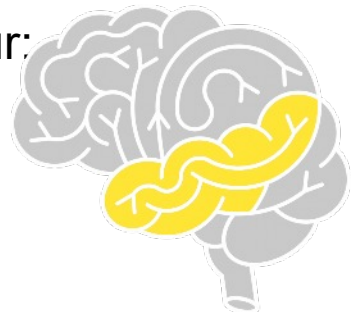


Isometric Exercise

Brain Warm-Up

This activity works your:

Hippocampus



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.



Fill in the missing letters to form words that rhyme with *rain*.

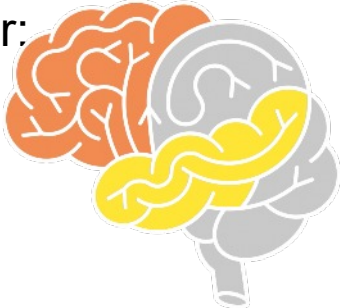
- 1. A flying vessel
- 2. Wheat, for example
- 3. A large machine used to lift heavy objects
- 4. A locomotive
- 5. Not fancy
- 6. A walking stick
- 7. A body organ
- 8. Lion's hair
- 9. Connected metal links
- 10. Country

A I R P L _ N E
_ R A I N
C R A N _
T R A _ N
_ L A I N
C _ N E
B R A I _
_ A N E
C H A _ N
_ P A I N



This activity works your:

Frontal Lobe
Temporal Lobe



Detective

This activity works your:

Frontal Lobe
Temporal Lobe



Tea Party Detective





Tea Party Detective

How many of these things can you find?

- Teapot
- 5 teacups without handles
- Tea towel
- Silver platter
- 2 rounds of brie
- 5 fudge-striped cookies
- Sleeve of crackers
- Bunch of grapes
- 2 lemons
- Tin of jasmine tea

What else do you see in the picture?

Trivia

This activity works your:

Frontal Lobe
Temporal Lobe



Which is a hand in poker: blackjack or royal flush?

What is the most common species of domesticated bird: a penguin or a chicken?

Which is smaller in size: a Great Dane or a Chihuahua?

Who wrote the patriotic song “You’re a Grand Old Flag”: Bing Crosby or George M. Cohan?

In the comic strip, what is the last name of Blondie and her husband, Dagwood: Tracy or Bumstead?

What country produces more wine than any other: Iceland or Italy?

What famous singer recorded “Jailhouse Rock”: Frank Sinatra or Elvis Presley?

What character on The Lone Ranger TV series did actor Jay Silverheels play: Joe Friday or Tonto?

Which holiday always occurs in December: Halloween or Christmas?

Which is the name of a river: Denali or Amazon?

Finish the expression: “Don’t bite off more than you can
_____.”

Which Roman numeral is greater: VI or XI?

True or false? The top of the Empire State Building was originally designed to be a mooring post for dirigibles.