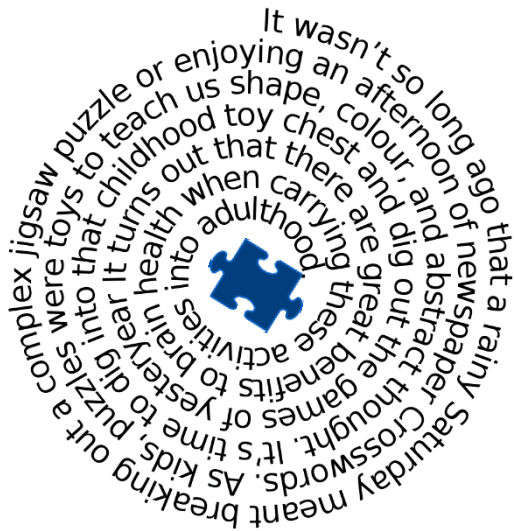


# Fit Brain Fit Life

## Puzzles and the Brain



### The secret to brain health is tucked inside your childhood toy chest...

It wasn't so long ago that a rainy Saturday meant breaking out a jigsaw puzzle, a family board game, or enjoying an afternoon of newspaper crosswords. Today, rainy days often end up being a chance to catch up on a Netflix series, or spend more time with devices. A dependence on technology today is affecting the development of the brain, specifically our short term memory. As with most things, it turns out Grandma knew best. There are great benefits to brain health when carrying simple activities from the past (like games and puzzles) into adulthood.

## Games with Benefits

### Jigsaw Puzzle

#### Benefits

- Exercises the left and right side of the brain.
- Activates all areas of the brain, brain cells, and increases capacity.

### Crosswords & Word Games

#### Benefits

- Improves executive functions such as short term memory, attention, and reasoning.

### Board Games

#### Benefits

- Builds cognitive skills
- May delay onset of dementia by building cognitive reserves and preventing cognitive decline.

# Fit Brain Fit Life

## Puzzles and the Brain

# HAVE FUN!

### Word Scramble

Unscramble these words!

IITGNCNOO

TRSM A

VECREAIT

YRMEOM

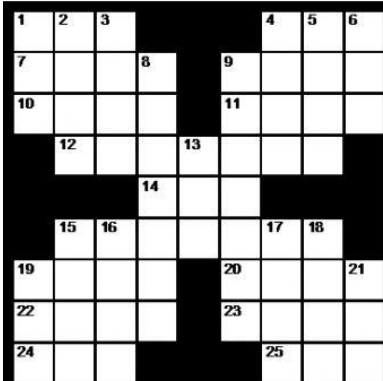
### Sudoku

	8			7			9	
9								7
		2					6	
	3		6	4			8	
	7		2	8			5	
		4				8		
5								2
	1			9				3

The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 subgrids that compose the grid contains all of the digits from 1 to 9.

### Crossword

Puzzle 17



**Across**

1. Number in a pair
4. Narrow, temporary bed
7. Someone from the Middle East
9. Do, did, \_\_\_\_\_
10. Speed
11. Thought
12. Expressions
14. Edge
15. Sprints
19. Female horse
20. Added to food for flavor
22. Targets
23. Mix
24. Not wet
25. Like James Bond

**Down**

1. Black sticky stuff
2. What you do to make a present look nice
3. Vow
4. Secret language
5. Singles
6. Hot drink
8. Small fruits that grow on bushes
9. Let go
13. What you breathe
15. Treating everyone equally
16. Military force
17. Puts food in the mouth
18. Slide
19. Angry
21. Attempt

© Sanskrit Language Institute 2012  
Permission granted to photocopy for classroom use

### Board Games



Sources:

- <http://social-psychiatry.com/jigsaw-puzzles-good-brain/>
  - <https://www.sciencedaily.com/releases/2017/07/170717091029.htm>
  - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3758967/>
- SCRAMBLE ANSWERS: COGNITION, SMART, CREATIVE, MEMORY