

# Isometric Exercise

This activity works your:

**Hippocampus  
(Temporal Lobe)**



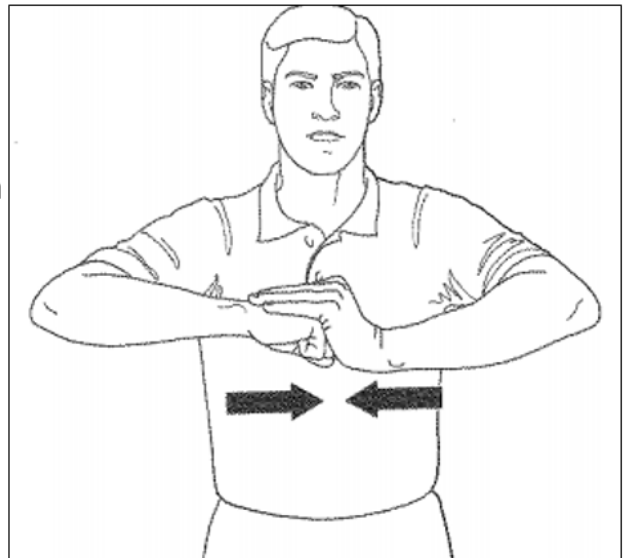
## **Sitting Kicks:**

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.



## **Chest Press:**

Press your hands together, keeping them at height, about six to eight inches in front of you. Hold for 10 seconds. Do 3 times.



# Ping Pang Pong

This activity works your:

**Frontal Lobe**  
**Temporal Lobe**



- Starting Clockwise, the first person says PING, next says PANG, and the third says PONG. On PONG, and only PONG, the person saying pong points to another participant and the game jumps to whoever the person saying PONG is pointing at. The person being pointed at then starts with PING again and play continues.

# Word Ladder

This activity works your:

**Frontal Lobe**



**RULE: Change ONLY one letter at a time and form a new word at each step.**

Change WINTER to SUMMER.

Change STAR to WARS.

Change BOY to MAN.

Change WOOD to FIRE.

Change ARM to LEG.

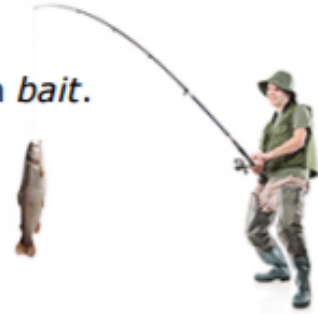
Change HAND TO FEET.





## Fish or Cut "Bait"

Use the clues to reveal words that rhyme with *bait*.



1. Had lunch \_\_\_\_\_
2. Use the rink \_\_\_\_\_
3. Bide one's time \_\_\_\_\_
4. Writing tablet \_\_\_\_\_
5. Destiny \_\_\_\_\_
6. Shipping container \_\_\_\_\_
7. Palm fruit \_\_\_\_\_
8. Dish \_\_\_\_\_
9. Shred cheese \_\_\_\_\_
10. Scale's reading \_\_\_\_\_
11. Fence opening \_\_\_\_\_
12. Assess \_\_\_\_\_
13. Tardy \_\_\_\_\_
14. Cargo load \_\_\_\_\_
15. Characteristic \_\_\_\_\_
16. Husband or wife \_\_\_\_\_
17. Unbending \_\_\_\_\_
18. Washington, for one \_\_\_\_\_



## Which One Is Not Like the Others?

Circle the word in each group that does not belong. Do you know why?

1. snake chameleon gecko iguana
2. Switzerland Poland Morocco Greece
3. penne pesto orzo ravioli
4. octopus sturgeon shark marlin
5. red yellow green blue
6. peach cherry mango banana
7. maple spruce birch oak
8. broccoli lentil green bean pea
9. yak bison buffalo moose
10. cheesesteak French dip minestrone BLT
11. merlot ale lager stout
12. Buick Schwinn Lexus Acura
13. Snoopy Pluto Old Yeller Marmaduke
14. chain-link picket wrought iron stucco
15. Zeus Poseidon Athena Apollo
16. For Sale Yield One Way Stop



# Crossword

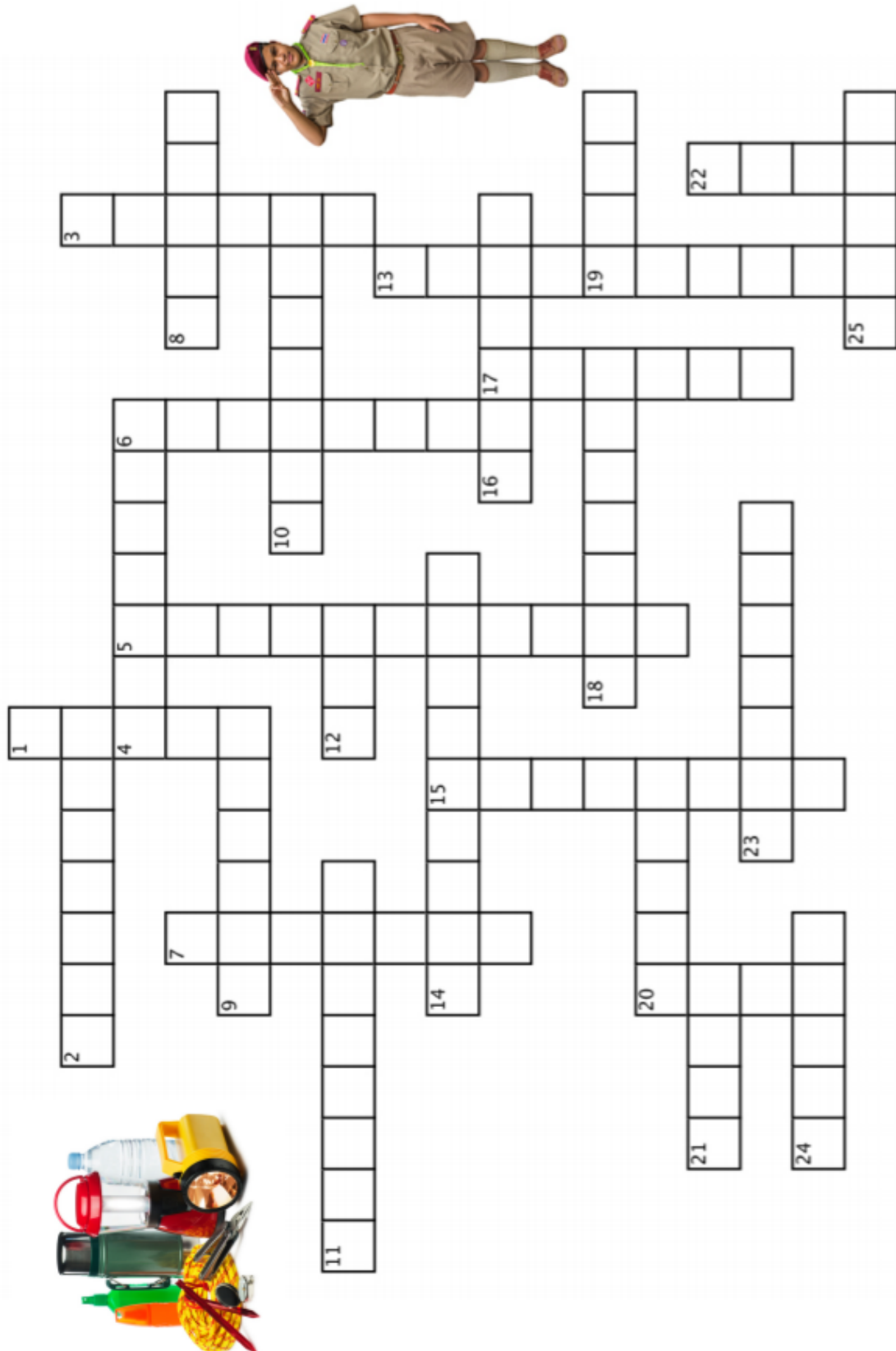
This activity works your:

**Frontal Lobe**  
**Temporal Lobe**



## Going Camping

Use the clues to fill in the crossword.



# Crossword

This activity works your:

**Frontal Lobe**  
**Temporal Lobe**



## Going Camping

(clues)

### ACROSS

- 2. Water holder
- 4. Bugs
- 8. Feathered friends
- 9. Mother \_\_\_\_\_
- 10. Hiker's tool
- 11. Protective lotion
- 12. Navigation aid
- 14. Peaks
- 16. Fishing spot
- 18. Portable lamp
- 19. Go on foot
- 20. Hiking path
- 21. Blaze
- 23. Outdoor pastime
- 24. Footwear
- 25. Night sight

### DOWN

- 1. Cutting tool
- 3. Wooded area
- 5. Camper's bedding
- 6. Bikini, for one
- 7. Masked critter
- 13. Torch
- 15. Hiking snack
- 17. Park officer
- 20. Camp shelter
- 22. Antlered animal

