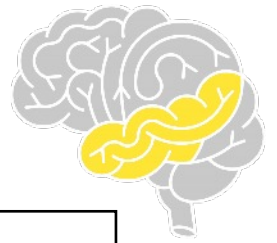


Isometric Exercise

This activity works your:

**Hippocampus
(Temporal Lobe)**



Shoulder External Rotation:

Bend your right arm in front of your body, palm up. Hold your right wrist with your left hand. Try to push your right arm outward, while pulling back with your left arm. Try not to let either arm move. Push and pull both arms firmly in opposite directions.

Hold for 5 seconds; reverse arms.



Sitting Kicks:

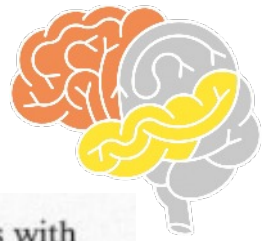
Sit in a sturdy chair. Lift your foot, straightening your knee as much as possible. Try to keep your knees level, as if you were holding a tray on your lap. Hold for 5 seconds. Slowly lower your leg down and relax. Return to the starting position and repeat with opposite leg. Do each leg 3 times.



Matchbox

This activity works your:

Frontal Lobe
Temporal Lobe



Enter names of geometric figures, one letter per box, so that the boxes with connecting lines have matching letters.

1. GEOMETRIC FIGURES

Example: ellipse

A word search puzzle grid consisting of 12 rows of boxes. The first row has 6 boxes, the second has 5, the third has 7, the fourth has 9, the fifth has 7, the sixth has 8, the seventh has 6, the eighth has 7, the ninth has 8, the tenth has 9, the eleventh has 8, and the twelfth has 4 boxes. Lines connect boxes between rows, indicating where words must be placed. The connections are as follows:
Row 1 to Row 2: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5.
Row 2 to Row 3: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5.
Row 3 to Row 4: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5, Box 6 to Box 6, Box 7 to Box 7.
Row 4 to Row 5: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5, Box 6 to Box 6, Box 7 to Box 7, Box 8 to Box 8, Box 9 to Box 9.
Row 5 to Row 6: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5, Box 6 to Box 6, Box 7 to Box 7, Box 8 to Box 8, Box 9 to Box 9.
Row 6 to Row 7: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5, Box 6 to Box 6, Box 7 to Box 7, Box 8 to Box 8, Box 9 to Box 9.
Row 7 to Row 8: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5, Box 6 to Box 6, Box 7 to Box 7, Box 8 to Box 8, Box 9 to Box 9.
Row 8 to Row 9: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5, Box 6 to Box 6, Box 7 to Box 7, Box 8 to Box 8, Box 9 to Box 9.
Row 9 to Row 10: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5, Box 6 to Box 6, Box 7 to Box 7, Box 8 to Box 8, Box 9 to Box 9.
Row 10 to Row 11: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5, Box 6 to Box 6, Box 7 to Box 7, Box 8 to Box 8, Box 9 to Box 9.
Row 11 to Row 12: Box 1 to Box 1, Box 2 to Box 2, Box 3 to Box 3, Box 4 to Box 4, Box 5 to Box 5, Box 6 to Box 6, Box 7 to Box 7, Box 8 to Box 8, Box 9 to Box 9.

JUNE #3



True or false? The majority of tornadoes occur April through June in North America.

Actor Michael J. Fox was born in June. Of the television shows *Family Ties*, *Spin City*, and *The Waltons*, which one did he **NOT** star in?

"You're a Grand Old Flag" was trademark registered on June 2, 1906. Who wrote the song?

- A. George Gershwin
- B. Ira Gershwin
- C. Irving Berlin
- D. George M. Cohan

Which of the following does **NOT** occur in June?

- A. Summer solstice in the northern hemisphere
- B. Summer equinox in the northern hemisphere
- C. Armed Forces Day in Canada and the United Kingdom
- D. Father's Day

Football player Joe Montana was born in June. What position did he play?

- A. Tight end
- B. Kicker
- C. Quarterback
- D. Receiver

True or false? The June birth flower is the daffodil.

Comic Stan Laurel was born in June. Who was his partner?

- A. Thomas Hardy
- B. Bud Abbott
- C. Dean Martin
- D. Oliver Hardy

True or false? June starts on the same day of the week as July.

June is pudding month. Fill in the blanks of this well-known phrase:
The _____ of the pudding is in the _____.

Class Logic

This activity works your:
Frontal Lobe



John Handley High trains its students to be trustworthy, respectable citizens of Winchester; however, it takes some time for them to get to that point.

In fact, ol' Mr. P, who has been at Handley as long as anyone can remember, has noticed the following tendencies among the student body:

1. Freshmen always lie.
2. Reflecting their standing as "second-class" citizens, sophomores will always lie *unless* they are the second ones to speak in a conversation.
3. John Handley Juniors *only* lie if they are the third ones to speak or if their sentence begins with a J.
4. Seniors at Handley never lie.

To test the validity of these observations, Mr. P recently brought four randomly chosen students into his computer lab for a talk. Their names were Fred, Sophie, Julius, and Selena. As it happened, no two of them were in the same graduating class. Mr. P asked each student to tell which class another student belonged to. They answered as follows:

- Fred: Julius is a sophomore.
- Sophie: Selena is a senior.
- Julius: Sophie is a freshman.
- Selena: Fred is a junior.

Mr. P realized that with this information, he could determine what grade each student was in. Can you?

Verb Generation

This activity works your:

Frontal Lobe
Temporal Lobe



List things people do at the Beach:

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Crossword

This activity works your:

Frontal Lobe
Temporal Lobe



Dairy-licious

Use the clues to fill in the crossword.

ACROSS

2. Sharp cheese
5. Dairy animal
8. Cold dessert
10. Bread spread
11. Pasture sound
12. Ice cream drink
13. Milk choice
14. Cheese with holes



DOWN

1. Mineral in milk
3. Common dip ingredient
4. Frozen _____
6. Coffee add-in
7. Whey partner
9. Tapioca or hasty
12. Goes with cereal

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