

Stroop Test

This exercise is to help 'strengthen the frontal lobes of the brain'.

Name the colours the words are printed in aloud as fast as you can. If you make a mistake, name the colour again correctly.

Example: Red should be "blue". Red should be "green". Red should be "red".

Red	Blue	Green	Yellow	Red
Green	Red	Green	Yellow	Blue
Green	Blue	Green	Yellow	Red
Blue	Yellow	Yellow	Blue	Green
Red	Blue	Red	Yellow	Green
Green	Yellow	Blue	Red	Red
Green	Yellow	Red	Blue	Green
Blue	Green	Yellow	Red	Blue
Red	Green	Yellow	Yellow	Blue
Blue	Blue	Red	Yellow	Green

