

Exercise your Brain

1. Sit and put your right hand on your left knee as you raise it.
2. Put your left hand on your right knee and raise it.
3. Repeat the procedure and don't stop for about two minutes.

Fill in the blanks with a friend.

Exercise Your Brain

Twice a week I go to the _____

Once a week I like to _____

I always eat a _____ lunch,

I eat _____ by the bunch!

It is great to be _____ and fit -it is true,

But it's important to _____ your brain too!

Even though it is _____ a strain,

_____ exercise your _____.

Use a _____. Do a jigsaw. Read a _____.

Learn a new _____. Learn how to _____.

Even though it is _____ a strain,

Always _____ your brain.

Do a _____ problem and read, read, _____.

Exercise your brain, and you'll succeed!

Add two suggestions to exercise your brain

Do mental math.

Do crossword puzzles.

