

CWSF 2015 - Fredericton, New Brunswick



Sindella Aiysha Sugden Lingard

Brain Nurture

Challenge: Health

Category: Senior

Region: East Kootenay

City: Sparwood, BC

School: The Fernie Academy

Abstract: In an aging population, dementia is increasing. Through the use of a nature video, reflecting appropriate day-night behaviour and calming imagery, mental well being and situational awareness is encouraged promoting positive behavioural change. Effect of colour and imagery was researched, and assessed by a survey. The results showed the video had a calming effect and helped retrieve memories providing a safe low cost therapy.

Biography

I was born in Australia and I lived on a boat for 5 years during my pre-teen years. I have travelled to the Caribbean, America, South America, and Antarctica. My passions include singing, swimming, reading, and writing. I hope to go to university in Australia next year, and partake in a Psychology degree. Once I have my degree I hope to work with children with Autism.

Awards

Value

Excellence Award - Senior - Bronze Medal Sponsor: Youth Science Canada	
University of Ottawa Entrance Scholarship Senior Bronze Medallist - \$1000 Entrance Scholarship Sponsor: University of Ottawa	\$1 000
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
Total	\$2 000