

# ***STRATEGIC GAMES FOR INTELLECTUAL DEVELOPMENT***



## **Workout your brain with some brain games.**

Some activities can help maintain and boost brain function and connectivity. This can help protect the brain from age-related degeneration.

Research shows one of the best ways to build up working memory is to combine cognitive training with exercise, a healthy diet, interacting with other people, and adequate levels of sleep. Brain games can improve your memory, attention, problem solving, and processing speed. It's a simple and fun way to engage your brain and activate areas related to pattern recognition and recall.

### **Here are some brain games to incorporate into your day:**

- Crossword puzzles: uses logical reasoning and taps into long-term memory for vocabulary and knowledge
- Jigsaw puzzles: studies show puzzles activate many cognitive functions including perception, mental rotation, working memory, and reasoning
- Sudoku: use critical thinking skills and flex your working memory
- Chess: encourages creative thinking and improves your memory skills
- Scrabble: develops vocabulary, uses strategic thinking, and spatial reasoning

