



THEME 2 | GAME YOUR BRAIN

BRAIN BUILDER 1 | LOOK FOR IT! RESOURCES

Worksheets and Exercises

None for this Brain Builder.

Research References

[Tennstedt SL, Unverzagt FW. The ACTIVE study: Study overview and major findings. J Aging Health. 2013 Dec;25\(8 Suppl\):3S-20S.](#)

Resources

Where's Waldo? Martin Handford. A timeless beloved series that has thrilled seek and find enthusiast for years. Each book contains pages of illustrated landscapes in which the reader must find Waldo, a cartoon figure dressed in a red-striped shirt and hat, as he hides amidst a backdrop of distractions. Available online at [Amazon](#).

I Spy. Jean Marzollo. These best selling books send readers searching for hidden objects in elaborate photographs packed with distraction items. Available online at [Amazon](#).

The Art Treasure Hunt: I Spy with My Little Eye. Doris Kutschbach. A beautifully designed book where readers are challenged to find hidden objects in some of the world's greatest art including work by Kandisky, Rousseau and more. Available online at [Amazon](#).



THEME 2 | GAME YOUR BRAIN

BRAIN BUILDER 2 | THINK FAST! RESOURCES

Worksheets and Exercises

You will need enough copies of each of the worksheets for every class member.

TBH Think Fast! Worksheet 1: TBH Letter Search. Have the group search for the letter “O” (1 minute). Next, have the group search for the letter “Z” (1 minute).

TBH Think Fast! Worksheet 2: TBH Word Search. Have the group search for the target words listed (2 minutes).

TBH Think Fast! Worksheet 3: TBH Word Finder. Have the group find as many words in the grid as they can. While the letters must touch in one “corner,” words can connect upwards, downwards or sideways. All the words must be 3 letters or more (2 minutes).

Research References

[Tennstedt SL, Unverzagt FW. The ACTIVE study: Study overview and major findings. J Aging Health. 2013 Dec;25\(8 Suppl\):3S-20S.](#)

Resources

Penny Press. www.pennydellpuzzles.com. Penny Press is a great source for brain puzzles that you can provide to your class. Just remind them to play against the clock for added brain benefits!

USA Today Jumbo Puzzle Book. This oversized book offers 400 brain game puzzles you can share with your group. Available online at [Amazon](#).



TBH THINK FAST! Worksheet 1 | LETTER SEARCH

6	R	L	L	F	X	Z	3	Z	Q	Z	M
0	Z	2	1	J	C	D	4	P	S	0	N
K	7	3	Q	Z	0	0	1	0	C	W	Z
F	M	B	A	N	0	6	0	8	Z	R	Z
0	A	S	3	7	0	Z	5	K	X	T	3
0	0	Z	6	2	V	2	R	U	7	J	4
Y	4	Y	D	0	C	1	D	7	0	L	Z
Z	3	8	S	Z	H	0	Z	N	Z	J	V
A	0	9	Q	5	N	H	Z	G	D	H	Y
Q	Z	0	A	Z	A	D	0	0	C	G	I
5	H	A	Z	7	Q	S	G	Z	0	0	0
0	Z	Z	0	H	S	0	V	Z	1	Z	0
Z	J	0	5	Z	X	C	Z	0	Z	0	D
4	M	W	T	F	Z	V	V	4	1	4	Z



TBH THINK FAST! Worksheet 2 | WORD SEARCH

J S N N G R Y T Y G W A L B S
 O A U I R R U P O H T U R T E
 K S F P O A P O X G F F Q W I
 E T D T P A E T H I E O O H R
 S X S N H O R L T P R T V O O
 F I Y E E E R U M O P J H N T
 H H M T A I A T W S M I L E S
 H T S S O E R E D I G T N S R
 C Q U I B U V F C T C O H T I
 X R E L P O E P G I I Z O Y E
 E L U F E T A R G V V M O D R
 N I A G D T O G M E O D E M A
 I Z T E W U D I N N E R A S H
 C T E A P C L C O U R A G E S
 E P F S C L A U G H T E R Y H

ADVICE	GAIN	HISTORY	LISTEN	STORIES
BEAUTIFUL	GIFTS	HONESTY	NICE	SUPPORT
COURAGE	GOOD	HOUR	PEOPLE	TIMES
DEEP	GRATEFUL	JOKES	POSITIVE	TOGETHER
DINNER	GROUPS	LAUGHTER	SHARE	TREASURE
FRIENDS	HAPPY	LEARN	SMILE	TRUTH



TBH THINK FAST! Worksheet 3 | WORD FINDER

How many words can you find in the grid below? Words must be constructed from letters that are adjacent to one another - either horizontally, vertically, or diagonally neighboring. Words must be at least three letters long, may include singular and plural forms separately, but may not use the same letter more than once per word.

L	A	V	O
S	C	Y	E
I	D	H	T
R	A	W	S



THEME 2 | GAME YOUR BRAIN

BRAIN BUILDER 3 | EVEN SMARTER BRAIN GAMES RESOURCES

Worksheets and Exercises

TBH Even Smarter Brain Games Guide Sheet. Use this guide sheet to share the brain teasers with the team. You will read the first brain teaser to the first team, then allow them 2 minutes to solve and share their response. You can also provide them with a written copy of the brain teaser by printing out an extra guide sheet and cutting it along the lines, so that you provide only the brain teaser they are working on.

TBH Even Smarter Brain Games Answer Sheet. This sheet provides the answers to the brain teasers (just in case you need them!).

Research References

[Tennstedt SL, Unverzagt FW. The ACTIVE study: Study overview and major findings. J Aging Health. 2013 Dec;25\(8 Suppl\):3S-20S.](#)

Resources

Of Course! The Greatest Collection of Riddles & Brain Teasers For Expanding Your Mind. Zack Guido. A popular compendium of logic puzzles and brain teasers. Available online at [Amazon](#).



TBH Even Smarter Brain Games Guide Sheet

Ask the questions of your TBH class teams, one at a time. If a team is unable to correctly answer a question, give the second team the chance to answer. You may write the riddles on a white board or flip chart, or give the team a written version of the question to work with by cutting up another copy of the guide sheet and giving them the question they are working on.

1. Some pollycobbles are wonkas. All wonkas have 6 legs. Therefore, which of the following must be true:

- A. All pollycobbles have 6 legs.
 - B. All wonkas are pollycobbles.
 - C. Some pollycobbles have 6 legs.
 - D. It cannot be determined whether any of the above are true.
-

2. Find a word that means the same as the word on the left and in another context means the same as the word on the right.

RUN AWAY _____ FASTENING

3. Alarming is to marginal as enraged is to ...

- A. Angered
- B. Dormant
- C. Caustic
- D. Belligerent



4. A girl went to a carnival booth where the booth owner said to the girl, "If I write your exact weight on this piece of paper, you owe me \$50.00. But, if I cannot, I will pay you \$50.00." The girl looked around and didn't see a scale and figured that no matter what the carnival hawker says, the girl could lie about her weight and win \$50.00. In the end, the girl paid the carnival booth owner \$50.00. How did that happen?

5. A baseball tournament has 5 teams. Each team plays against each other one time. A game win is equal to 2 points. A game loss is equal to 0 points. A game tie is equal to 1 point. Here are the scores for 4 teams. Can you figure out the score of the final team?

Team Brains	6 points
Team Thinkers	5 points
Team Dreamers	3 points
Team Schemers	1 point
Team Jokers	_ points

6. Jenny's daughter is my daughter's mother. Who am I?

- A. Jenny
- B. Jenny's sister
- C. Jenny's grandmother
- D. Jenny's niece
- E. Jenny's daughter



TBH Even Smarter Brain Games Answer Key

1. Some pollycobbles are wonkas. All wonkas have 6 legs. Therefore, which of the following must be true:

- ~~A. All pollycobbles have 6 legs.~~
- ~~B. All wonkas are pollycobbles.~~
- C. Some pollycobbles have 6 legs.
- ~~D. It cannot be determined whether any of the above are true.~~

All the pollycobbles that are wonkas have 6 legs; However, only some pollycobbles have 6 legs.

2. BOLT

3. Alarming is to marginal as enraged is to ...

- A. Angered
- ~~B. Dormant~~
- ~~C. Caustic~~
- ~~D. Belligerent~~

“Alarming” is an anagram of “marginal”; “Angered” is an anagram of “enraged”

4. The carnival booth owner wrote the words “your exact weight” on the piece of paper.

5. Team Jokers scored 5 points

6. Jenny’s daughter is my daughter’s mother. Who am I?

- ~~A. Jenny~~
- ~~B. Jenny’s sister~~
- ~~C. Jenny’s grandmother~~
- ~~D. Jenny’s niece~~
- E. Jenny’s daughter