
Please note that this book was originally designed as a print edition. Some activities may ask or instruct you to fill in various fields. Please do not attempt to write on your e-reader, copy the 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) puzzle down to paper where appropriate and continue the activity from there.

365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout)
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Introduction

Hello and welcome to the second in the series of the Five Minute Brain Workout, a 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) brain training book based on word games and puzzles.

Taking care of your brain can be equally as useful as taking care of your body. By simply using five minutes at a time 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) to stimulate and challenge your brain on a regular basis, it can help keep your mind sharp and flexible.

Doing short, varied mental activities and challenging your brain with new tasks can help improve your memory, concentration, problem-solving skills, processing speed, creativity, logic and reasoning.

To this end I have included many new and interesting puzzles to help keep your brain active

and stimulated, 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) along with some of the same types of puzzles from the first book (*The 5 Minute Brain Workout*), to provide a feeling of familiarity.

We learn more if 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) three factors are present: if we are doing something we enjoy; if there is repetition; if there is variety. For these reasons the book uses a games and puzzles theme aimed at people who enjoy words and language; there are ten examples of the same kind of game or puzzle; and there is a wide variety of types.

By doing both games and puzzles it will give you the discipline that comes with finding the 'correct' answer required for puzzles, along with the creativity of a range of acceptable answers that a game provides.

You have enough for twelve months' worth of working your brain, so let's get started ...

How the book is laid out

Games & Puzzles

There are 365 exercises—enough for one a day—comprising 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) 37 different types of word games and puzzles, spaced evenly throughout the book. 36 types have ten exercises, while the 37th has five exercises.

Levels

There are ten levels, generally increasing in difficulty as you go 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) through the book. This means that the tenth exercise will usually be harder than the ones preceding it.

The difference between a game and a puzzle

Generally speaking a puzzle has a specific answer, like a Word Sudoku, whereas a game doesn't, and may have a number of suitable answers. For example "Find as many words as you can in a minute that rhyme with the word 'light.'" Approximately two thirds of the exercises are puzzles, while 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) the rest are games.

Variety

There is a wide variety of types of exercises (37 to be exact) specifically devised to make your brain work in different ways and keep it alert.

Bonus

Try the three bonus puzzles at the end. They are a taster from the next book!

Answers

You will find the answers at the back of the book. The puzzles have specific answers, while the games have examples of acceptable answers.

How to use this book

First of 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) all, feel free to use the book in any way you like, there is no right or wrong way to use it.

A suggested way is to start at the beginning and work through all the [Level 1](#) games and puzzles, doing one a day through the levels until you reach [Level 10](#). Or you may like to choose one type of game or puzzle and work through all ten levels, before going back to a new puzzle and doing the same.

As many of the exercises will be new to you, it's a good idea to take time to read the instructions so that you 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) can use the 5 minutes well.

The games and puzzles will probably take you different amounts of time. Some may not take the full 5 minutes, while some are more involved and may take you slightly longer.

While the puzzles have specific answers, the games don't, which means you can continue developing your creativity 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) by doing them more than once and getting different answers.

If you are not sure how to tackle a game or puzzle, look at the answer and work out how it is done, then you'll know how to do the next one.

As well as a way to exercise your brain, the games and puzzles can be used to challenge yourself, or simply to have fun, or you can bring in a competitive element by using a timer or doing them with others.

The exercises can be used in many settings, for example at home; in work; 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) in social settings; in educational settings such as schools; as icebreakers and energizers in training sessions, and in therapy settings.

Level 1

ROWS AND COLUMNS 1

Fill in the column with a word that makes the rows into complete words. There are no proper nouns used. There may be more than one answer.

CONCENTRATION 1

SEQUENCE 1 Which of these sequences is the same as:

MKNLRNDNNLRBMHC

1. MKNLRDNNNLRBMHC

2. MKNLRNNDNLRBMHC

3. MKNLRNDNLNRBMHC

4. MKNLRNDNNLRBMHC

5. MKNLNRDNNLRBMHC

6. MKNLRRDNNLRBMHC

SEQUENCE 2 Which of these sequences is the same as:

NDRJSLBNVNJTSLC

1. NDRJSLBNVNNTSLC

2. N D R J S 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) L B N 365
Games & Puzzles to Keep Your Mind Sharp (Brain Workout) V N J S T L C

3. N D R J S L B N N V J T S L C

4. N D R J S L B V V N J T S L C

5. N D R J S L B N V N 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout)
J T S L C

6. N D R S J L B N V N J T S L C

VOWEL WORDS 1

Choose words that 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) fit the categories and include the given vowel.

The vowel can be used as often as you like in the 365 Games & Puzzles to Keep Your Mind Sharp (Brain Workout) word, but it must be the only vowel used.

Vowel: **A**

Two boys' names

Two girls' names

Two place names

Two creatures' names

Two types of food

Two items of clothing