

# 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:**

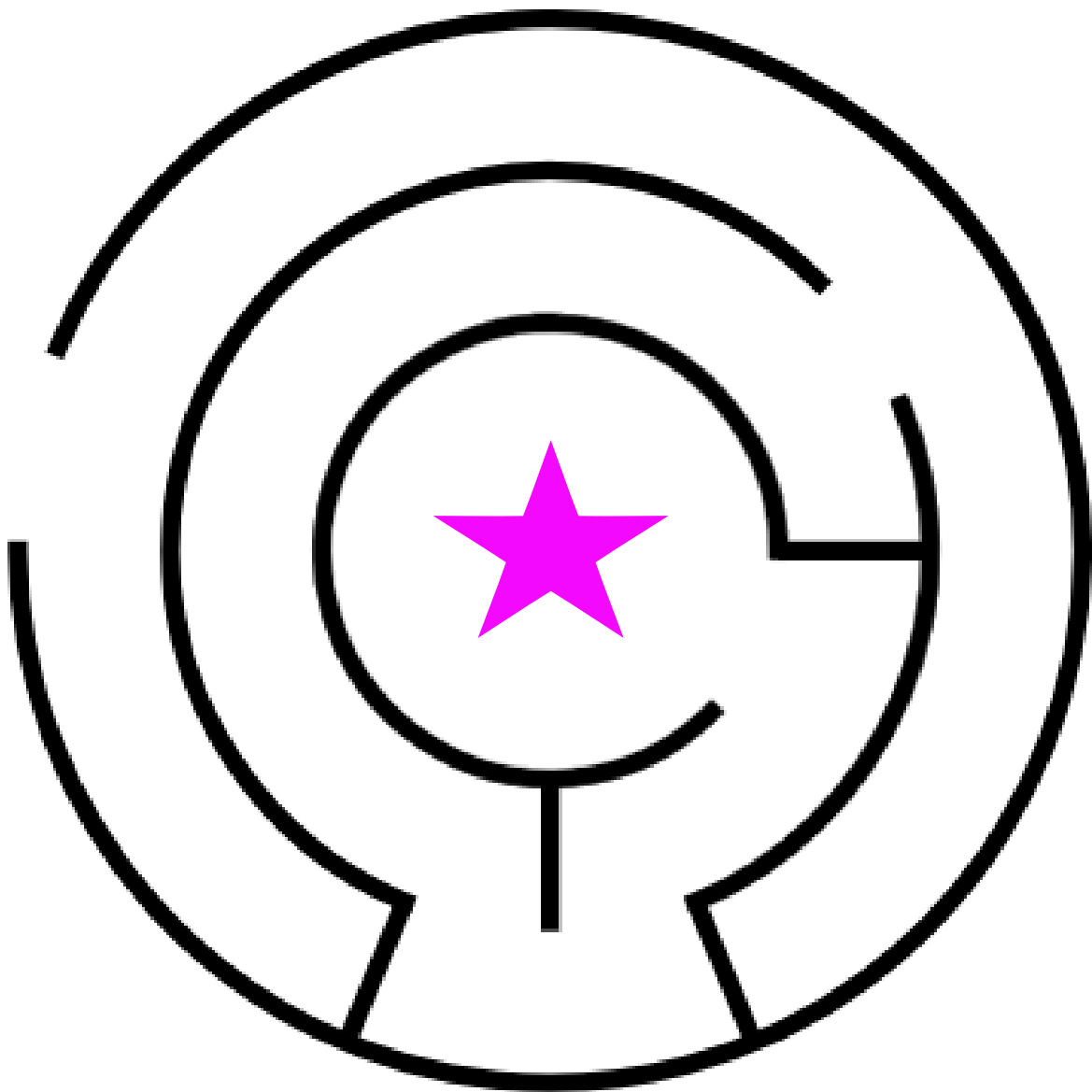
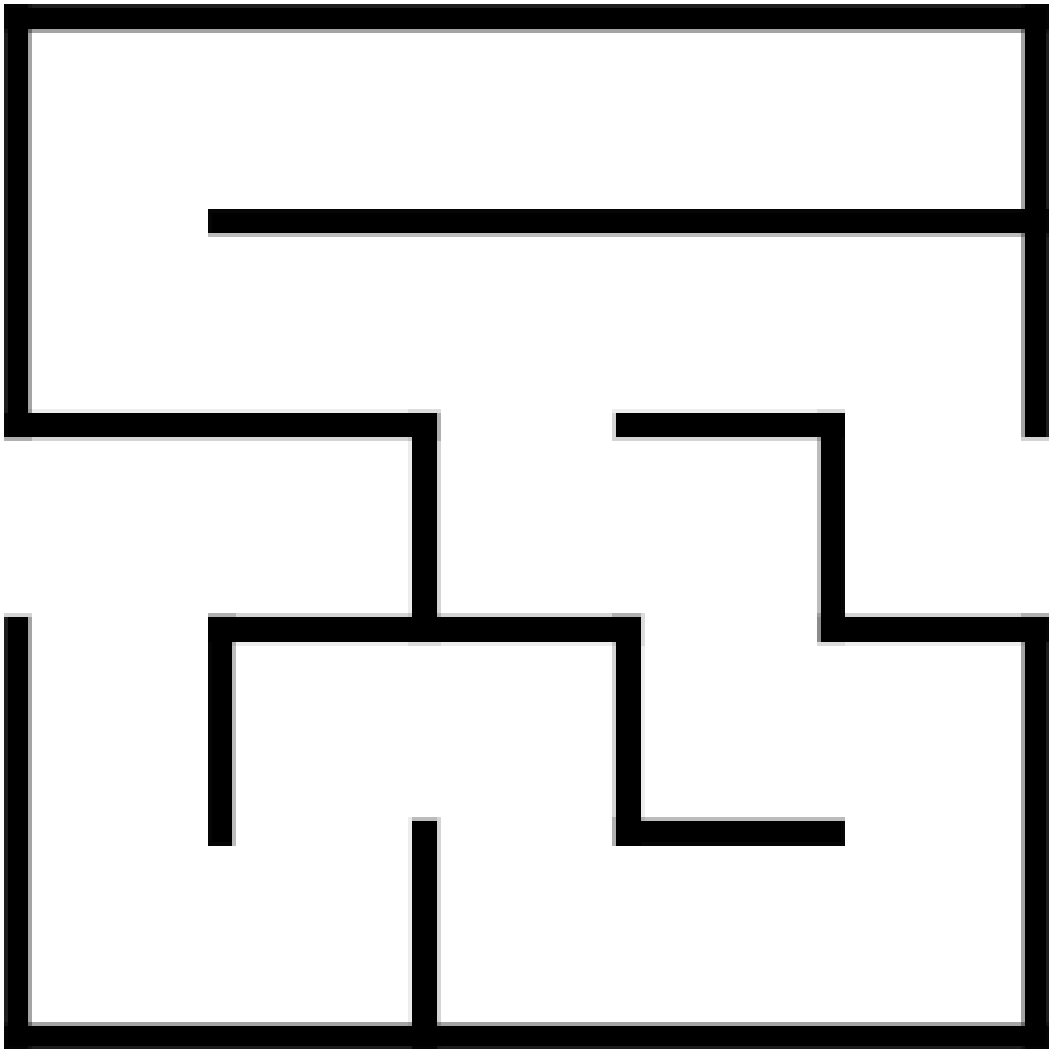
With your right elbow at your side, use your left hand to provide resistance. Try to move the right forearm up, resisting the movement with your left hand. Hold for 10 seconds. Change arms and follow the instructions for your left arm.



# Maze

This activity works your:

**Frontal Lobe**





# Detective

This activity works your:

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



## Queen for a Day Detective







## Queen for a Day Detective

How many of these things can you find?

- 2 long velvet gloves
- Champagne bottle
- Wand
- 2 doilies
- Rose
- Long-handled call bell
- Paper crown
- 2 plastic crowns
- Bottle of perfume
- 2 “Queen for a Day” stickers

What else do you see in the picture?

# Doesn't Belong

This activity works your:

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



## Which Word Doesn't Belong?

Circle the word that doesn't belong in the set of words.

1. one, eleven, rummy
2. penny, cat, dollar
3. tennis, nail, racquetball
4. Joan, George, Kevin
5. Canada, Peru, skateboard
6. sock, cardigan, organ
7. garage, black, blue
8. muffin, Doberman, German shepherd
9. tulip, daisy, frog
10. teacher, librarian, dryer
11. heart, labyrinth, kidney
12. measles, mumps, vacuum

