

Isometric Exercise

This activity works your:

**Hippocampus
(Temporal Lobe)**



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.



Biceps Curl:

With your right elbow at your side, use your left hand to provide resistance. Try to move the right forearm up, resisting the movement with your left hand. Hold for 10 seconds. Change arms and follow the instructions for your left arm.

Do each arm 3 times.



Cryptogram

This activity works your:

Frontal Lobe



Cryptograms are encoded English sayings or quotations where each letter has been substituted for another. Each puzzle uses a different substitution scheme, but letter substitutions are applied consistently throughout each individual puzzle. A letter may not stand for itself. Can you decode these cryptograms?

RIT SDVRY DMT LJAGZHMRDJR. AR'Y CIDR RITQ DMT

ZTMVTAFTK RH PT RIDR KTRTMGAJTY RIT VHLMYT HS

TFTJRY.

R stands for **T**

I stands for **H**

T stands for **E**

S stands for **F**

"HVL VMKZQ CZUL VZN FQL CLZPPD LYYLUHXAL

BLZIFQ, ZQO HVZH XN PZMTVHLC." -- KZCR HBZXQ

H stands for **T**

V stands for **H**

L stands for **E**

M stands for **U**



Sudoku

This activity works your:

Frontal Lobe



Fill in the blank squares so that each row, each column and each 2-by-3 block contains all of the letters A, B, C, D, E, and F.

	B				
				B	
	E	D	A		
A				F	D
B				D	C
C		F		A	

	B	C		E	
A	F		C		
					E
C		F		D	A
		A		F	

Word Unscramble

This activity works your:

Frontal Lobe



Mixed-Up Phantom

Unscramble the letters to reveal words associated with *The Phantom of the Opera*.

1. CITHIESNR _____
2. CMALSIU _____
3. OMEYRSUTIS _____
4. OABYWDAR _____
5. NOMPAT _____
6. LOUAR _____
7. RMOANEC _____
8. RGNEORDDUNU _____
9. REMAESDUQA _____
10. ROMRIR _____
11. ROAPE _____
12. ESLRERAHA _____
13. BAHAEERTK _____
14. IEHARDLCEN _____
15. RREMEPIE _____
16. IMRPA ODNAN _____
17. OSLSA _____
18. TAIELCTARH _____

Secret Message

This activity works your:
Frontal Lobe



School Days Secret Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all words that are synonymous with *friend*.
2. Cross off all words that are fruits.
3. Cross off all words that rhyme with *sand*.
4. Cross off all three-letter words.
5. Cross off all words that are flowers.
6. Cross off all words that are school supplies.



scissors	jog	apricot	chum
we	band	magnolia	buddy
don't	stop	hand	fox
heather	crayons	lip	mate
peach	going	lily	eraser
grand	to	school	coconut
art	daisy	paper	stand
companion	bland	when	pencils
plum	ally	fly	we
aster	ruler	fanned	graduate

Word Search

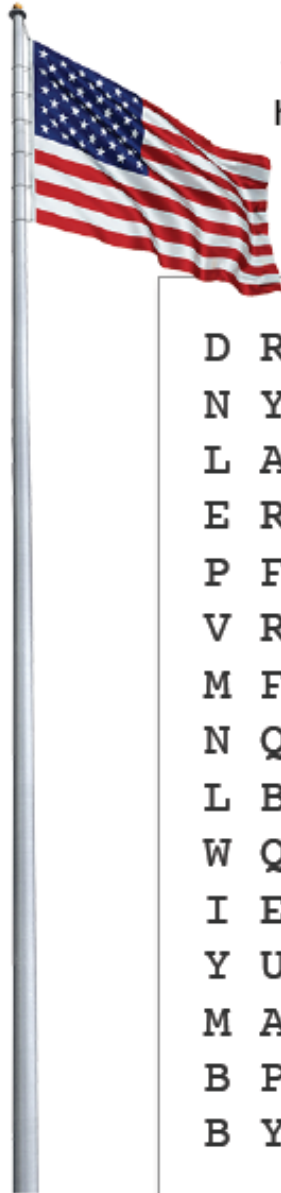
This activity works your:

Frontal Lobe
Temporal Lobe



Armed Forces

The words listed below can be found vertically, horizontally, diagonally, forward, and backward. Disregard spaces between words.



D	R	A	U	G	T	S	A	O	C	U	M	R	U	G
N	Y	T	D	I	X	A	Z	A	J	A	O	O	P	D
L	A	T	Q	T	X	Z	P	N	R	N	O	F	R	D
E	R	V	U	N	C	T	H	I	O	A	T	F	T	B
P	F	C	Y	D	A	E	N	H	E	M	N	I	W	I
V	R	F	D	I	E	E	P	C	X	A	A	C	G	N
M	F	I	N	I	C	V	R	S	Q	E	N	E	R	L
N	Q	W	V	O	I	O	I	Q	E	S	E	R	G	R
L	B	W	R	A	F	H	M	T	V	R	T	A	H	Y
W	Q	P	I	R	T	U	T	B	C	Y	U	R	O	C
I	E	C	I	V	R	E	S	J	Y	A	E	M	D	F
Y	U	A	C	O	R	P	O	R	A	L	I	Y	L	B
M	A	J	O	R	U	Y	Z	D	X	C	L	A	K	I
B	P	K	E	E	S	V	T	B	C	Q	G	S	J	Y
B	Y	Q	P	T	W	O	R	E	H	U	M	M	A	R

ACTIVE DUTY

FLAG

NAVY

AIR FORCE

HERO

OFFICER

ARMY

HONOR

PRIVATE

CAPTAIN

LIEUTENANT

RESPECT

COAST GUARD

MAJOR

SEAMAN

CORPORAL

MARINE CORP

SERVICE