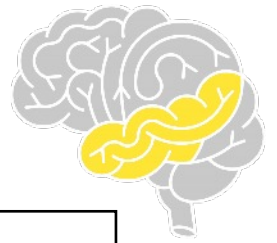


Isometric Exercise

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.



Buzz

This activity works your:

Frontal Lobe
Temporal Lobe



- Have participants count, beginning in a clockwise direction such that the first person says “one”, the second person says “two” and so on. Instruct people to say “Buzz” instead of the number if the number is a multiple of 4 (4, 8, 12, 16, etc.) or if the number has a 4 in the number (14, 24, 34, 40, 41, etc.). The direction reverses when someone says “Buzz” in place of the number.

Detective

This activity works your:

Frontal Lobe
Temporal Lobe



Sweet Tooth Detective



JUNE #6



Sweet Tooth Detective

Search for the items in bold.

Mikey and Dylan Matthews looked forward to their annual visit with dentist Dr. Gil. Last year they got a good report, and Mom rewarded them each with a \$5 bill. And since they'd been brushing with their **2 toothbrushes** every single day, "Why, Mrs. Matthews! What great teeth your boys have," Dr. Gil would surely say.

Imagine their surprise when, instead of glowing results, two cavities apiece were reported. "How can this be? I never let them eat candy or junk food," Mother Matthews retorted. The boys gave one another a guilty look that did not go unnoticed by their mama, And when they got home, she marched them to their room, and thus began the drama.

Under their beds she found an **Oh Henry!**, a **Mr. Goodbar**, **Dots**, and **2 rolls of Life Savers**, **5 Milky Ways**, **3 Snickers**, and **2 Cracker Jack boxes**, all stashed away for binging on later. Buried under clothes were **3 Cokes** and two empty bottles of **Dr. Pepper** and **Mountain Dew**. "Where else have you hidden stuff?" asked Mama as Mikey surrendered a **lunch box** hiding a **TruMoo**.

The boys produced from here and there a **Banquet pie**, **lollipop**, and a **box of animal crackers**. Into a **paper bag** Mama collected **5 Dum Dum suckers** and **2 candy canes** from her li'l snackers. But the *pièce de résistance* was the **pint of melted ice cream**, **Hershey's Syrup**, and **scooper**. So Mama shared **grapes** and **4 boxes of raisins** to ease her boys out of their sugar-high stupor.

“Spelling”

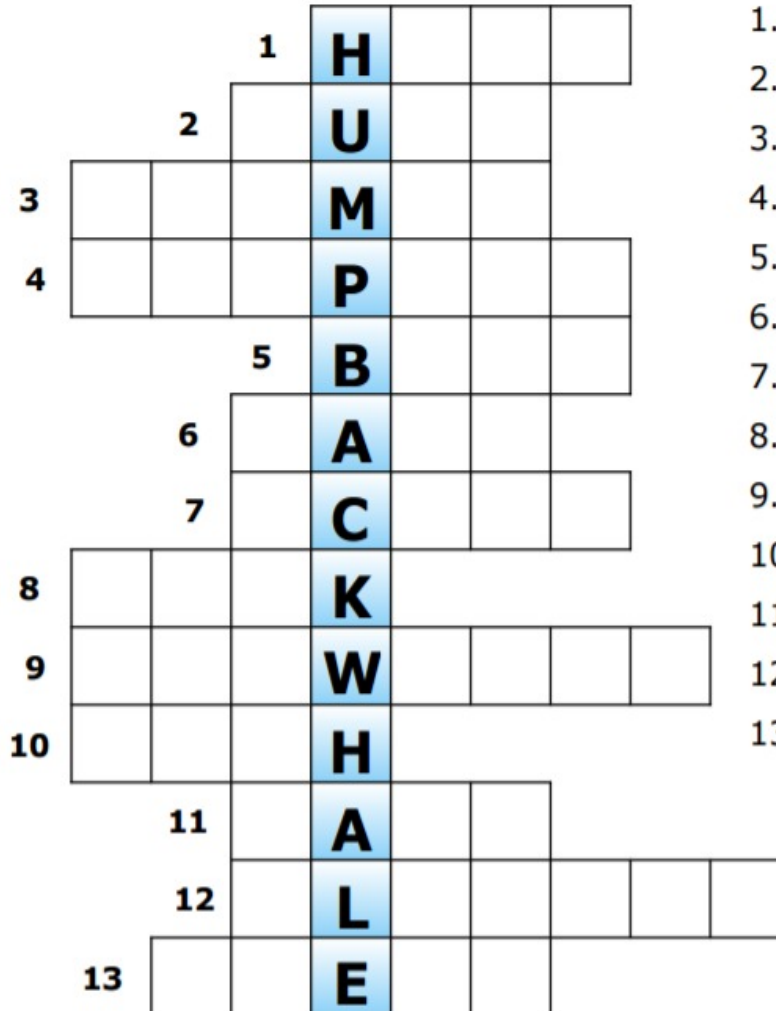
This activity works your:

Frontal Lobe



Spelling HUMPBAC WHALE

Use the clues to fill in the grid.



1. Gigantic
2. Rounded protuberance
3. Warm-blooded creature
4. Whale fin
5. Whale color
6. Young whale
7. Sea
8. Converse
9. Whale breather
10. Whale food
11. The end of the whale
12. Frolicsome
13. Choppers

Logic Puzzle

This activity works your:

Frontal Lobe



Three humans and three monkeys (one big, two small) need to cross a river. But there is only one boat, and it can only hold two bodies (regardless of their size), and only the humans or the big monkey are strong enough to row the boat. Furthermore, the number of monkeys can never outnumber the number of humans on the same side of the river, or the monkeys will attack the humans.

How can all six get across the river without anyone getting hurt?



Word Search

This activity works your:

Frontal Lobe
Temporal Lobe



Over the River

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

AMAZON
ARKANSAS
COLORADO
CONGO
DANUBE
GANGES
INDUS
MACKENZIE
MEKONG
MISSOURI
NIGER
NILE
RHINE
RIO
TIGRIS
YAMUNA
YANGTZE
YUKON

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

