rock, paper, or scissors icon appears on the screen, select the appropriate response to win or lose the game as instructed at the top of the screen. Speak your answer into the Nintendo DS system's microphone. There are three possible responses: rock, paper, or scissors.



In this case, the answer is "scissors".

## SERIAL SUBTRACTION

Continuously subtract a small number from a larger one as fast as you can.



## Creating a Personal Data File

When the Brain Age Check is finished, you must give your personal data file a name. Use the stylus to sign your name on the Touch Screen.



Touch OK to proceed to the date entry. Using the Touch Screen, enter the final two digits of your year of birth. If you were born in 2000 or later, touch the small arrow to change 19 to 20. Touch OK when finished.



Enter your month and day of birth in the same way, then touch OK.

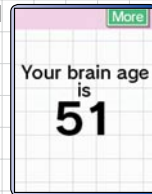


When the confirmation screen appears, touch OK to proceed to the next step. If you wish to change anything, touch Revise to return to the Name Entry Screen.



## Brain Age Check Results

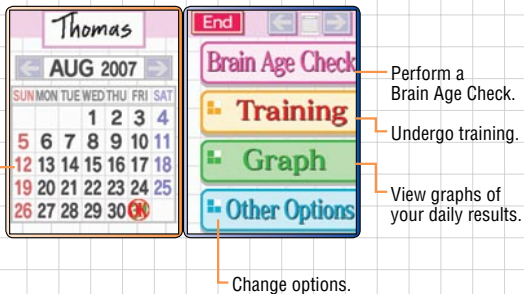
This displays your current brain age. Once you have accepted the score, touch TO DATA SELECT SCREEN. The Personal Data Selection Screen will appear.



If you wish to continue your brain training, touch the data you just created to access the Stamp/Calendar Screen.

### Stamp/Calendar Screen

Today's date will flash.



Stamps are awarded on days you have trained.

### Events

Depending on the day and time, an event may occur when you touch your personal data.

- **Acrostics**  
Create an original acrostic using the word shown on the screen.
- **Connect the Dots**  
Join up the dots on the screen to create a picture.
- **Picture Drawing** (only available when there is more than one set of personal data) Draw a picture that will be viewed by other players.

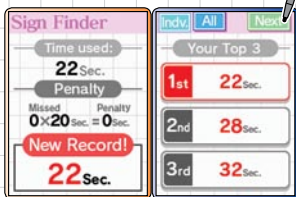
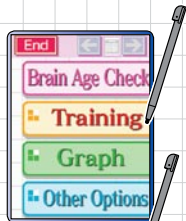
## Starting Training

Touch Training on the Stamp/Calendar Screen to display the Training menu, then touch the training you wish to perform.

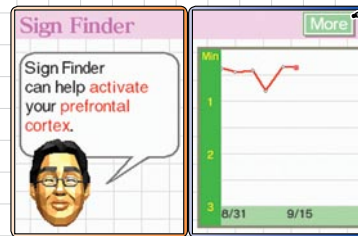
If you want to see the instructions for a program, tap Rules. It's located to the right of each program name.

When you have finished training, your results will appear on the LCD screen, while the Touch Screen will display the top three scores from that training program. Once you have read these, tap Next to display your ranking.

You can use a training program as many times per day as you want, but only your first score will be recorded.



Some advice and a graph showing your recent training results will be displayed. Touch More or Next to proceed.



You need to complete only one training program per day to receive a stamp on your calendar. (You can't earn more than one stamp per day.)

You can also design your own stamp. See page 34 for more information.

## Training Selection

When you start a new file, there are only three programs available, but you can unlock more by fulfilling certain conditions. Touch ▲ or ▼ to scroll through the training programs.



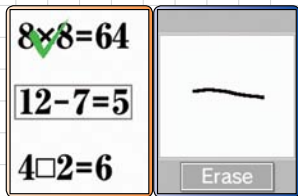
## Handwriting Recognition Tips

It will be easier for the software to recognize your writing if you write your letters and numbers as large as possible and without slanting.

- On page 49, you can find some useful tips about handwriting recognition.

## SIGN FINDER

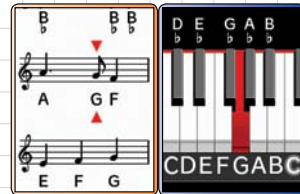
Enter one of the mathematical symbols (+, −, ×, ÷) on the Touch Screen to complete the sum shown on the LCD screen.



If you choose hard problems, remember that multiplication and division are solved before addition and subtraction.

## PIANO PLAYER

Use the piano keyboard displayed on the Touch Screen to play along with the musical score on the LCD screen.

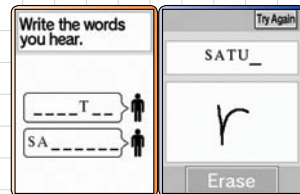


## Explanation of symbols

# Up a semitone (sharp); ♭ Down a semitone (flat); ♮ Back to normal (natural)

## WORD BLEND

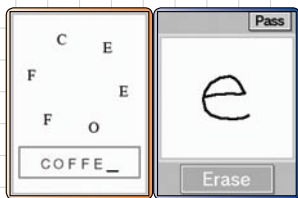
Listen to words being spoken and write down what you hear on the Touch Screen. You can touch Try Again up to six times to hear the words again.



- If you find it difficult to hear what is being said, try using headphones.

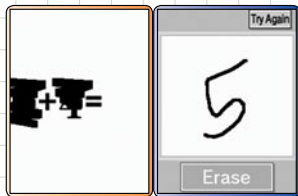
## WORD SCRAMBLE

Unscramble the spinning letters shown on the LCD screen and write the word you find on the Touch Screen.



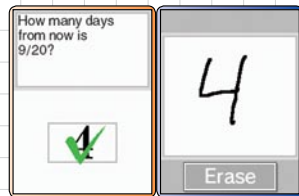
## MATH RECALL

Memorize the number before it is blacked out, then solve the problem by writing the answer on the Touch Screen. If you forget the number, touch Try Again to display a new number.



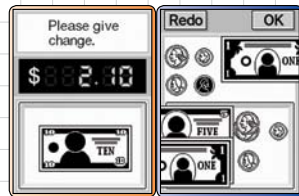
## CALENDAR COUNT

Solve problems based on the current calendar day, then write the correct day or date on the Touch Screen. You only need to write the first three letters of the day. Also note that the week is assumed to start on a Sunday.



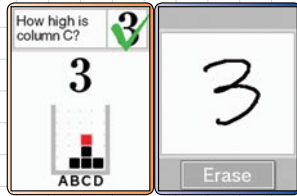
## CHANGE MAKER

Calculate the difference between the bill total and the amount tendered, then make correct change by tapping coins and bills on the Touch Screen. If you make a mistake, touch a coin to take it back, or touch Redo to start again. Press OK to hand over the change.



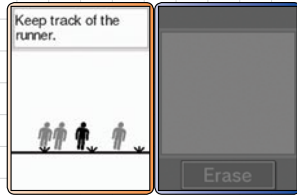
## BLOCK COUNT

Watch the falling blocks and remember their positions in the shaded area. When all the blocks have fallen, write down the height of one column on the Touch Screen. Remember to include spaces as well as blocks in your count.



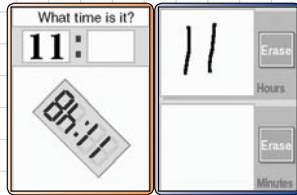
## MEMORY SPRINT

Follow the progress of the shaded runner as he competes in a footrace, then write down the position in which he finished on the Touch Screen.



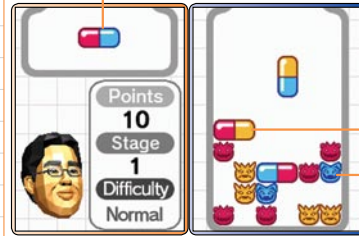
## CLOCK SPIN

Look at the clock on the LCD screen and write down the time on the Touch Screen.



## Virus Buster

It's a good idea to relax after your training session!



## Germ Buster

Eradicate the germs by lining up capsules of the same color either horizontally or vertically to make them disappear. When four or more of the same color connect, they will disappear. Touch a capsule to rotate it, or touch and slide the stylus to move it.

## Brain Age Check

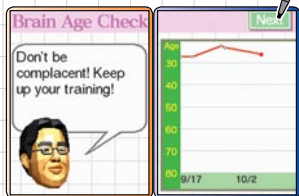
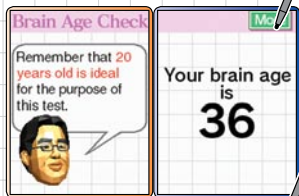
To perform a Brain Age Check, touch Brain Age Check on the Stamp/Calendar Screen.

You must complete three tests in succession. If you stop before completing all three, the test will be unsuccessful.

Your brain age will be displayed like so. Once you are satisfied, tap More.

This graph charts the progress of your brain age. Once you are satisfied, tap Next.

You can check your brain age as many times a day as you like, but only the first result will be saved.



## Brain Age Check Tests

### ROCK, PAPER, SCISSORS

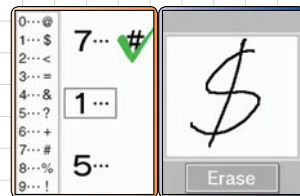
This is the same test that can be used when you create a new personal data file. See page 16 for game details.

### SERIAL SUBTRACTION

This calculation test can be used when you create a new personal data file. See page 16 for game details.

### SYMBOL MATCH

Look at the numbers and symbols in the key, then write the corresponding symbol on the Touch Screen when its number appears.



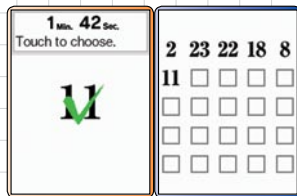


## MATH RECALL

This calculation test is also used for training. See page 25 for game details.

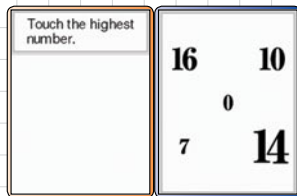
## NUMBER MEMORY

Memorize as many of the numbers as you can, then write them on the Touch Screen. You will have two minutes for each portion of this activity. You must touch each number's position before you write it.



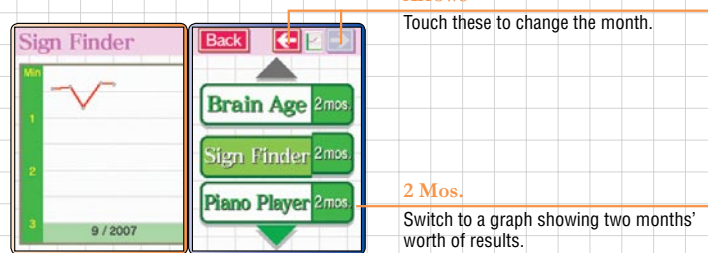
## HIGH NUMBER

Touch the number with the highest value on the Touch Screen.



## Graphs

Records of your training and brain age score are displayed as easy-to-read graphs.



Arrows

Touch these to change the month.

2 Mos.

Switch to a graph showing two months' worth of results.

Two Months Graph



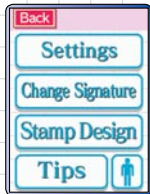
Compare

Tap this to compare results from different people. This option appears only when there is more than one save file on your Game Card.

## Other Options

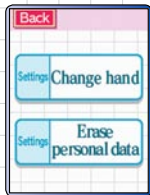
Touch Other Options to select Settings, Change Signature, Stamp Design and Tips. You can also access the credits by touching the icon in the lower-right corner.

Stamp Design and Tips can only be selected after you have received enough stamps.



## SETTINGS

From here you can select the Change hand and Erase personal data options.



Once personal data is deleted, it cannot be restored.  
Be careful!

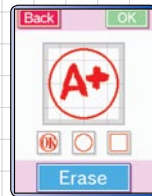
## CHANGE SIGNATURE

Change the signature used to name the personal data file.

## STAMP DESIGN

Design a new stamp to use on the stamp calendar. Touch Stamp Design to make the Stamp Design Screen appear. Draw your new design in the space provided and touch OK when finished.

Creating a new stamp will also turn all existing stamps into the new original design.



## TIPS

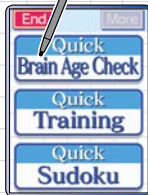
View the advice you receive after completing training.

## Quick Play

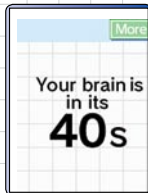
This option allows you or others to try a simplified version of training programs and the Brain Age Check. You can also play a quick sudoku puzzle.

### Quick Brain Age Check

You can start this check without creating a save file. Touch the mode name to start the program. When you're done reading the explanation, touch the start button to begin Rock, Paper, Scissors.

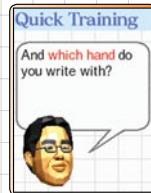


When the test has ended, your brain age will appear. Because this is a simplified version, the age is displayed in increments of decades, not by single years.



### Quick Training

To begin, tap the button that says Quick Training. The handedness settings screen will appear. Tap R if you are right-handed or L if you are left-handed. You may need to follow on-screen instructions about how to turn your DS.



The doctor's explanation will appear on the LCD screen. Touch More to read it, and "Press here to start" to begin. Unscramble the letters on the LCD screen and write the word they form on the Touch Screen.

### Quick Sudoku

Quick Sudoku lets you try your hand at a sudoku puzzle! To learn how to play, please read the sudoku section starting on page 37.



# Sudoku

To solve a sudoku puzzle, you must fill in the squares with a number from 1 to 9. But you need to follow three rules when writing in numbers!

First, each column must contain only one of each number from 1 to 9.



Second, each row must contain only one of each number from 1 to 9.

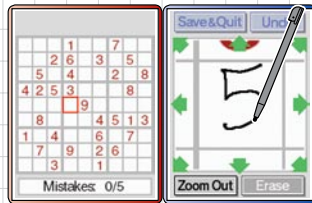


And finally, each 3x3 box must contain only one of each number from 1 to 9.

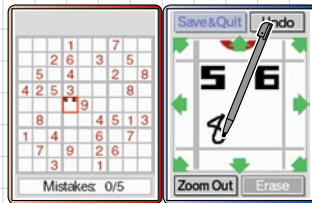


If you fulfill all three conditions and fill every square, you will clear the puzzle!

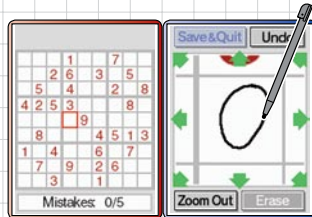
Touch the square you want to fill in to zoom in on it. Write a large number in the enlarged square.



To note a possible answer, write a small number in the square. This is called an Option. Each square can hold up to nine Options.



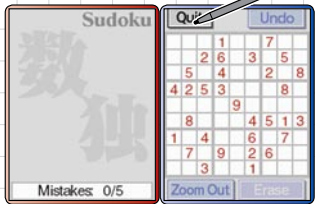
To erase your answer, write a "0" in the square or tap "Erase."



If you want to quit a puzzle, tap Save & Quit to save your game so you can come back to it later.

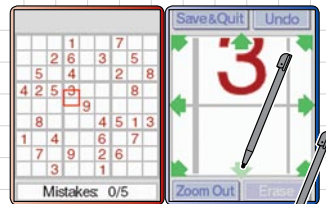


If you are playing the Quick Sudoku Demo, tap Quit to stop playing. You will not be able to save your game in this version.

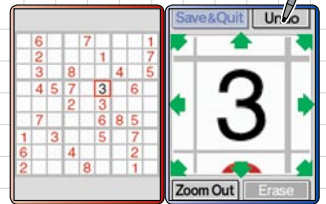


Touch the square you want to fill in to zoom in on it. Write a large number in the enlarged square.

When on a zoomed-in square, tap an arrow to move in that direction.



Tap Undo to take back your last answer.



You can choose to be notified when you enter a wrong answer. If you select Yes, you can get up to five wrong answers before you fail the puzzle. If you choose No, you won't know if an answer fits until you get every answer right. But no matter how many wrong answers you input, you won't fail the puzzle.

## Download

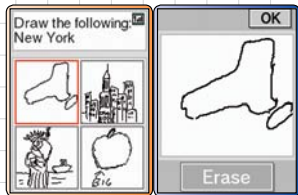
You can play with others by using the wireless communication function of your Nintendo DS.

See pages 47 and 48 for details on DS Download Play.

Up to 16 people can participate using a single Game Card. The Nintendo DS system with the Game Card inserted will act as the parent unit; all other Nintendo DS systems will be child units.

### VS. – PICTURE DRAWING (for 3 or more players)

All participants draw a picture based on a theme and then cast their votes for the best effort. The pictures are displayed on the Touch Screen and participants vote by touching the one they like best (excluding their own).

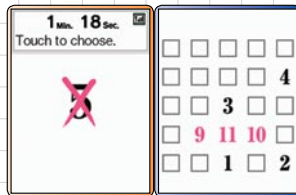


### VS. – WORD SCRAMBLE

Players compete to guess words. Points are awarded for the speed with which the correct answer is given. The player with the most points at the end of the battle is the winner. See page 25 for game details.

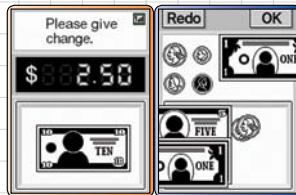
### VS. – NUMBER MEMORY

Players compete to enter the correct numbers. Once an opponent has entered a number in the right place, you can no longer use that space. See page 31 for game details.



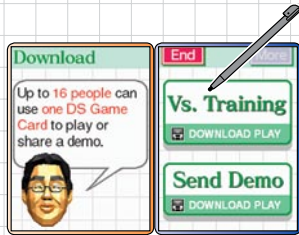
### VS. – CHANGE MAKER

Players compete to see who can give change the quickest. Points are awarded for the speed with which change is given and the player with the most points at the end of the battle is the winner. See page 26 for game details.

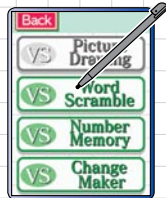


## Parent System

Tap Download on the main menu to reach the screen shown to the right. The number of people participating (including the parent unit) will appear on the Touch Screen. Then tap Vs. Training. Once everyone is ready, tap Next to send the game to the other units.

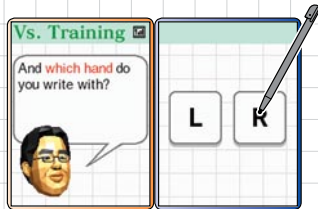


When the download has finished, select your writing hand. The Multiplayer Training Menu will then appear. Select the training you want and wait for the countdown.



## Child System

Download data from the parent DS. When the download is complete, you will see the handedness settings screen. When everyone has inputted the handedness settings, the countdown will begin!



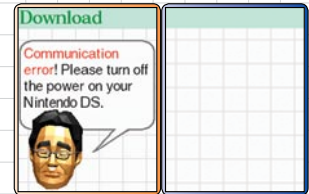
## After the Battle

After finishing, each participant's rank will appear. When you are ready to continue, tap Next.

To end Vs. Training, you must turn off the power to your Nintendo DS system.

## Communication Error

If the screen on the right is displayed, turn off the power to your Nintendo DS system and try downloading the data again.

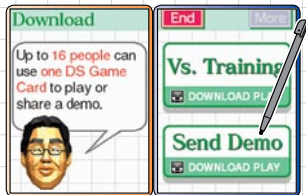


## Send a Demo

You can upload the Quick Play mode to other DS consoles. The DS with the card inserted will be the parent unit and send the demo. The other unit will be the child unit and receive the demo.

### Host System

Tap Download on the main menu to go to the screen shown on the right, then tap Send Demo. You will see a screen that tells you the DS is looking for a partner. When the child unit chooses to start the download, you will see a message saying “Sending to [NAME].” Tap Next and wait for the upload to finish.



### Child System

Once the download finishes, the title screen will appear. Select quick play and the three following modes will be displayed: Quick Brain Age Check, Quick Training and Quick Sudoku. You can then choose which one to play. See pages 35 and 36 for more details on these modes.

The demo version will remain in memory until you turn the power off.

## Using DS Download Play

(This section explains how to establish a link for DS Download Play.)

### Necessary Items

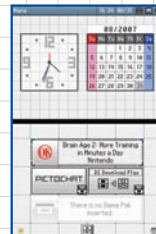
- Nintendo DS systems ..... 1 per player
- Brain Age 2 Game Cards ..... 1

### What to Do (For the Parent Unit)

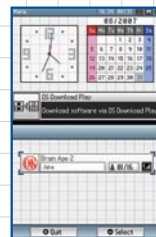
1. Make sure that all DS systems are turned off, then insert a Brain Age 2 Game Card into your unit.
2. Turn on the power for all systems. The DS Menu Screen will appear.
3. Touch the Brain Age 2 panel.
4. Follow the instructions on page 43.

### Steps - All systems excluding P1

1. Turn on the power of all the systems. The DS Menu Screen will appear.
2. Touch the DS Download Play panel. The Game List Screen will appear.
3. Touch the Brain Age 2 panel. The Download Confirmation Screen will appear.
4. When the correct software appears, touch Yes. The parent unit will then start the download process.
5. Next, follow the instructions on pages 41-42.



DS Menu Screen



Game List Screen



## General Tips

### Troubleshooting

If you are having trouble with voice recognition, try some of the tips below.

- Hold the Nintendo DS 8-12 inches from your mouth, and speak in a normal, clear voice.
- Make sure you are using the DS in a quiet environment.
- If you get a Try Again message, wait for the message to vanish before repeating your answer or trying a different answer.
- If you get a Try Again message when you haven't said anything, you should use the DS in a quieter environment.
- Try to refrain from saying anything other than your answer when playing.

### If you are having trouble with handwriting recognition, try some of the tips below.

- Write neatly. Sloppy handwriting is difficult to recognize.
- Write one letter at a time, using as much of the space provided as you feel comfortable. Smaller characters are harder for the system to recognize.
- The system recognizes both lower and upper-case letters. If you have particular trouble with one letter, try writing it in the opposite case.
- A single vertical line will always be recognized as an L. If you want to make an I, either put a dot on top of the line (i) or add horizontal lines to the top and bottom of the vertical line (l).
- Please try to refrain from adding unusually long tails or serifs to your written letters.
- Please be sure to fully close all letters.

## Profile



**Dr. Ryuta Kawashima,  
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Born 1959, Chiba City, Chiba Prefecture, Japan

Graduated Tohoku University School of Medicine. Completed course of research at Tohoku University, Graduate School of Medicine. Guest researcher at the Karolinska Institute, Sweden. Associate Professor, Assistant Professor, then Tenured Professor at Tohoku University. Former member of the National Council concerning Language and Culture. Foremost Japanese researcher of brain imaging, focusing on the functionality of different parts of the brain.

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