



Take a brain-boosting challenge

At any age, it's a great idea to give your brain a reason to work a little. Just like moving your body keeps your body strong, challenging your brain helps it stay sharp and flexible. A strong brain helps you think, remember and react.



Ready to give your brain a boost? Take a brain challenge.

Choose 3 activities to complete this week

Learn how to count from 1 to 10 in a new language	Take a new route to school, work or a regular social outing	Complete a word puzzle, like a crossword, word search or anagram	Spend 5 minutes talking to someone you don't know very well	Watch a favorite show and try to memorize 1-2 minutes of dialogue
Dance to 3 of your favorite songs	Pick an object you can see and try drawing or painting it	Solve a riddle (try our riddles on the back of this page)	Invite a loved one to play board or card games with you	Do a deep breathing exercise, such as this one for finding calm
At the grocery store, try adding up the cost of 3-7 items in your head before you check out	In a safe space, try to juggle 2 soft balls or dribble a football with your feet	After an interesting conversation, write down or voice record a recap of the key points	Read an article or book chapter about a topic new to you	Memorize the address and phone number of a friend or business you enjoy
Trace 2-3 shapes with your finger	Think about a place you haven't visited in a while. Close your eyes and walk through it in your mind, room by room	Teach a friend or family member something new	Try a meditation to calm your mind	Get a good night's sleep

Ready for a riddle?

1. What is always coming but never arrives?
2. What months have 28 days?
3. What has cities but no houses, forests but no trees, and water but no fish?
4. What's yours but others usually use it?
5. What is so fragile that saying its name breaks it?
6. What goes up but never comes down?

Answers

1. Tomorrow
2. All of them
3. A map
4. Your name
5. Silence
6. Your age

Sources

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