

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.



JUNE #8

Matching

This activity works your:

Temporal Lobe



Classical Music

Match the clue to the correct answer.

- | | |
|--|---------------|
| 1. He wrote to his "Immortal Beloved" | A. Crotchet |
| 2. Franz Joseph _____ | B. Staccato |
| 3. Passage performed very loud | C. Debussy |
| 4. Woodwind that's usually black | D. Brahms |
| 5. "Hungarian Rhapsodies" composer | E. Legato |
| 6. Clef type | F. Fortissimo |
| 7. French composer Claude | G. Oboe |
| 8. Chopin's instrument | H. Beethoven |
| 9. Detached, musically | I. Sharp |
| 10. Piccolo's cousin | J. Treble |
| 11. "The Unfinished Symphony" composer | K. Schubert |
| 12. Smooth, musically | L. Haydn |
| 13. Quartet member | M. Mozart |
| 14. Johann Sebastian _____ | N. Liszt |
| 15. A quarter note | O. Bach |
| 16. "A German Requiem" composer | P. Piano |
| 17. "Amadeus" subject | Q. Violin |
| 18. Above true or normal pitch | R. Flute |



Trail Making

This activity works your:

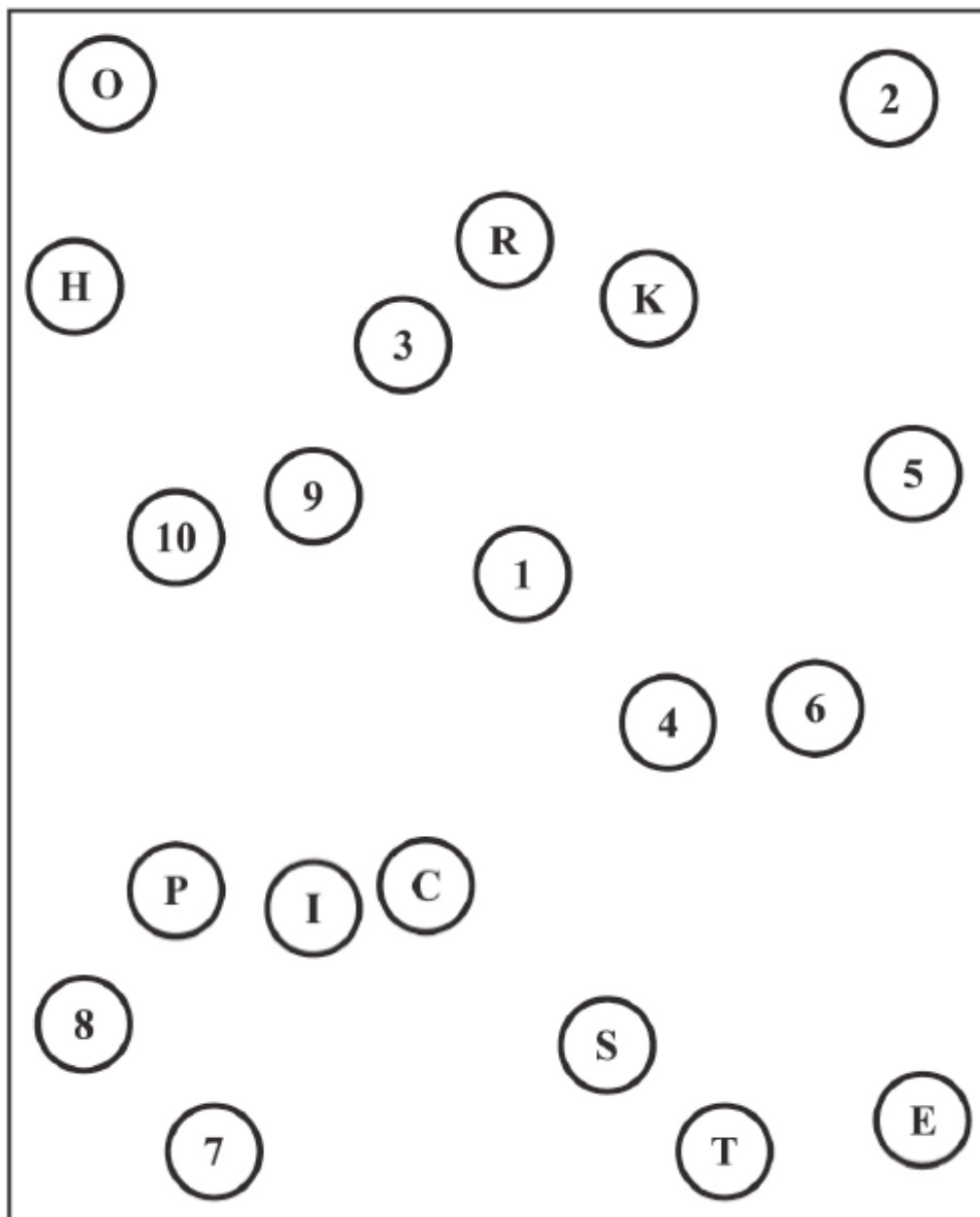
Frontal Lobe



(Spell ROCKET SHIP)

Dr. Rob Winningham

Connect the circles in ascending order. Begin with number 1 and alternate between numbers and letters to spell ROCKET SHIP. For example, connect 1-R-2-O-3-C, etc. Keep your pencil on the paper and work as quickly as you can.



JUNE #8

Trail Making

This activity works your:
Frontal Lobe



This exercise trains your mental flexibility and your strategy capacities,
Look at the words and numbers below. Your job is to link the following numbers
and words. First sort the words in alphabetical order. Then sort the numbers from
smaller to bigger. Start with the number marked "Begin" and end with the word
marked "End." Draw a line from number to word, until they're all linked.

Example: spring; 44; summer; 563; winter; 8152

Trail Making exercise layout showing words and numbers in ovals:

- Words: TANGO, BEGIN, END, WALTZ, RUMBA, MAMBO, TWIST, SALSA, SAMBA
- Numbers: 1000, 9652, 96856, 253, 1010, 96538, 10

The words are arranged in a grid-like fashion, and the numbers are scattered around them. The goal is to link the numbers in ascending order (starting from 10) to the words in alphabetical order (starting from BEGIN).

Word Mining

This activity works your:

Frontal Lobe



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

BRAIN TEASERS

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. _____



6x6 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 digits 1 thru 6.

	2	3		5	
1	6		3		
					5
3		6		4	1
		1		6	

3				5	
5		2	3		1
		1			6
			2		
4		3	1		5
		6			3

Word Search

This activity works your:

Frontal Lobe
Temporal Lobe



Dino-Mite

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



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

ARMOR
BIPED
CARNIVORE
CLAWS
EGGS
EXTINCT

FOSSIL
HERBIVORE
HORNS
JURASSIC
MESOZOIC
PLATES

PREDATOR
RAPTOR
SPIKES
STEGOSAURUS
THEROPOD
TRICERATOPS