

— Level 2 Samples —

Problem-Solving Puzzles & Activities to Sharpen the Mind



ABOUT THESE SAMPLES

As many seniors settle into retirement and senior living, they often do less problem-solving and analysis than they did in their younger years. Solving crossword and jigsaw puzzles involves problem-solving and has some cognitive benefits, but only exercises a narrow set of thinking skills.

We are a dedicated team of seasoned educators with over 60 years of experience teaching and developing problem-solving and analysis skills. Our inspiration for this program comes from the groundbreaking ACTIVE Study by the University of Alabama and Penn State University, which involved over 2,800 adults aged 65 and older. Participants received 5-6 weeks of cognitive skill training. The study demonstrated significant improvements in cognitive abilities (memory, reasoning, speed of processing information) to some degree, 10 years after the training.

Drawing on the ACTIVE study and our educational expertise in teaching critical thinking, we concluded the most effective senior brain maintenance program should focus on a wide variety of engaging problem-solving and analysis skills to enhance cognitive resilience and improve everyday executive function. Our robust Senior Brain Health Program (384 pages with detailed answers) develops and exercises the following skills:

- Deductive Reasoning
- Inferential Reasoning
- Spatial Reasoning
- Associative Reasoning
- Memory
- Identification and Evaluation of Evidence
- Evaluation of Inferences
- Reading Comprehension

- Mathematical Reasoning (with a focus on mental math)
- Observation
- Sequencing
- Classifying
- Reasoning by Analogy
- Verbal and Written Communication
- Vocabulary Analysis

These skills are honed through engaging paper-and-pencil activities designed to be fun, stimulating, effective, and easy to use. Other benefits include:

- Affordable, reproducible activities for ongoing stimulation
- Both individual and group activities to foster social interaction
- Print and eBook formats for convenience
- Two levels of challenge to choose from

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About SeniorBrainHealth.org

Join us at SeniorBrainHealth.org to access free sample activities, informative articles, and insights into senior cognitive health. Let's empower you or your loved ones to thrive with sharper mental acuity and an enriched quality of life.

At SeniorBrainHealth.org, we are a dedicated team of seasoned educators with over 60 years of teaching and developing problem-solving and analysis skills. Our journey began with a deep-rooted passion for education and a commitment to enhancing cognitive wellness among seniors.

Inspired by groundbreaking research, including studies reported in the journal Psychological Science, which found cognitive benefits for seniors learning new skills, and the transformative findings from the ACTIVE Study funded by the National Institutes of Health, we are driven in our mission to empower older adults with the tools they need to maintain and strengthen their mental faculties.

TABLE OF CONTENTS

Rebus Puzzle
Pattern Folding
Smarty Pants Observation, Reading Comprehension, Identification and Evaluation of Evidence, Deductive Thinking
Mind Bender
Cross Number Puzzle
The Wallet Thief6 Observation, Reading Comprehension, Identification and Evaluation of Evidence, Deductive Thinking
Building Thinking Skills Pairs of Similarities
Inside-Out Math8 Mental Math, Deductive Reasoning
Associative Reasoning Puzzle. 9 Observation, Associative Reasoning, Vocabulary Analysis
<u>Tigers</u>
Balance Math
Letter Drop & Logic Puzzles
Paper Folding
Word Bender
Overlapping Classes – Venn Diagram
<u>Answers</u>

REBUS PUZZLE

DIRECTIONS: Look at each graphic to find the common phrase it represents.

DEEF

__ _ _ <u>d</u> __ _ _ _

2 1

__ _ <u>C</u> __ _ __

STIME S

FUNNY FUNNY WORDS WORDS WORDS

G N I K C A R C

_____n_

NATION

________s__ ______t____

GNIKLAT

SCORE SCORE SCORE SCORE 7

TIME MY HANDS

__ _ _ _ _ _ n_

WAY

PASS

_____g _____

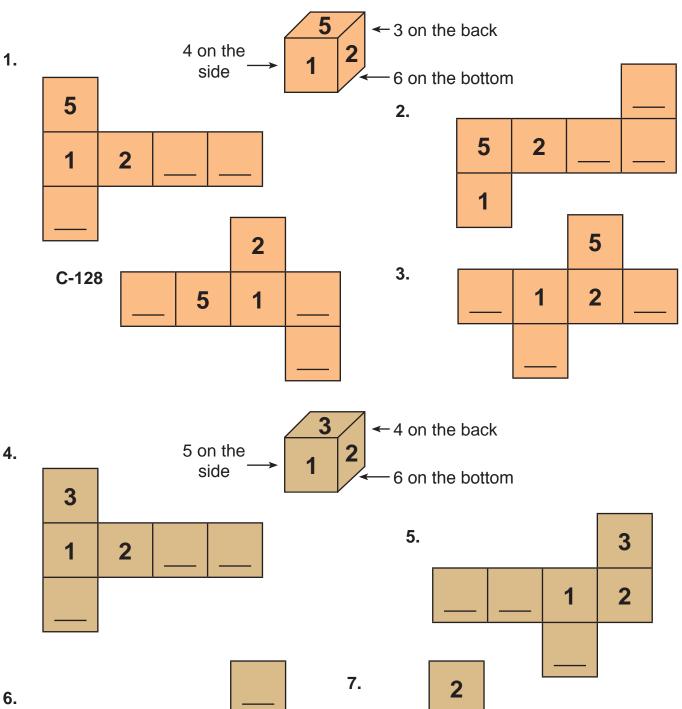
LENTRUTHDING

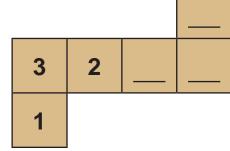
__ _ _ <u>t</u> _ -__ -__ _ <u>d</u> _ _ _

R E V O C

PATTERN FOLDING

DIRECTIONS: Write the number for each face of the cube.

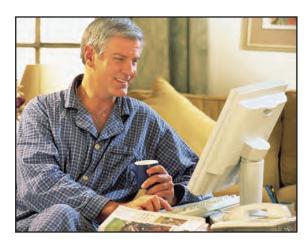




 3
 1

Mr. Rodgers





Late last Monday afternoon

¹Mr. Rodgers is an account specialist for JTX Company. ²He spends most of his working hours traveling all over the United States visiting the businesses that use JTX's products. ³Mr. Rodgers works long hours talking with clients and discussing product issues, writing reports, and troubleshooting his clients' problems for his boss, Miss Smythe. ⁴He has been doing this job for many years and hopes to retire next year and spend more time with his grandchildren.

Assume all the statements and facts in the puzzle are true. Write whether each sentence is **T**rue, **F**alse, or **U**nknown. Then write the sentence number(s) and/or check the box that provides the best evidence for each true or false answer.

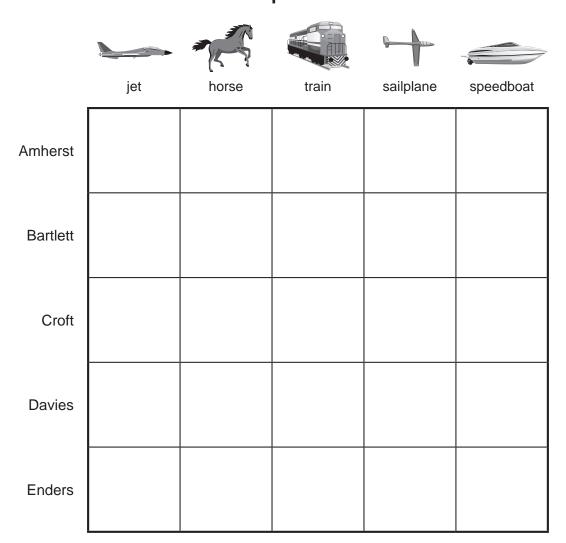
1. Mr. Rodgers is probably working in a hotel room.

	3 - 7 - 7	2021, 110111119 111 0 110		
	Sentence	Picture	Caption	
2.	Mr. Rodgers is sicl	k because he is wearin	ng his pajamas on a workd	lay
	afternoon.			
	Sentences	Picture	Caption	
3.	Mr. Rodgers some	times travels by plane		
	Sentences	Picture	Caption	
4.	Mr. Rodgers is old	er than Miss Smythe.		
	Sentence	Picture	Caption	
5.	Mr. Rodgers will whe retires next ye	•	n his grandchildren in Flor	ida when
			П	
	Sentence	Picture	Caption	

MIND BENDERS®

DIRECTIONS: Fill in the chart using + for true or – for false as you solve the puzzle. Be sure to mark all the – (no) answers from each clue to help find all the + (yes) answers.

Transportation



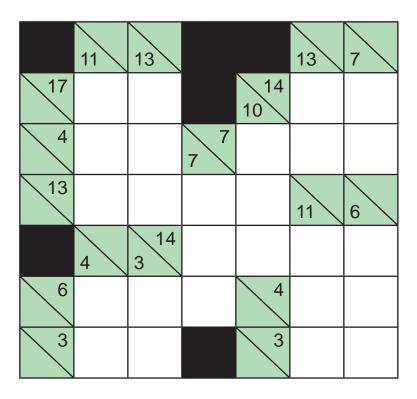
Amherst, Bartlett, Croft, Davies, and Enders each have a favorite form of transportation.

- 1. Bartlett's favorite transportation has an engine but no wings or wheels.
- 2. Neither Amherst nor Croft enjoy air transportation.
- 3. Enders doesn't want to be without an engine or an animal while traveling.
- 4. Amherst won't ride anything with a heart.

CROSS NUMBER

- A number below a diagonal line shows the sum for the squares underneath.
- A number above a diagonal line shows the sum for the squares to the right.
- You may use only the digits 1 through 9 (one digit per square).
- · You may not use any digit more than once to get a sum.

	7	8			12	9
4				17 7		
5			6 8			
10					6	15
	3	12 10				
8				3		
9				11		



THE WALLET THIEF



DIRECTIONS: Read the case below to find evidence to identify the innocent and guilty suspects. Remember, the story and suspects' statements are true.

¹At 11:43 a.m., in Brookings, Oregon, a man reported his black wallet was stolen off his table in a small cafeteria. ²Police arrived five minutes later and questioned the four suspects below, before one of them confessed and returned the wallet. ³Each suspect was seated at a table next to the victim's table between 11 a.m. and when the police arrived in the cafeteria. ⁴The victim paid his waitress at 11:40 a.m. and then left his wallet in the middle of the table as he waited for her to bring his change. ⁵While he waited, he started playing on his phone and took his eye off the wallet. ⁶When she returned with his change a few minutes later, he realized his wallet had been stolen and immediately called the police. ¹The waitress who waited on the victim told police that she was stunned to find out one her regular, longtime customers was a thief. ⁵"He is always so nice and talkative to me and people he meets," she said.



Craig Downer

9I heard the guy call
the police about
his wallet. 10I felt
bad for him, but
he should be more
careful. 11I paid for
my meal with my
own money.



Matt Muenchrath

12 I think Downer
is friendly, but he
looks like a criminal,
so I don't trust him.

13 I talk a lot with
Rhorer when I'm
in the cafeteria.

14 The other suspect
doesn't talk to
anyone.



Christian Rhorer

15 Matt frequently
asks to borrow
money, but he didn't
today. 16 He doesn't
take things that are
not his.



Marcus Poley

17 I'm very shy,
but I'm a people
watcher. 18 Rhorer
was seated in front
of me, so I watched
him from the time
I came in until the
police arrived. 19 He
never took anything
off the victim's
table.

Circle the Wallet Thief.

PAIRS OF SIMILARITIES

DIRECTIONS: Decide how the first pair of words are similar. Circle the word that makes the second pair similar in the same way.

EX	AI	ИP	LE	

grab

sieze	\rightarrow	capture
grab	\rightarrow	?

a. find

c. hunt

1 ruin
$$\rightarrow$$
 spoil demolish \rightarrow ?

a. destroy

b. repair

c. replace

a. claim

b. insist

c. suggest

3 complete
$$\rightarrow$$
 finish end \rightarrow ?

demand

a. compose

b. pursue

c. terminate

?

?

?

a. attempt

b. presume

c. reject

5 contain
$$\rightarrow$$
 fill have \rightarrow ?

believe

have

a. hold

b. pursue

c. spend

6 shut
$$\rightarrow$$
 close enclose \rightarrow ?

a. alter

b. fence

c. prevent

7 create
$$\rightarrow$$
 produce organize \rightarrow ?

a. establish

b. cease

c. sustain

a. gather

b. harvest

c. grow

9 strike hit

cultivate

attack

a. assault

b. protect

c. retreat

INSIDE-OUT MATH

DIRECTIONS: Use the clues to find the missing values.

d

Problem 1		
a	a-c	a-d
93	66	45
b	b-c	b-d
	38	

Problem 2		
a	a-c	a-d
		44
b	b-c	b-d
67	38	29
	С	d
	[J	[J

Problem 3		
a	а-с	a-d
	46	
b	b-c	b-d
	27	48
	С	d
	54	

Problem 4		
a	а-с	a-d
	37	59
b	b-c	b-d
		70
	C	d
		66

ASSOCIATE REASONING PUZZLE

DIRECTIONS: In each puzzle, the three words above are associated (related) to the answer word below. For example, Airplane, Butter, and Kite are all associated with the answer Fly--airplanes fly, a fly in the butter or butterfly, and you fly a kite. Use the images to identify the three words and then figure out the associated answer word.









Answer: ____ ___ ___ ___







Answer: ____ _____







Answer: ____ ___ ___ ___

TigersReading for Evidence – Deduction



¹Tigers live in the jungles of Asia. ²They are the largest cats found in nature. ³Tigers can weigh as much as 650 pounds and grow up to 10 feet measured from nose to tail.

⁴Tigers hunt alone and usually at night. ⁵Tigers like to hide in jungle cover to surprise or sneak up on the animals they hunt. ⁶They will roam as far as 18 miles in a single night in search



of food and can run as fast as 40 mph when needed. ⁷Tigers often eat deer, wild pigs, and water buffalo-but also eat many other smaller animals. ⁸They can eat as much as 60 pounds of food in a day.

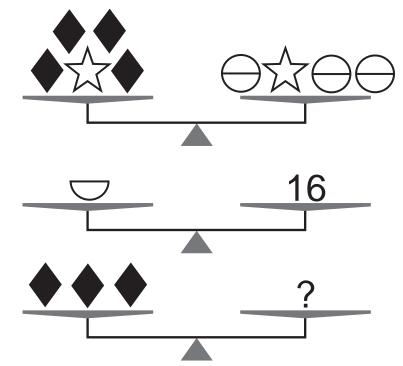
⁹Every tiger has stripes, but the pattern of the stripes is different on every tiger. ¹⁰Unlike most cats, tigers love water and sometimes swim and play in it. ¹¹Tigers, like lions, leopards, and jaguars, roar–but they cannot purr.

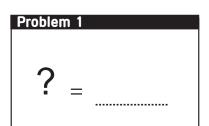
DIRECTIONS: Evaluate the evidence in the article and pictures to find the best answers.

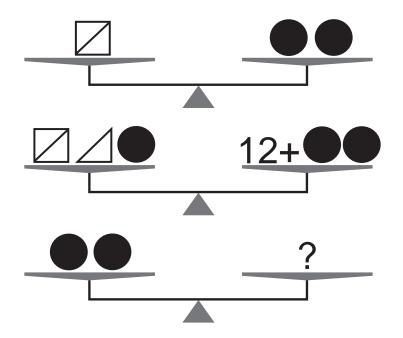
1.	The largest tigers are larger than the larger	gest lions. True	False	Unknown
2.	Tigers enjoy water.	True	False	Unknown
3.	Like all large cats, tigers roar and purr.	True	False	Unknown
4.	No two tigers look exactly the same.	True	False	Unknown
5.	The fastest tigers can run up to 18 miles	s per hour. True	False	Unknown
6.	Tigers only eat large animals.	True	False	Unknown

BALANCE MATH

DIRECTIONS: Use the balance scales to find the missing numbers.



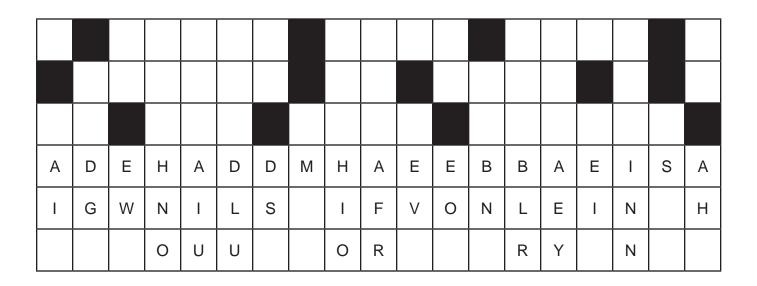




Problem 2				
? =				

LETTER DROP QUOTATION PUZZLE

DIRECTIONS: Use the letters underneath to fill in the chart so that words are formed and the quotation makes sense. A shaded space in the chart shows the end of a word. (The end of a line in the chart is not necessarily the end of a word.)



Bonus Brain Bender

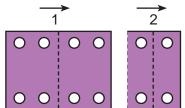
Six glasses, three filled with water and three empty, are shown below. If you can ONLY touch one glass, how can you arrange them so that the filled and the empty glasses alternate (full, empty, full, empty, full, empty)? No magic tricks here!

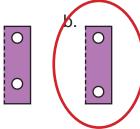


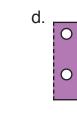
PAPER FOLDING

DIRECTIONS: Circle the drawing that shows how the paper will look when folded twice.

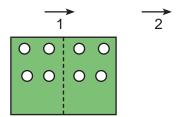
EXAMPLE:







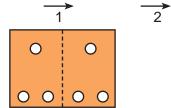
1









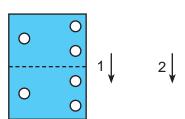


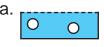






3

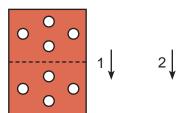








4









WORD BENDERS

DIRECTIONS: Identify the next word, then match it to its definition below. A blank line indicates the letter is the same as one above. A circle indicates a different letter than the one above or a new letter.

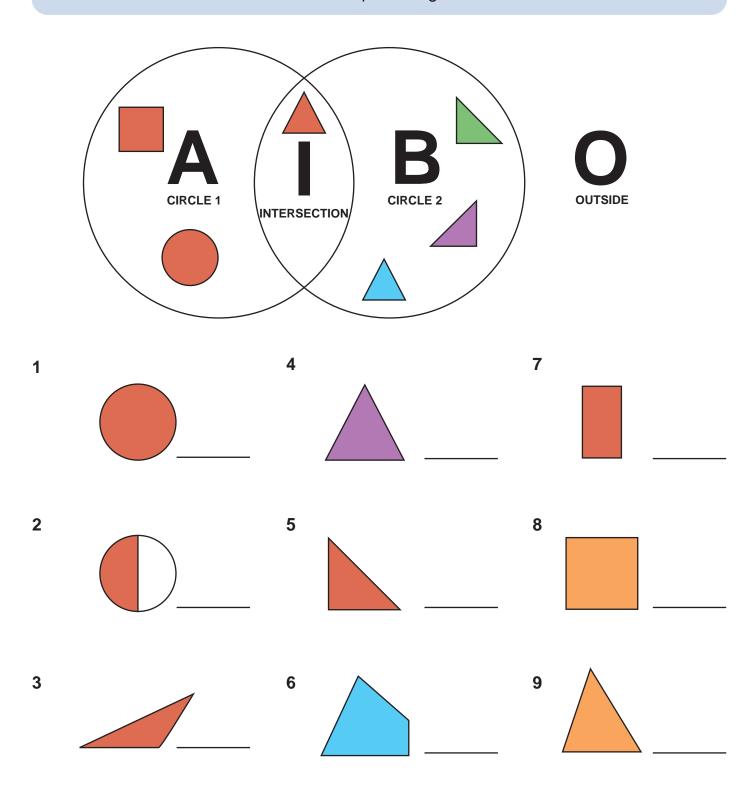
	DEFINITIONS
C A N I N E	
MORIGAGE	
ROUTINE	

DEFINITIONS BOX:

delighted 2. doglike 3. five voices 4. gate 5. hire 6. human 7. infuriate
 malaria medicine 9. omen 10. on the way 11. plaster 12. procedure
 property agreement 14. purpose 15. satisfied

OVERLAPPING CLASSES – INTERSECTIONS

DIRECTIONS: On the line next to each small shape below write an "A," "B," "I," or "O" to indicate where the shape belongs.



SCORE

four score

and seven

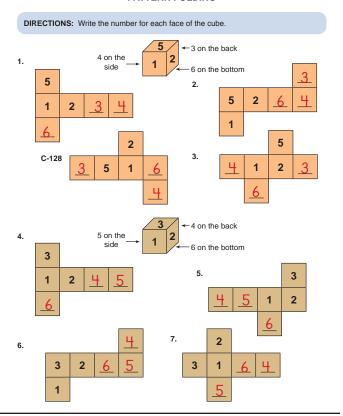
ANSWERS

Page 1

REBUS PUZZLE DIRECTIONS: Look at each graphic to find the common phrase it represents STIME S DEEF 2 back to it's about feedback square one time **FUNNY FUNNY** NATION WORDS WORDS WORDS WORDS too funny all across cracking up for words the nation TIME MY HANDS **LENTRUTHDING GNIKLAT** talking time on truth-inmy hands back lending R E V WAY **SCORE SCORE SCORE** ò

Page 2

PATTERN FOLDING



Page 3

PASS

highway

overpass

Mr. Rodgers



cover up

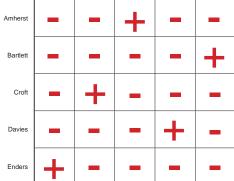
- 1. False; 2, picture; The clue is in the picture and that clue is the computer. Mr. Rodgers is not using a laptop, but a large stationary computer. It would be very cumbersome and difficult for Mr. Rodgers to travel all over the United States (sentence 2) with such a computer. While Mr. Rodgers is probably working at home (given the pajamas and the computer), we do not know this for certain.
- 2. **Unknown**; There is not enough evidence. Mr. Rodgers may be sick, but it could also be that he likes to work in his pajamas when he works at home.
- 3. True; 2, 3; Given that Mr. Rodgers must visit clients all over the United States, that he has a busy schedule, and that he works long hours, we can deduce that sometimes he travels by plane.
- 4. Unknown; While sentence 4 tells us that Mr. Rogers has been working for many years and hopes to retire soon to spend time with his grandchildren, we are given no evidence to indicate Miss Smythe's age. The title "Miss" is not always an indication of age; perhaps she is an older woman who has never married.
- 5. Unknown; There is not enough evidence. While we know that Mr. Rodgers wants to spend more time with his grandchildren when he retires, we do not know if that necessarily means in Florida. Do the grandchildren live in Florida? Does Mr. Rodgers? Would he like to take the grandchildren on a trip to Florida? These are some of the questions that would need to be answered before we would know.

Page 4

MIND BENDERS®

DIRECTIONS: Fill in the chart using + for true or – for false as you solve the puzzle. Be sure to mark all the – (no) answers from each clue to help find all the + (yes) answers

Transportation sailplane speedboat

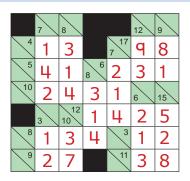


Bartlett's favorite transportation must be the speedboat (1). Amherst's and Croft's favorites are not the jet nor sailplane (2). Ender's and Amherst's favorites are not the sailplane nor horse, so Davies favorite is the sailplane (3). Amherst's favorite isn't the horse, so it's the train. This means Croft's favorite is the horse, and Ender's favorite is the jet (4).

Page 5

CROSS NUMBER

- A number below a diagonal line shows the sum for the squares underneath.
- A number above a diagonal line shows the sum for the squares to the right.
- You may use only the digits 1 through 9 (one digit per square).
- You may not use any digit more than once to get a sum.



	11	13			13	7
17	8	q		14 10	q	5
4	1	3	7 7	1	4	2
13	2	1	4	6	11	6
	4	3 14	1	3	8	2
6	3	1	2	4	1	3
3	1	2		3	2	1

Page 6

The Innocent

Matt Muenchrath: In sentence 16, Rhorer says that Muenchrath doesn't take things that are not his, so this eliminates Matt Muenchrath.

Christian Rhorer: In sentences 18 and 19, Poley says that he watched Rhorer from the time he entered the cafeteria to when the police arrived. Sentence 3 tells us that all the suspects were seated next to the victim's table between 11 a.m. and the time the police arrived. This means Poley watched Rhorer during the time of the theft. This eliminates Christian Rhorer.

Marcus Poley: In sentence 7, the waitress who waited on the victim tells us that she was surprised that one of her regular customers was a thief. In sentence 8, she says that the thief was always nice and talkative to the people he meets. In sentence 17, Poley describes himself as very shy. A very shy person is not talkative to the people he or she meets. This eliminates Marcus Poley.

The Wallet Thief

Craig Downer: Downer is the wallet thief because the other suspects can be proven innocent. Sentence 2 tells us that one of the suspects confessed to the crime and returned the stolen wallet. In sentences 9, 10, and 11, Downer says that he felt bad for the victim and that the victim should be more careful, but neither of these statements proves his innocence. Downer also told police he paid for his own meal with his own money, but that doesn't mean that he didn't steal the victim's wallet.

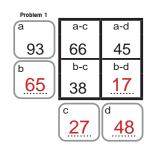
Page 7
PAIRS OF SIMILARITIES

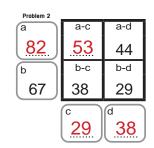
DIRECTIONS: Decide how the first pair of words are similar. Circle the word that makes the second pair similar in the same way.									
EXAI	MPLE: sieze grab	→	capture	a. find	b. grasp	c. hunt			
1	ruin demolish	→	spoil	a. destroy	b. repair	c. replace			
2	require demand	→	command ?	a. claim	b. insist	c. suggest			
3	complete end	→	finish ?	a. compose	b. pursue	c. terminate			
4	consider believe	→	ponder	a. attempt	b. presume	c. reject			
5	contain have	→	fill ?	a. hold	b. pursue	c. spend			
6	shut enclose	→	close	a. alter	b. fence	c. prevent			
7	create organize	→	produce	a. establish	b. cease	c. sustain			
8	nourish cultivate	→	feed ?	a. gather	b. harvest	c. grow			
9	strike attack	→	hit ?	a. assault	b. protect	c. retreat			

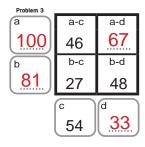
Page 8

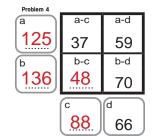
INSIDE-OUT MATH

DIRECTIONS: Use the clues to find the missing values.









Page 9

ASSOCIATE REASONING PUZZLE DIRECTIONS: In each puzzle, the three words above are associated (related) to the answer word below. For example, Airplane, Butter, and Kite are all associated with the answer Fly-airplanes fly, a fly in the butter or butterfly, and you fly a kite. Use the images to identify the three words and then figure out the associated answer word. Answer. Stick Plane pencil clip Answer: paper

Page 10



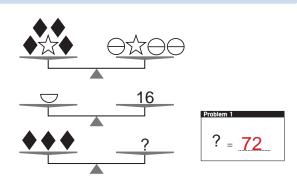
- 1. True; Sentence 2 tells us that tigers are the largest cats found in nature, so the largest tigers are larger than the largest lions.
- 2. True; Sentence 10 tells us that tigers love water and sometimes swim and play in it.
- 3. False; Sentence 11 tells us that like lions, leopards, and jaguars, tigers roar, but cannot purr.
- True; Sentence 9 tells us that every tiger has stripes, but the pattern is different on every tiger.
- 5. False; Sentence 6 tells us that tigers will roam up to 18 miles and can run as fast as 40 mph.
- False; Sentence 7 tells us that tigers often eat large animals, but also eat many other small animals.

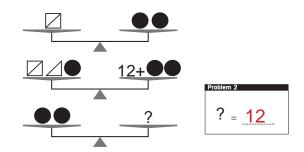
Page 11
BALANCE MATH

girl

DIRECTIONS: Use the balance scales to find the missing numbers.

Answer: friend

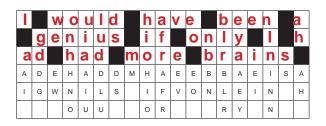




Page 12

LETTER DROP QUOTATION PUZZLE

DIRECTIONS: Use the letters underneath to fill in the chart so that words are formed and the quotation makes sense. A shaded space in the chart shows the end of a word. (The end of a line in the chart is not necessarily the end of a word.)



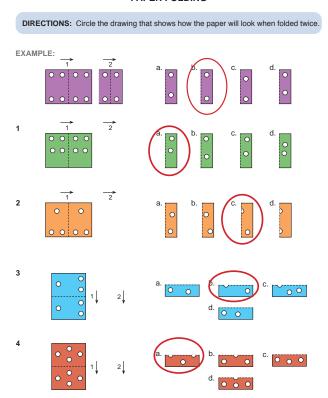
Bonus Brain Bender

Six glasses, three filled with water and three empty, are shown below. If you can ONLY touch one glass, how can you arrange them so that the filled and the empty glasses alternate (full, empty, full, empty, full, empty)? No magic tricks here!



Pour contents of glass 2 into glass 5

Page 13
PAPER FOLDING



Page 14

MOKD RENDEKS

DIRECTIONS: Identify the next word, then match it to its definition below. A blank line indicates the letter is the same as one above. A circle indicates a different letter than the one above or a new letter.



DEFINITIONS BOX:

1. delighted 2. doglike 3. five voices 4. gate 5. hire 6. human 7. infuriate

8. malaria medicine 9. omen 10. on the way 11. plaster 12. procedure

13. property agreement 14. purpose 15. satisfied

Page 15

OVERLAPPING CLASSES - INTERSECTIONS

DIRECTIONS: On the line next to each small shape below write an "A," "B," "I," or "O" to indicate where the shape belongs.

