

Attainment's

EXPAND *your mind*

Sharpen your mental edge • Boost your memory



ANSWERS AND RESOURCES

Expand Your Mind

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An Attainment Publication



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In this set of 100 cards you'll find six color-coded icons, each focusing on a category for brain stimulation: Thinkers, Words, Memory, Creativity, Movement, Numbers/Spatial.

These categories are not precise, but in general are meant to give you overall brain stimulation. Be sure to try many different exercises as a way to tone up multiple parts of your brain.

The cards can be used by anyone interested in having a healthier brain. You may be 30, you may be 90—the cards are for anyone hoping to EXPAND the mind.

The cards may be used by one person alone or by a small group of perhaps three or four people. They would work for a group of 5–15 people as well. Depending on the activity, a larger group would find the ideas stimulating and fun.

You may want to refrain from writing on the cards, so be sure to have paper and pen or pencil handy for some of the activities.

If you're wondering how often to do these exercises, I suggest that doing workouts every day would be wonderful. The more often you exercise your brain, the more agile it becomes.

Answer key

11

Words of wisdom

1. Many hands
2. Early to bed and early to rise
3. Strike
4. The early bird
5. Old habits
6. Cleanliness
7. Make hay
8. Man does not live
9. Love
10. Money is the root
11. Never too
12. Never look a gift
13. Honesty
14. No fool

13

Split words

tomato	onion	squash	radish
lettuce	parsnip	bean	potato
turnip	carrot	cucumber	beet
corn	broccoli	cabbage	kale
leek	spinach	cauliflower	eggplant



16

Footwear, headwear

Footwear beginning with the letter "s": socks, stockings, shoes, slippers, sandals, sneakers, snowshoes, skis, skates, swim fins, etc.

Headwear beginning with any letter: hat, scarf, bonnet, beanie, hijab, sombrero, fedora, cap, sun hat, top hat, crown, etc.

18

What is this?

1. In this map, the black area represents water—the Mediterranean Sea. Look for the boot shape of Italy to help you gain perspective.
2. In this map, the black area represents water. Look for the Gulf of Mexico. The southern part of the United States is the white space at the top with the state of Florida at the upper right. Below Florida is western Cuba. Most of the white area on the left is Mexico.

20

Imagination at play

Some people have seen:

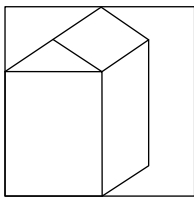
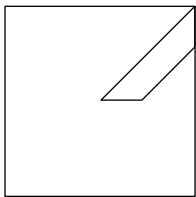
basket	human bottom
breast	inverted haystack
hill	moon on a fingernail
pan	bottom of a canal
full sail	upside down light shade
bald head	mountain valley
drain pipe	first stroke of an art piece

27

Tickle your brain with a riddle

1. Seven
2. Shake hands
3. None. It has never happened.
4. Coffin
5. Polaroids
6. I have no giddy-up
7. Doughnut
8. Stockings
9. Potato
10. Moses didn't make the ark. Noah did.
11. Tennis ball or guests
12. A tea pot

28

Hidden shapes

37

We look, but do we see?

1. red
2. right
3. right
4. red
5. toward the bottom right
6. left
7. eight
8. left
9. six
10. Lincoln
11. left
12. three

40

Sharpen your spatial abilities

- | | | | | |
|------|-------|-------|-------|-------|
| 1. X | 6. A | 11. W | 16. S | 21. O |
| 2. P | 7. D | 12. E | 17. H | 22. N |
| 3. M | 8. T | 13. U | 18. K | 23. Q |
| 4. V | 9. C | 14. Y | 19. J | 24. R |
| 5. G | 10. B | 15. F | 20. L | 25. I |

49

Know your geography

- | | |
|--------------|---------------|
| 1. Ganges | 11. Berlin |
| 2. Pyrenees | 12. Longitude |
| 3. Sahara | 13. Venice |
| 4. Toronto | 14. New Delhi |
| 5. Himalayas | 15. Brazil |
| 6. Memphis | 16. Kimberley |
| 7. Tokyo | 17. Equator |
| 8. Latitude | 18. São Paulo |
| 9. Amazon | 19. Paris |
| 10. Alps | 20. London |

1. All use oil.
2. All have numbers.
3. All have seats.
4. All have eyes.
5. All run.
6. All get plastered.
7. All are used to carry things.
8. All are on the floor.
9. All are canned.
10. All have pots.
11. All are stuffed.
12. All have lenses.
13. All have skins.
14. All sparkle.
15. All can be very loud.

56

Four-letter words

Positive four-letter words:

fair care dear dove give

You will think of many more.

Positive five letter words:

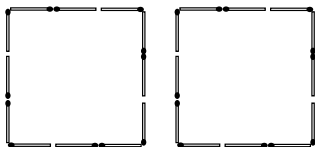
peace sweet share happy

You will think of many more.

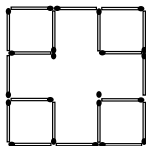
57

Match puzzles**Move or Remove**

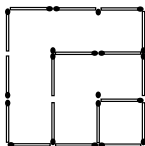
1. Remove the 12 matches inside the large square, and use them to make another square.



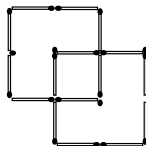
2.



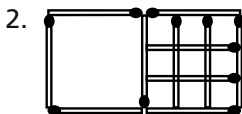
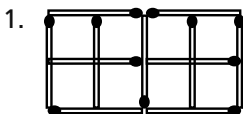
3.



4.



Greek Temple



62

One two, buckle your shoe

Some suggestions, but you can do better than these:

Eleven twelve, put up a shelf,
thirteen fourteen, eat a green bean,
fifteen sixteen, find a new queen,
seventeen eighteen, have a caffeine,
nineteen twenty, find a new penny.

68

Gone with the Wind

1. Margaret Mitchell
2. Tara
3. Rhett Butler and Scarlett O'Hara
4. Ashley and Melanie
5. Clark Gable, Vivien Leigh, Leslie Howard, Olivia de Havilland
6. The South
7. At the time of the Civil War
8. Bonnie Blue
9. "Frankly, my dear, I don't give a damn."
10. Three and a half hours
11. Ten

75

Take courage with math

1. 15
2. 900
3. 75

Antonyms

- | | |
|----------------|----------------|
| 1. reject | 12. hard |
| 2. disagree | 13. exit |
| 3. defend | 14. thin |
| 4. ugly | 15. courage |
| 5. worse | 16. rigid |
| 6. breathless | 17. bad |
| 7. dirty | 18. ungrateful |
| 8. colorless | 19. sickness |
| 9. cooperation | 20. high |
| 10. pause | 21. despair |
| 11. wet | 22. cold |

Concentration

There were 24 pairs of numbers to be found:

(a) (9 1) (2 8) (3 7)

(b) (6 4) (8 2)

(c) (3 7) (2 8)

(d) (5 5) (2 8) (7 3) (9 1)

(e) (2 8) (3 7)

(f) (3 7)

(g) (3 7) (8 2) (4 6) (5 5)

(h) (8 2) (3 7) (4 6)

(i) (5 5) (9 1)

(j) (1 9)

Concentrate to find the words

- (1)** IF YOU
- (2)** DO WELL THE
- (3)** MINOR TASKS
- (4)** WHICH YOU
- (5)** ARE CALLED
- (6)** UPON
- (7)** TO PERFORM YOU
- (8)** WILL HAVE BUT LITTLE
- (9)** DIFFICULTY WITH
- (10)** THE BIGGER ONES

IS IT NORMAL?***Probably normal***

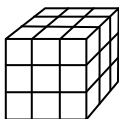
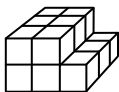
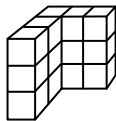
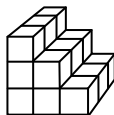
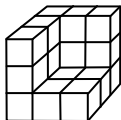
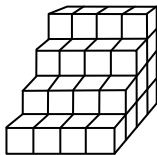
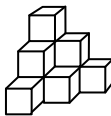
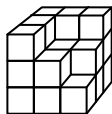
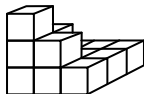
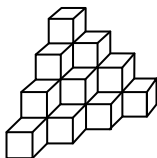
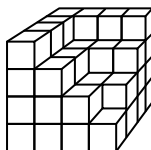
- You often misplace things.
- You forget what the social plans are and ask, "What did you say we are doing tonight?"
- Occasionally you forget where you parked the car.
- You tell the world that your memory is terrible.
- You sometimes forget to keep appointments, run errands, make calls, take pills.

Possibly worrisome

- You constantly misplace things and may blame other people.
- A half hour later, you ask again.
- You often forget where you parked and sometimes forget a familiar route.
- Others complain about your memory. You tend to worry silently.
- These are increasingly common lapses.



<i>Probably normal</i>	<i>Possibly worrisome</i>
<ul style="list-style-type: none">• You sometimes forget what you ate last night.• You know you have some memory loss but can run your life the way you want to.• You forget names of new acquaintances.• People sometimes say, "You already told me that."• It is much harder for you than it used to be to handle several tasks at once.	<ul style="list-style-type: none">• Much of yesterday is often a blank.• Your memory loss interferes with daily functioning.• You forget the names of close friends and relatives.• You are frequently and unknowingly repeating yourself.• You simply cannot do it.

**A - 27****B - 15****C - 15****D - 18****E - 19****F - 40****G - 10****H - 22****I - 13****J - 20****K - 50**


97

Flex your brain with arithmetic

- | | |
|---------|--------|
| 1. 1360 | 5. 710 |
| 2. 13 | 6. .02 |
| 3. 40 | 7. .05 |
| 4. 150 | 8. 57 |

99

Riddles to rattle your brain

1. Post office
2. Heat, because you can catch a cold.
3. A pink carnation
4. "What time is it?"
5. If you were a barber, you could shave other men three times a day and still grow your own beard.
6. His or her breath
7. David
8. A yard stick
9. A coat of paint
10. Three strikes and you're out
11. Lunch and dinner
12. A river

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Brain Fitness News. www.positscience.com

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<http://butlerwebs.com>

<http://worldhistorysite.com>

<https://healthletter.mayoclinic.com>

www.aarp.org

www.brainpickings.org

www.comedycentral.com

www.gumassociation.org

www.health.harvard.edu

www.lumosity.com

www.parade.com

www.strokeassociation.org

www.timmyabell.com

www.visionsciences.org

www.wikipedia.com



Commercial brain fitness programs

www.calibex.com/nintendo-brain-game

www.cogmed.com

www.lumosity.com

www.mybraintrainer.com

www.positscience.com

Free brain games

<http://games.aarp.org>

www.thirdage.com/games

Card list



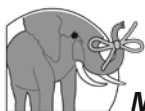
Thinkers

- 4 How old are you?
- 8 The female brain
- 14 The organ recital
- 24 Sleep on it
- 26 Retirement can be a very long ride
- 29 Never too old to dream
- 30 Staying in your own home
- 31 Shoulds and coulds
- 32 A new senior moment
- 42 Communication technology
- 44 What do you fear?
- 48 How we decide
- 50 All about you
- 69 How do you learn to forget?
- 70 Happy like a monk
- 72 Multitasking and the brain
- 73 Your double mind
- 88 Be an outrageous older person
- 90 The worried well
- 98 Older and wiser



Words

- 6 Words within words
- 9 Personality of pets
- 11 Words of wisdom
- 13 Split words
- 15 Write your epitaph
- 17 Reading out loud
- 23 Bananagrams
- 27 Tickle your brain with a riddle
- 51 Twist your tongue around these
- 56 Four-letter words
- 77 Cow paths in your brain
- 78 Tongue twisters
- 81 Antonyms
- 86 Concentrate to find the words
- 99 Riddles to rattle your brain



Memory

- 2 Favorite teacher
- 3 A world of change
- 21 Create nonsense to remember
- 34 Strain your brain
- 36 Weathering the weather
- 37 We look, but do we see?
- 45 Shapes of trees, flowers, cars
- 49 Know your geography
- 52 Tri-sets
- 59 The old family album
- 63 Do you worry about your memory?
- 64 Memory and visualization
- 65 Remembering numbers
- 66 Joggers for your memory
- 68 Gone with the Wind
- 74 Strategies for memory
- 91 Focus on remembering



Creativity

- 12 Planning a trip
- 16 Footwear, headwear
- 20 Imagination at play
- 35 The Rorschach test
- 41 Solve a problem—brainstorm
- 43 Just suppose
- 46 Maintain your mental edge
- 60 Pick a fight
- 62 One two, buckle your shoe
- 71 In our future
- 76 Are you creative?
- 79 Your dream home
- 80 A world without stickums
- 82 Emoticons
- 83 Wild ties
- 89 Doodle for your noodle
- 94 Captions for cartoons
- 96 Your very own T-shirt



Movement

- 1 Hand-eye coordination
- 7 Take a deep breath
- 19 To chew or not to chew
- 22 Exercise may reverse brain decline
- 25 Go fly a kite
- 33 M&M's®
- 38 Straws and swabs
- 47 Mysteries of the brain
- 58 Laugh away
- 61 Spark
- 84 To nap or not to nap
- 87 Video games and the brain
- 93 Not enough hours
- 95 People who need people
- 100 Blueberries and the brain



Numbers/spatial

- 5 To heck with hexagons
- 10 Stretch your mental muscle with a puzzle
- 18 What is this?
- 28 Hidden shapes
- 39 Map it out
- 40 Sharpen your spatial abilities
- 53 The amazing staircase
- 54 The impossible elephant
- 55 Shapes or a word?
- 57 Match puzzles
- 67 Speed counting
- 75 Take courage with math
- 85 Concentration
- 92 Cubes and more cubes
- 97 Flex your brain with arithmetic

