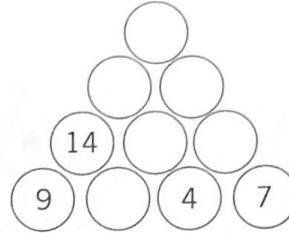
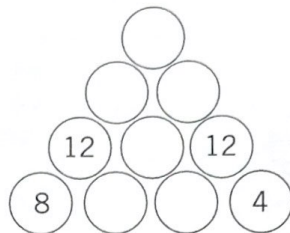


**Brain gym: Part 1****Add up:**

If the number in each circle is the sum of the two below it, what is the top number? Try to do the sums in your head, but if you cannot, use a pen to write them down.

**Elimination:**

All but two of these words fall into one of the three categories:

**1 Computer parts;**    **2 Parts of the face;** or **3 School subjects.**

History	Mouth	Maths
Mouse	Flip	Hard drive
Chemistry	Eyes	English
Nose	Keyboard	Flops
Monitor	Cheek	Biology

Put the leftover words together to make a word or phrase.....

**Spot the sum:**

In this box, one of the numbers is the sum of two of the others. Can you spot the sum?

2		19
13	29	37
5	54	25

**Three in one**

Each clue relates to the same word. The word will be spelt the same, but is pronounced slightly differently in some cases.

1. Large book – sound level – quantity.
2. Sausage – old car – noisy firework.
3. Vulgar – shared – public land.
4. Deep voice – Instrument – fish.
5. Muggy – nearby – shut.
6. Rely on – store – river's edge.

**Initials**

If 'BTTF' (Oscar winning film from the 1980's) stands for *Back to the Future*, what do these other initials stand for?

- 1 BMB (Children's party game)
- 2 AWM (Hymn)
- 3 AIW (Children's story)
- 4 LSDL (Proverb)
- 5 TRS (Rock 'n' Roll group)

Now make up your own, and ask the group to answer.

**Memory jog**

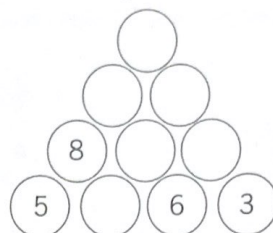
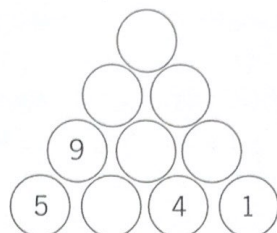
Spend a few minutes memorising the list of five words, and see how many you can recall on a separate piece of paper.

Gorilla  
Insect  
Elephant  
Snake  
Kangaroo

How did you find this exercise? Easy ☐ OK ☐ Hard ☐ What strategies did you use?

**Brain gym: Part 2****Add up**

If the number in each circle is the sum of the two below it, what is the top number? Try to do the sums in your head, but if you cannot, use a pen to write them down.

**Number jig**

Which one of the listed numbers DO NOT fit in this mini grid

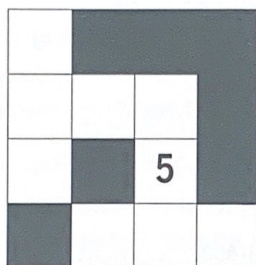
153

397

531

751

915

**Memory jog**

Spend a few minutes memorising the list of 8 words, and see how many you can recall on a separate piece of paper.

Banana	Butterfly
Flower	Flamingo
Peppermint	Pistol
Goat	Green

**Elimination**

All but two of these words fall into one of the four categories:

**1 Words meaning 'hole'; 2 Toys; 3 Colours; or 4 Words coming before 'star'.**

Rattle	Space	Maroon	Violet	Film	Slot
Pink	Skateboard	Year	Vent	Frisbee	
Light	Super	Doll	Void	Pop	
Gap	North	Kite	Yellow	Orange	

Put the leftover words together to make a word or phrase.....

**Mental maths**

Without using a calculator or writing anything down, see if you can carry the sum through to the final total.

- > Take the number of days in February (without a leap year) and divide by the number of days in a week.
  - > Add the number of legs on a spider.
  - > Add a dozen to your total.
- What is your answer?

**Mixed-up words**

Which horse-related terms can be made from each of these sets of scrambled letters?

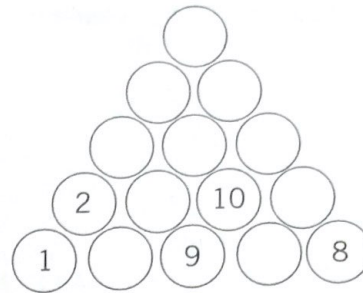
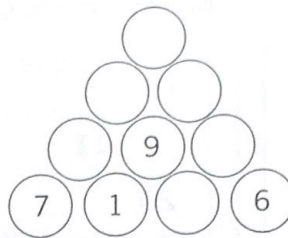
- 1 LOAF
- 2 REAM
- 3 DUST
- 4 RISE
- 5 NECTAR
- 6 ADDLES
- 7 SPURRIT

How did you find this exercise? Easy ☐ OK ☐ Hard ☐ What strategies did you use?



**Brain gym: Part 3****Add up:**

If the number in each circle is the sum of the two below it, what is the top number? Try to do the sums in your head, but if you cannot, use a pen to write them down.

**Spot the sum:**

In this box, one of the numbers is the sum of two of the others. Can you spot the sum?

26	11	36
19	1	32
5	29	13

**Hidden words**

Hidden in each of these sentences is the name of a fruit. Can you find the fruit?

Example: Let's **hope** a **cheque** is in the post

- 1 Buried Roman Gold is still found all over Sicily
- 2 I rang Paulo and Paulo rang Eric
- 3 As a rule, Mondays are generally awful
- 4 For me, London tops Paris any time.

**Memory jog**

Take one minute to remember all of these pictures, then see how many you can recall on a separate piece of paper.

**Initials**

If 'BTTF' (Oscar winning film from the 1980's) stands for 'Back to the Future', what do these other initials stand for?

- 1 HTHAS (Christmas carol)
- 2 MMM (Abba song)
- 3 DID (Radio programme)
- 4 BSR (Chinese delicacy)
- 5 TML (Famous portrait)

Now make up your own and ask the group to answer.

**Elimination**

All but two of these words fall into one of the three categories:

1) Words meaning 'young'; 2) Snakes; 3) Furniture; or 4) Baking ingredients.

Chair	Teen	Python	Cocoa	Immature	Viper
Wardrobe	Flower	Bureau	Sugar	Adder	Eggs
Cobra	Youthful	Table	Junior	Pot	Adolescent

Put the leftover words together to make a word or phrase.....

How did you find this exercise? Easy ☐ OK ☐ Hard ☐ What strategies did you use?

**Brain gym: Part 4****Vowel play:**

Can you replace the missing vowels to complete these precious stones?

- |       |          |
|-------|----------|
| 1 JD  | 6 DMND   |
| 2 GT  | 7 MRLD   |
| 3 RBY | 8 PL     |
| 4 JT  | 9 MTHYST |
| 5 TPZ | 10 PRL   |

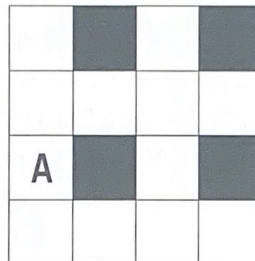
**Spot the sum:**

In this box, one of the numbers is the sum of two of the others. Can you spot the sum?

8	32	14
11	5	26
20	4	30

**Mini fit**

Which one of the list of words WILL NOT fit in these mini grids?

**ARTS****EARS****NOSE****HOSE****LEAN****Elimination**

All but two of these words fall into one of the four categories:

**1 Words following the word 'work';**  
**2 Herbs; 3 Journalism terms; or 4 Units of measurement.**

Thyme	Editor	By-line	Shop
Station	Litre	Hack	Parsley
Shy	Feet	Bench	Witch
Hazel	Press	Sage	Milligram
Pound	Load	Column	Mint
Oregano			

**Missing link**

1				
2				
3				
4				
5				

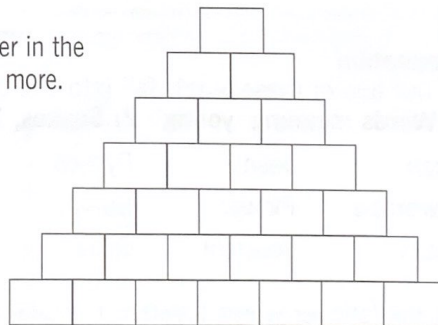
The three words in each clue have a fourth word in common - and that's your answer. For example, the clue 'MOON-NAVY-ROYAL' gives the answer BLUE (blue moon, navy blue and royal blue). Write each answer in the grid and the shaded column will reveal a type of flower.

- 1 BIRD – PLUG – TOWEL  
2 BRAKE – KIT – MAJORETTE  
3 MARK – VILLAGE – WHITE  
4 ACID – COAT – DROP  
5 LADDER – SWING – TIGHT

**Pyramid**

Complete the pyramid using the clues below. Each answer in the pyramid contains the letters of the previous answer, plus more.

- 1 First letter in the alphabet  
2 Ancient Egyptian sun god  
3 Listening organ  
4 Show courage  
5 Dried out  
6 Rant  
7 Spread outwards

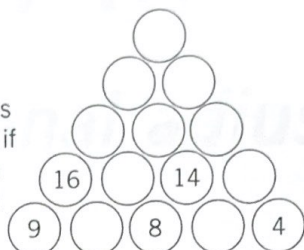


How did you find this exercise? Easy ☐ OK ☐ Hard ☐ What strategies did you use?



**Brain gym: Part 5****Add up**

If the number in each circle is the sum of the two below it, what is the top number? Try to do the sums in your head, but if you cannot, use a pen to write them down.

**Mix and match**

These letters can be arranged to spell either the name of a fruit, a building or a country. Can you unravel them?

- |         |           |
|---------|-----------|
| 1 THOLE | 6 GRENOA  |
| 2 ONMAG | 7 CRANFE  |
| 3 PEGTY | 8 ACALPE  |
| 4 PALEP | 9 RETOW   |
| 5 MEENY | 10 DEWNES |

**Mixed-up words**

Which farming terms can be made from each of these sets of scrambled letters?

- HAS TACKY
- NORDIC ELF
- STERILE FIR
- ODD PACK
- HER VATS
- LAB SET
- RANG RAY

**Splits**

Can you rearrange each of these sets of letter blocks into a word?

- BES RD WA RO
- INT CO LA MP
- PLI ER FI AM
- NE BER GI AU
- FUL TI AU BE

**Elimination**

All but two of these words fall into one of the four categories:

**1 Types of wood; 2 Musical instruments; 3 Dairy produce; 4 Other words for 'happy'**

Cheese	Cheerful	Guitar	Ecstatic	Oak
Milk	Maple	Joyful	Cream	Blissful
Pine	Super	Piano	Man	Butter
Delighted	Drum	Beech	Yoghurt	Flute

Put the leftover words together to make a word or phrase.....

**Spot the sum:**

In this box, one of the numbers is the sum of two of the others. Can you spot the sum?

25		13		36
22	1		32	6
8		41		11

**Pairs**

Eight of these words can be joined together to make a new word or phrase. The two leftover words can then be put together and the letters rearranged to spell out a type of biscuit.

EAR	DRUM
WATER	RACE
HEDGE	AROMA
CON	HUMAN
PROOF	ROW

How did you find this exercise? Easy ☐ OK ☐ Hard ☐ What strategies did you use?