



WORLD THINKING DAY

TRAIN YOUR BRAIN

Just like physical exercise keeps our bodies healthy, scientific evidence suggests that **mental exercises keeps our brains young** (Small & Vorgan, 2016).

On this World Thinking Day, the Organisational Development and Employee Well-being Division would like to invite you to train your brain with some **fun brain exercises** developed by Dr Small to boost a range of cognitive functions to help keep your mind limber and sharp.

According to Small and Vorgan (2016) in right-handed people, the brain's left side usually controls language and reasoning skills. Word games help build this left hemisphere, while mazes and jigsaw puzzles can bolster the right hemisphere, which controls visual skills and orientation.

REMEMBER THERE ARE PRIZES TO BE WON!!!

If you are one of the first 5 people to send your completed exercises and they are correct, you are a winner of some amazing prizes.

PS – You will also get bragging rights 😊

Date: 22 February 2021

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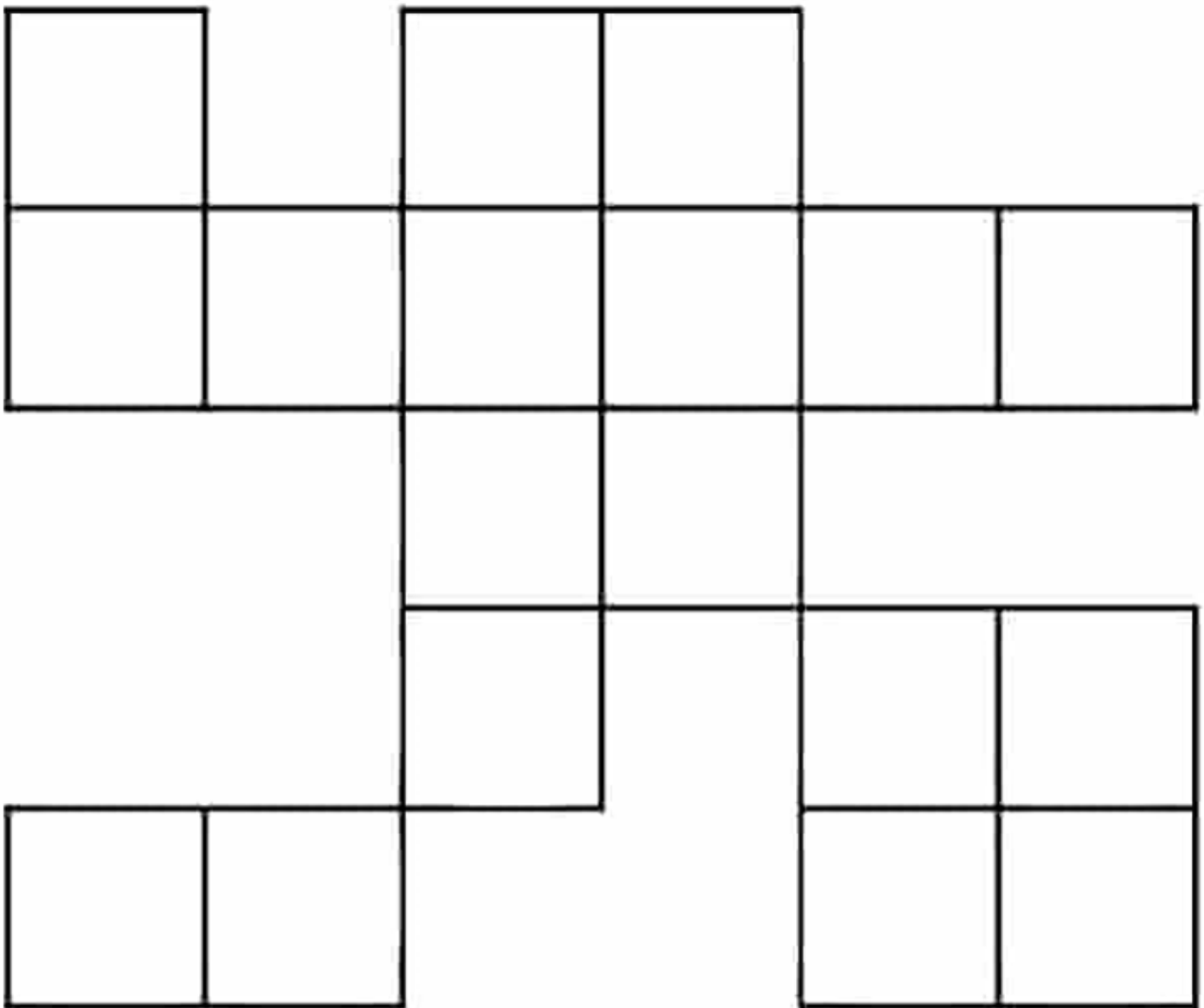


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1. Right Brain: Squares Exercise

Count up the number of squares in the figure on the left.
Hint: Be sure to count the squares within the squares.



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2. Left Brain: Changing Words

Begin with the word WALL and change a letter at a time until you get the word FIRM. Each change must be a proper word.

WALL

FIRM

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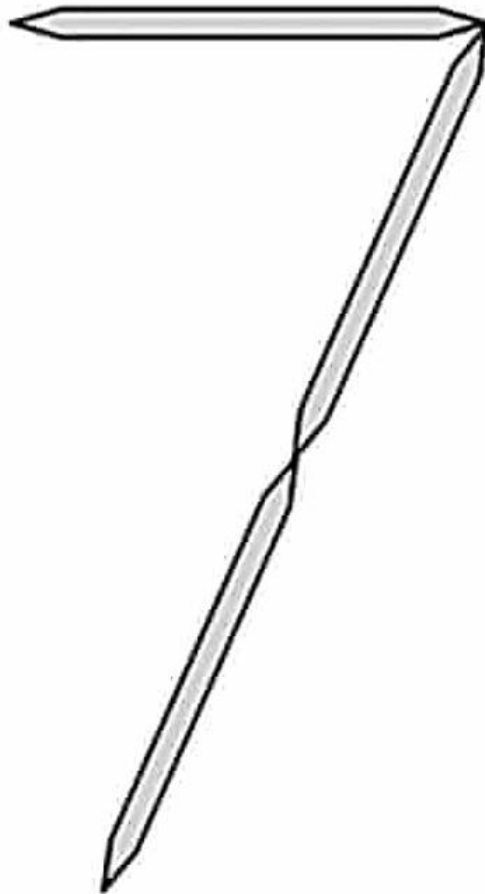


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3. Right Brain: Numbering Toothpicks

Arrange three toothpicks into the number 9 (without breaking or bending them)



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4. Left Brain: Letter Scramble

Come up with as many words as you can from the following letters. Use each letter only once in each word.

IRNAB

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5. Right Brain: Jigsaw brain break

Which piece fits in the puzzle?



A



B



C



D

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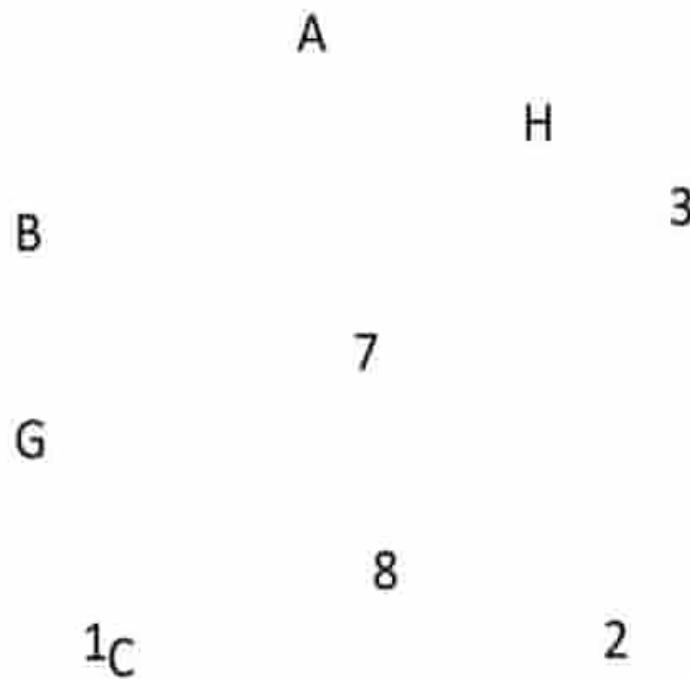


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6. Right Brain: Continuous line

In the figure below, draw a continuous line that connects the number 1 to the letter A, then A to 2, then 2 to B, then B to 3 and so on until you can no longer continue the numerical or the alphabetical sequence.



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7. Left Brain: Letter Scramble

Rearrange all the letters to find the four colours mixed up below.

Hint: Only one is a primary colour.

RAIGET

ENOLYL

OVGOEN

LEWRE

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8. Left Brain: Proverb

All the vowels have been removed from the following proverb, and the remaining letters have been clustered into groups of three or four letters each. Replace the vowels and reveal the proverb.

TWH

DSRB

TTRT

HNN

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9. Advanced Exercises

You are now warmed up enough to start using your entire brain. (both the right and left hemispheres) to try to solve these brainteasers.

Try to come up with as many words as you can (two or more letters) from the following:

OGEUNRY

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10. Advanced Exercises

You are now warmed up enough to start using your entire brain. (both the right and left hemispheres) to try to solve these brainteasers.

Frank has very eccentric tastes. He's a fan of football but hates rugby; loves beer but hates ale; drives a Ferrari but wouldn't be caught dead in a Lamborghini. Based on Frank's finicky tastes, would he prefer skiing or cycling?

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