

Isometric Exercise

This activity works your:

**Hippocampus
(Temporal Lobe)**



Triceps Press:

With your elbow at your side, use the other hand to provide resistance, as you try to move the forearm down, resisting the movement with the other hand. Hold for 10 seconds; reverse arms.

Do each arm 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.



Word Mining

This activity works your:

Frontal Lobe



See how many words you can make with the letters in:

GREAT WHITE SHARK

Use each letter only once. Give yourself two points for five-letter words, three points for six-letter words, and five points for words that have seven or more letters.



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

21. _____
22. _____
23. _____
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____
34. _____
35. _____
36. _____
37. _____
38. _____
39. _____
40. _____



Scategories

This activity works your:
Frontal Lobe



Boats Categories

Fill in the boxes with words or terms that begin with each of the letters in BOATS. Add your own category in the last row.

	B	O	A	T	S
Nouns					
Girls' Names					
Movies					
Fruits & Vegetables					
Adjectives					
Your Choice					

Last Letter

This activity works your:

Frontal Lobe
Temporal Lobe



Change the Last Letter

Make a word into a new word by changing the last letter.



1. Change a narrow road _____ to the solid part of Earth's surface _____.
2. Change a male cow _____ to a plant bud _____.
3. Change a writing implement _____ to a nickname for Margaret _____.
4. Change a flying vessel _____ to a nursery item _____.
5. Change a shrub _____ to a sculpture of the upper torso _____.
6. Change a stitched line _____ to a chair part _____.
7. Change a fisherman _____ to figures made by two intersecting lines _____.
8. Change a basic unit of language _____ to a long, thin invertebrate _____.
9. Change a remedy _____ to a ringlet _____.
10. Change a color _____ to a unit of measurement _____.
11. Change a Tiffany product _____ to a farm animal _____.
12. Change a beverage _____ to a marathon measurement _____.

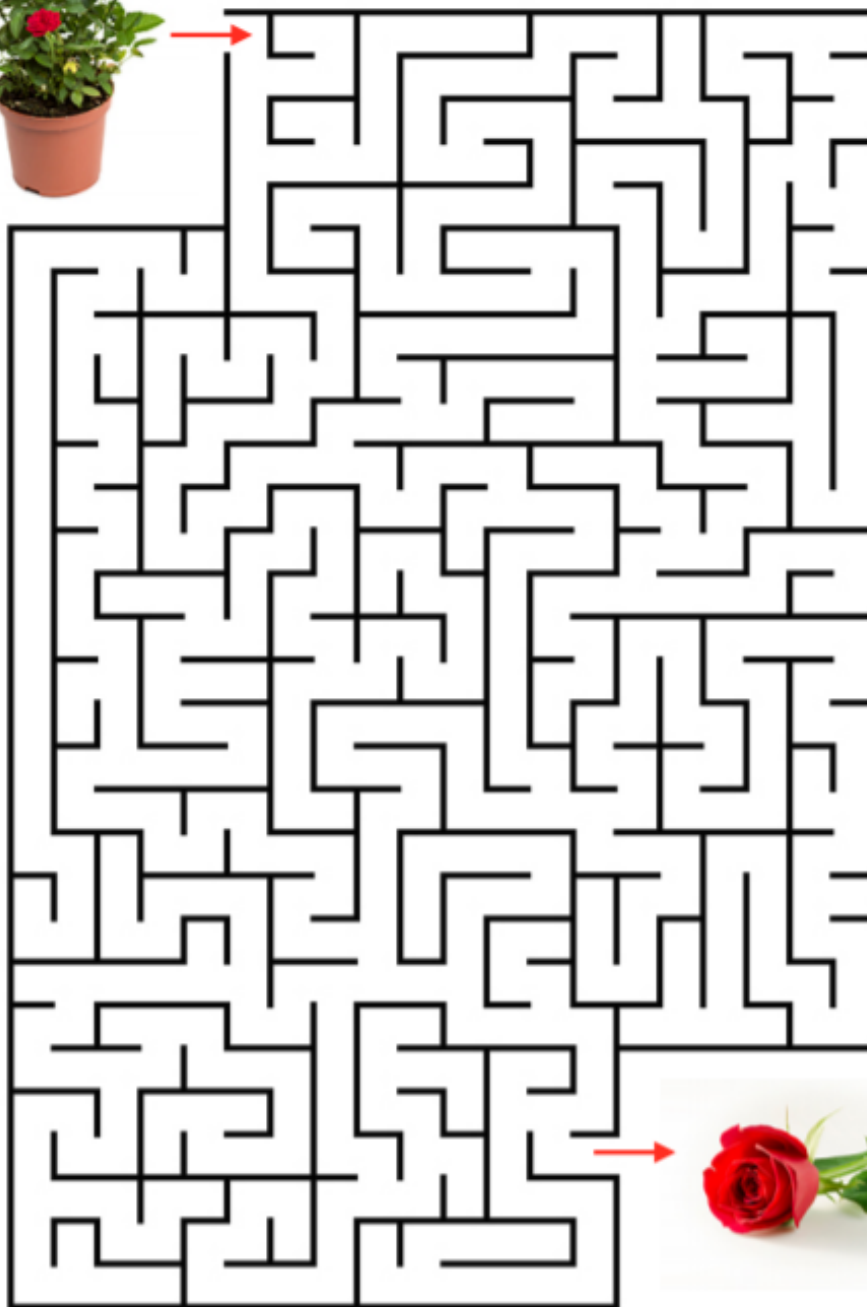
Maze

This activity works your:

Occipital Lobe



A Rose Is a Rose



Crossword

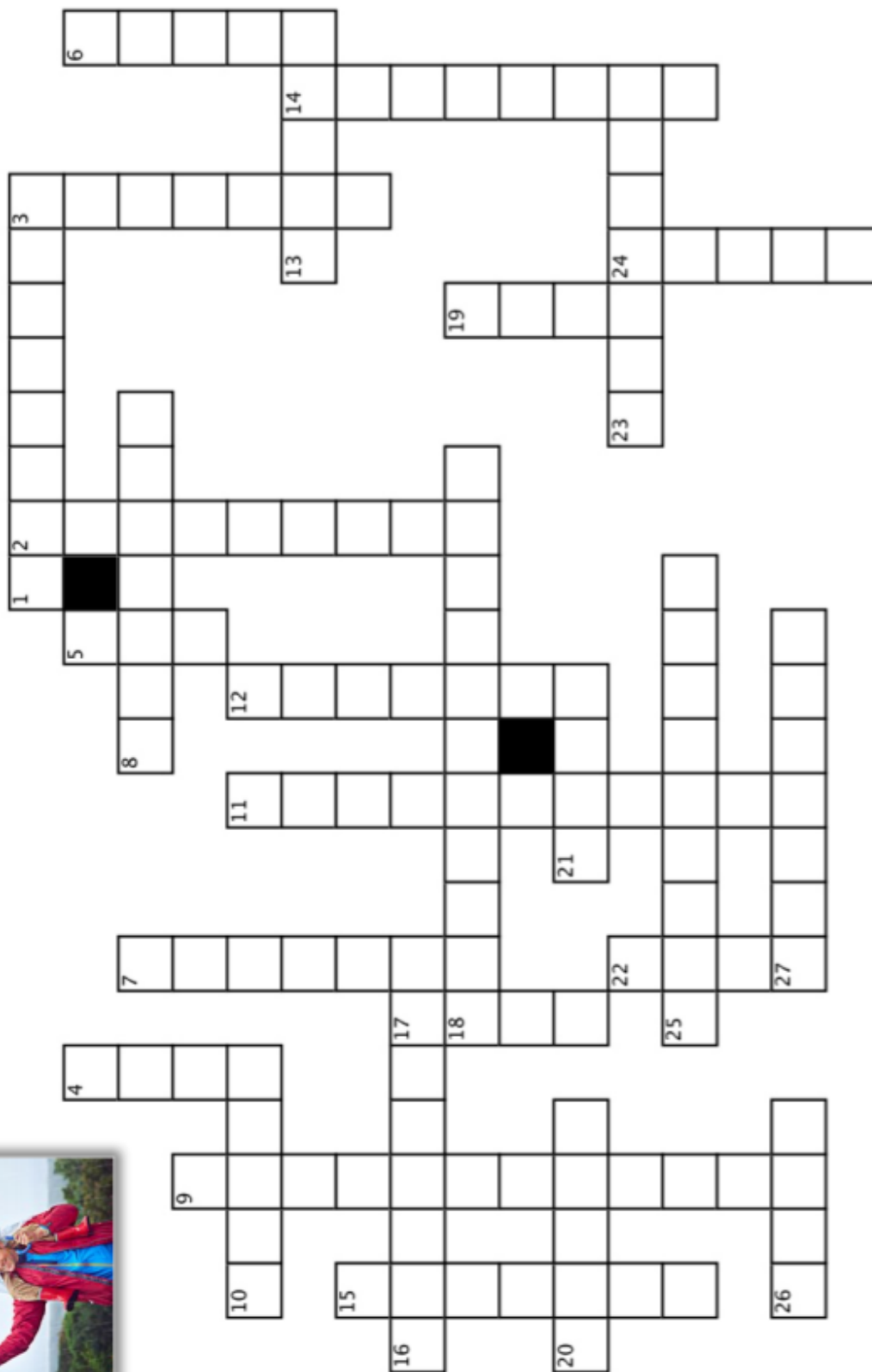
This activity works your:

Frontal Lobe
Temporal Lobe



Weather the Storm

Use the clues to fill in the crossword.





Weather the Storm

(clues)

ACROSS

1. Severe snowstorm
8. Prolonged dry spell
10. Winter blanket
13. Flash _____
16. Prediction
18. Study of weather
20. Doppler device
21. Drought ender
23. Scale of degrees
25. Upgrade from tropical storm
26. Sail lifter
27. Stormy weather sound

DOWN

2. Storm signal
3. Slow light rain
4. Fine spray
5. Visibility hinderance
6. Hot and sticky
7. Atmosphere
9. Droplets on cold surface
11. From liquid to vapor
12. Tropical storm
14. Gloomy
15. Transport to Oz
17. Kind of pollution
19. Frozen rain
22. Sudden rush of wind
24. Good forecast

