

# 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 #9**

# Match

This activity works your:  
**Frontal Lobe**



## Matching Radios

Find the two radios that are exactly alike.



# Scategories

This activity works your:

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



## Smile Categories

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



	S	M	I	L	E
Occupations					
Cities					
Actresses (first or last name)					
Food					
Books					
Your Choice					

# Mathemagic

This activity works your:

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



- Assign each participant to group A or B, alternating ( A, B, A, B, etc.)
- Each person will count out loud as high as they can for 2 minutes. People assigned to group A will count by 6, while group B counts by 8.
- After 2 minutes, have participants count backwards from 100 (or a higher number for greater difficulty). Again have group A count by 6, and group B count by 8.



List words that can **describe** a  
Beach or Lake:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# Word Fit

This activity works your:

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

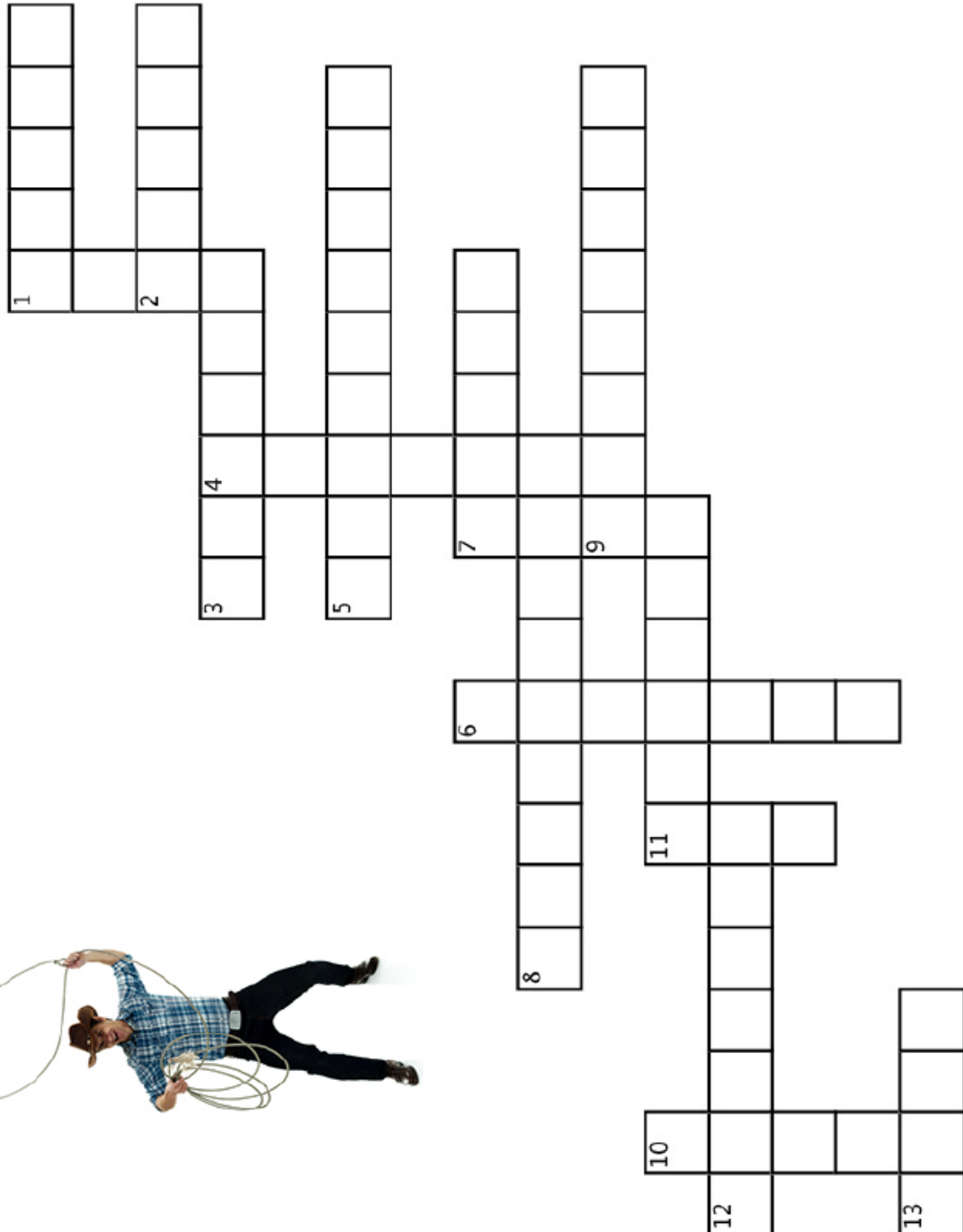


## Cowboy Up

Fit the list of words into the puzzle.



HAT  
BULL  
COWS  
HERD  
BOOTS  
CHAPS  
LASSO  
RANGE  
CORRAL  
HORSES  
BANDANA  
BEDROLL  
RANCHER  
WRANGLER  
BUNKHOUSE  
HORSESHOE



**JUNE #9**