

# **Our brain matters**

**Hundreds of memory boosting exercises to stimulate the brain  
and battle memory loss**

**By**

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Disclaimer

## Introduction

Many brain exercises usually involve common, routine puzzles such as crossword puzzles, Sudoku, Scrabble and logic puzzles which, at times, resemble some form of tests. Of course, all forms of mental exercises are beneficial and are brain stimulating.

How often have we all gone to an adjoining room or upstairs to the bedroom intending to fetch an item and having reached there completely forgotten what we went there for? Sometimes we can do this more than once!

But from time to time we all suffer from some form of memory loss for many different reasons, sometimes because we are so preoccupied with so many other matters with our minds already overloaded with things to remember and do.

According to ongoing medical research, there is growing belief that both mental and physical exercises can help to prevent the onset of Alzheimer's disease and dementia because they stimulate parts of the brain dealing with memory. Mental exercises such as word, number and in particular Neurobic exercises have been known to reactivate parts of the brain that may have become dormant as they actively support the growth of new brain cells as well as promoting communications between various nerve cells involved with memory.

An active lifestyle spent in intellectually stimulating atmosphere having plenty of interesting company can compensate for some forms of memory loss associated with Alzheimer's disease and dementia whilst reading, reading aloud, singing, learning a new skill, playing Sudoku and Scrabble, playing or learning to play a musical instrument or attempting any form of puzzles such as crossword puzzles which are in themselves magnificent ways of stimulating the brain. Any mental or physical exercise which stimulates the brain is much preferred to just sitting watching television when in most cases the brain is sent into a neutral and passive state and this pastime is unfortunately devoid of any real thinking.

Many of the exercises in this resource have been used successfully by individuals in their own homes, at coffee mornings, in workshops held in residential and nursing care homes, in pharmaceutical company seminars and at many other gatherings.

This book is intended as a resource for the general reader and in particular people who wish to improve and protect their brain fitness in order to try to guard against serious memory Loss. People in all sectors of life are becoming more aware of the growing number of people living with Alzheimer's disease and dementia and are turning to suitable and stimulating exercises in an attempt to combat the onset of the disease.

The Alzheimer's Society here in the UK and The Alzheimer's Disease International (ADI) is working globally to focus on all forms of memory loss, encouraging people in all communities here in the UK and abroad to become more aware of memory loss and its impact on individuals and their families and the importance of physical and mental

exercises for all.

There are about 860 000 people in the United Kingdom living with dementia and the number is forecast to increase to one million by the year 2025. Participating regularly in mental exercises that challenge reasoning and memory skills (brain workouts) could have significant benefits for older people in their day to day lives.

To attempt to avoid the onset of any form of memory loss it is vital to keep the brain strong and healthy. This can be achieved by attempting brain exercises for a period of about fifteen minutes daily. The exercises in this book are written for this purpose and can be adapted and attempted individually, in pairs, in groups or within families. This is the main objective of this book. The exercises are designed to help preserve and improve memory by using letters, words, sentences, numbers and shapes.

According to medical research, attempting brain exercises for short periods of time each day may well prevent memory loss and at the same time increase mental fitness. The book is a useful resource for people who recognise the importance of preserving and enhancing the brain's capabilities into old age.

Owners of residential and nursing care homes recognise the need to involve their residents in daily physical and mental activities. This includes encouraging residents to be actively involved in mental exercises similar to those described in this book.

Being aware that thousands of people in the United Kingdom live with some form of memory loss it is vital that adequate resources are made available to try to stop this number increasing. It is hoped that this book will help in some real way to do this.

'Prevention is better than cure' and with respect to the brain,

'If you don't use it , you lose it'.

So 'Let's not forget to remember' and 'Let's remember not to forget'

### **How to use this resource**

This resource is made up of a variety of different exercises divided up into chapters with headings. Most of the exercises are graded starting with easy questions leading on to more difficult ones.

When using this resource, it is suggested that one or two exercises are selected from different chapters to give a variety of challenges. For example, especially during the initial stages, the reader can choose a couple of exercises from the chapter on 'Words', followed by a couple of exercises from the chapter on 'Number' ending finally with a couple of exercises from the chapter on 'Shapes'. The reader will of course be able to select questions from different exercises in different chapters to suit their own needs and abilities.

It is suggested that carers using this resource at home, in residential and nursing care homes

and elsewhere will be able to select questions for their residents to suit the circumstances at the time. The exercises can be attempted individually, in pairs, in groups or as a family.

The exercises are designed to attempt at stimulating of the brain to improve memory whilst at the same time providing a source of fun and entertainment in the process.

Paper and pen or pencil are needed for all questions in Chapter 5 and some of the questions in Chapter 21 (Exercise 14 to 23) in order to make freehand sketches of diagrams.

### **Dedication**

This resource is dedicated to people of all ages, young and old, who wish to battle and combat against any form of memory loss.

## Chapter 1

### Letters and words

Our brain is an organ that improves through mental stimulation and it continuously adapts, grows and 'rewires' itself through the growth of new neurons.

As we age, it is quite common for us to experience some form of memory loss and quite often this is because of lack of brain exercises. If we don't use our brain it loses its knowledge.

Research has found that by using your non dominant **hand** the neural connections in the brain are strengthened along with the growth of new neurons. It is similar in a way to how physical exercises improves body functions and results in the growth of muscles.

When you attempt the exercises in this chapter you will be using your **dominant** hand and your **non dominant** hand to write letters and words.

You will also be trying to write letters and words backwards with your **dominant** and **non dominant** hand.

To do these exercises you will need paper and pen or pencil.

Remember, if you are **right handed** your **dominant hand** is your **right hand** and your **non dominant hand** is your **left hand**.

Also, if you are **left handed** your **dominant hand** is your **left hand** and your **non dominant hand** is your **right hand**.

#### Exercise 1

Write down the letter **a** with your dominant hand.

Now write down the letter **a** with your non dominant hand.

Repeat the same exercise with all the other letters of the alphabet:

b c d e f g h i j k l m n o p q r s t u v w x y z

### Exercise 2

Write down the two lettered word **am** with your dominant hand.

Now write down the word **am** backwards with your dominant hand.

Now write down the word **am** with your non dominant hand.

Now write down the word **am** backwards with your non dominant hand.

Repeat the same exercise with these two lettered words:

at by is me or up we my am

### Exercise 3

Write down the three lettered word **pal** with your dominant hand.

Now write down the word **pal** backwards with your dominant hand.

Now write down the word **pal** with your non dominant hand.

Now write down the word **pal** backwards with your non dominant hand.

Repeat the same exercise with these three lettered words:

and for are but can her his old way

### Exercise 4

Write down the four lettered word **warm** with your dominant hand.

Now write down the word **warm** backwards with your dominant hand.

Now write down the word **warm** with your non dominant hand.

Now write down the word **warm** backwards with your non dominant hand.

Repeat the exercise with these four lettered words:

able area belt farm game room salt shop wife

### Exercise 5

Write down the five lettered word **jokes** with your dominant hand.

Now write down the word **jokes** backwards with your dominant hand.

Now write down the word **jokes** with your non dominant hand.

Now write the word **jokes** backwards with your non dominant hand.

Repeat the exercise with these five lettered word:

actor after baked drape early fined fever wards windy

#### Exercise 6

Write down the six lettered word **admire** with your dominant hand.

Now write down the word **admire** backwards with your dominant hand.

Now write down the word **admire** with your non dominant hand.

Now write down the word **admire** backwards with your non dominant hand.

Repeat the exercise with these six lettered words:

agenda beauty boiler calves abroad length master people pretty

#### Exercise 7

Write down the seven lettered word **abandon** with your dominant hand.

Now write down the word **abandon** backwards with your dominant hand.

Now write down the word **abandon** with your non dominant hand.

Now write down the word **abandon** with your non dominant hand.

Repeat the exercise with these seven lettered words:

advised balance bedroom caravan chuckle cinemas diaries duchess elegant

#### Exercise 8

Write down the eight lettered word **addition** with your dominant hand.

Now write down the word **addition** backwards with your dominant hand.

Now write down the word **addition** with your non dominant hand.

Now write down the word **addition** backwards with your non dominant hand.

Repeat the exercise with these eight lettered words:

anything children district increase possible religion students together standard

#### Exercise 9

Write down the nine lettered word **chocolate** using your dominant hand.

Now write down the word **chocolate** backwards with your dominant hand.

Now write down the word **chocolate** with your non dominant hand.

Now write down the word **chocolate** backward with your non dominant hand.

Repeat the exercise with these nine lettered words:

Christmas celebrate dangerous something affection community ambulance wonderful  
blessings

#### Exercise 10

Write down the ten lettered word **everything** with your dominant hand.

Now write down the word **everything** backwards with your dominant hand.

Now write down the word **everything** with your non dominant hand.

Now write down the word everything backwards with your non dominant hand.

Repeat the exercise with these ten lettered words:

appreciate friendship confidence restaurant understand university Cinderella generation  
helicopter

## Chapter 2

### Names

#### Exercise 1

Write down your **first name** with your dominant hand.

Now write down your **first name** backwards with your dominant hand.

Now write down your **first name** with your non dominant hand.

Now write down your **first name** backwards with your non dominant hand.

#### Exercise 2

Repeat the above exercise with these names:

Tom David Matthew Christopher Jennifer Judith Sally Maureen Elizabeth

#### Exercise 3

Write down your **first name** and **surname** with your dominant hand.

Now write down your **first name** and **surname** backwards with your dominant hand.

Now write down your **first name** and **surname** with your non dominant hand.

Now write down your **first name** and **surname** backwards with your non dominant hand.

#### Exercise 4

Repeat the above exercise with these **first names** and **surnames**:

John Jones William Evans Michael Ball Robert Williams Maureen Davies

Jennifer James Rose Golding Judith Roberts Helen Sandford

#### Exercise 5

Write down the name **London** with your dominant hand.

Now write down the name **London** backwards with your dominant hand.

Now write down the name **London** with your non dominant hand.

Now write down the word **London** backwards with your non dominant hand.

#### Exercise 6

Repeat the above exercise with these names of towns and cities:

Belfast Cardiff Newcastle Edinburgh Dublin Southend Colchester

Plymouth Exeter

#### Exercise 7

Write down the name **Jakarta** with your dominant hand.

Now write down the name **Jakarta** backwards with your dominant hand.

Now write down the name **Jakarta** with your non dominant hand.

Now write down the name **Jakarta** backwards with your non dominant hand.

#### Exercise 8

Repeat the above exercise with these names of Capital towns and cities:

Accra Brussels Cairo Monaco Nicosia Moscow Prague Madrid Tokyo

#### Exercise 9

Write down the name **England** with your dominant hand.

Now write down the name **England** backwards with your dominant hand.

Now write down the name **England** with your non dominant hand.

Now write down the name **England** backwards with your non dominant hand.

#### Exercise 10

Repeat the above exercise with these names of countries:

Wales Ireland Scotland France Germany Sweden Finland Russia India

#### Exercise 11

Write down the word **Monday** with your dominant hand.

Now write down the word **Monday** backwards with your dominant hand

Now write down the word **Monday** with your non dominant hand.

Now write down the word **Monday** backwards with your non dominant hand.

#### Exercise 12

Repeat the above exercise with these names of days of the week:

Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday

#### Exercise 13

Write down the word **January** with your dominant hand.

Now write down the word **January** backwards with your dominant hand.

Now write down the word **January** with your non dominant hand.

Now write down the word **January** backwards with your non dominant hand.

#### Exercise 14

Repeat the above exercise with the names of these months of the year:

February March April May June July August September October November

December

#### Exercise 15

Write down the letters **a b c d** with your dominant hand.

Now write down the letters **a b c d** backwards with your dominant hand

Now write down the letters **a b c d** with your non dominant hand.

Now write down the letters **a b c d** backwards with your non dominant hand.

Repeat the above exercise using these letters:

**e f g h**

**i j k l**

**m n o p**

q r s t

u v w x y z

## Chapter 3

### Sentences

#### Three word sentences

##### Exercise 1

Write down the sentence **We are happy** with your dominant hand.

Now write down the sentence **We are happy** backwards with your dominant hand.

Now write down the sentence **We are happy** with your non dominant hand.

Now write down the sentence **We are happy** backwards with your non dominant hand.

Repeat the above exercises with these three word sentences:

In a moment.

I will sing.

Write it down.

Today is sunny

Let us pray.

I am home.

This is good.

Time to sleep.

I am hungry.

It is warm.

#### Four word sentences

##### Exercise 2

Write down the sentence **It is cold today** with your dominant hand.

Now write down the sentence **It is cold today** backwards with your dominant hand.

Now write down the sentence **It is cold today** with your non dominant hand.

Now write down the sentence **It is cold today** backwards with your non dominant hand.

Repeat the above exercise with these four word sentences:

I will be happy.

We will remember them.

They are very tired.

I will eat it.

I am happy here.

The music is good.

The food is tasty.

Tomorrow I will dance.

There is room here.

My brother is young.

### **Five word sentences**

Exercise 3

Write down the sentence **My son is five today** with your dominant hand.

Now write down the sentence **My son is five today** backwards with your dominant hand.

Now write down the sentence **My son is five today** with your non dominant hand.

Now write down the sentence **My son is five today** backwards with your non dominant hand.

Repeat the above exercise with these five word sentences:

Time is on my side.

I am very happy today.

The people here are nice.

Monday is my favourite day.

We can laugh it off.

I will sleep well tonight.

The food here is tasty.

I can run fast now.

I will play darts tonight.

My sister is coming home.

Exercise 4

### Six word sentences

Write down the sentence **The puppy is full of fun** with your dominant hand.

Now write the sentence **The puppy is full of fun** backwards with your dominant hand.

Now write the sentence **The puppy is full of fun** with your non dominant hand.

Now write the sentence **The puppy is full of fun** backwards with your non dominant hand.

Repeat the above exercise with these six word sentences:

I will sing my song tonight.

He will finish reading his book.

The poem I recited was funny.

Every cloud has a silver lining.

A stitch in time saves nine.

Today, John scored two good goals.

My brother saw his sister yesterday.

The car was driven too fast.

There are eggs in the nest.

The shop sold fruit and vegetables.

## **Chapter 4**

### **Numbers**

#### **Numbers 1 to 20**

##### Exercise 1

Write down the number **1** with your dominant hand.

Now write down the number **1** with your non dominant hand.

Repeat the above exercise with the numbers 2, 3, 4, 5, 6, 7, 8 and 9.

##### Exercise 2

Write down the number **10** with your dominant hand.

Now write down the number **10** backwards with your dominant hand.

Now write down the number **10** with your non dominant hand.

Now write down the number **10** backwards with your non dominant hand.

Repeat the above exercise using the numbers 11, 12, 13, 14, 15, 16, 17, 18, 19 and 20.

#### **Numbers 21 to 30**

##### Exercise 3

Write down the number **21** with your dominant hand.

Now write down the number **21** backwards with your dominant hand.

Now write down the number **21** with your non dominant hand.

Now write down the number **21** backwards with your non dominant hand.

Repeat the above exercise using the numbers 22, 23, 24, 25, 26, 27, 28, 29 and 30.

#### **Numbers 31 to 40**

##### Exercise 4

Write down the number **31** with your dominant hand.

Now write down the number **31** backwards with your dominant hand.

Now write down the number **31** with your non dominant hand.

Now write down the number **31** backwards with your non dominant hand.

Repeat the above exercise using the numbers 32, 33, 34, 35, 36, 37, 38, 39 and 40.

### **Numbers 41 to 50**

Exercise 5

Write down the number **41** with your dominant hand.

Now write down the number **41** backwards with your dominant hand.

Now write down the number **41** with your non dominant hand.

Now write down the number **41** backwards with your non dominant hand.

Repeat the above exercise using the numbers 42, 43, 44, 45, 46, 47, 48, 49 and 50.

### **Numbers 51 to 60**

Exercise 6

Write down the number **51** with your dominant hand.

Now write down the number **51** backwards with your dominant hand.

Now write down the number **51** with your non dominant hand.

Now write down the number **51** backwards with your non dominant hand.

Repeat the above exercise using the numbers 52, 53, 54, 55, 56, 57, 58, 59 and 60.

### **Numbers 61 to 70**

Exercise 7

Write down the number **61** with your dominant hand.

Now write down the number **61** backwards with your dominant hand.

Now write down the number **61** with your non dominant hand.

Now write down the number **61** backwards with your non dominant hand.

Repeat the above exercise using the numbers 62, 63, 64, 65, 66, 67, 68, 69 and 70.

### **Numbers 71 to 80**

Exercise 8

Write down the number **71** with your dominant hand.

Now write down the number **71** backwards with your dominant hand.

Now write down the number **71** with your non dominant hand.

Now write down the number **71** backwards with your non dominant hand.

Repeat the above exercise using the numbers 72, 73, 74, 75, 76, 77, 78, 79 and 80.

### **Numbers 81 to 90**

Exercise 9

Write down the number **81** with your dominant hand.

Now write down the number **81** backwards with your dominant hand.

Now write down the number **81** with your non dominant hand.

Now write down the number **81** backwards with your non dominant hand.

Repeat the above exercise with the numbers 82, 83, 84, 85, 86, 87, 88, 89 and 90.

### **Numbers 91 to 100**

Exercise 10

Write down the number **91** with your dominant hand.

Now write down the number **91** backwards with your dominant hand.

Now write down the number **91** with your non dominant hand.

Now write down the number **91** backwards with your non dominant hand.

Repeat the above exercise using the numbers 92, 93, 94, 95, 96, 97, 98, 99 and 100.

### **Some numbers from 101 to 200**

Exercise 11

Write down the number **101** with your dominant hand

Now write down the number **101** backwards with your dominant hand.

Now write down the number **101** with your non dominant hand.

Now write down the number **101** backwards with your non dominant hand

Repeat the above exercise using the numbers 123, 134, 146, 159, 163, 178, 182, 197 and 200.

### **Some numbers from 201 to 300**

Exercise 12

Write down the number **201** with your dominant hand.

Now write down the number **201** backwards with your dominant hand.

Now write down the number **201** with your non dominant hand.

Now write down the number **201** backwards with your non dominant hand.

Repeat the above exercise using the numbers 216, 227, 239, 246, 257, 269, 274, 285, 292 and 300.

### **Some numbers from 301 to 400**

Exercise 13

Write down the number **301** using your dominant hand.

Now write down the number **301** backwards using your dominant hand.

Now write down the number **301** with your non dominant hand.

Now write down the number 301 backwards with your non dominant hand.

Repeat the above exercise using the numbers 315, 328, 332, 349, 357, 367, 372, 386, 397 and 400

### **Some numbers from 401 to 500**

Exercise 14

Write down the number **401** with your dominant hand.

Now write down the number **401** backwards with your dominant hand.

Now write down the number **401** with your non dominant hand.

Now write down the number **401** backwards with your non dominant hand.

Repeat the above exercise using the numbers 418, 429, 432, 447, 459, 465, 476, 483, 495 and 500.

### **Some numbers from 501 to 600**

Exercise 15

Write down the number **501** with your dominant hand.

Now write down the number **501** backwards with your dominant hand.

Now write down the number **501** with your non dominant hand.

Now write down the number **501** with your non dominant hand.

Repeat the above exercise using the number 518, 526, 539, 547, 552, 569, 574, 586, 597 and 600

### **Some numbers from 601 to 700**

Exercise 16

Write down the number **601** with your dominant hand.

Now write down the number **601** backwards with your dominant hand.

Now write down the number **601** with your non dominant hand.

Now write down the number **601** backwards with your non dominant hand.

Repeat the above exercise using the numbers 613, 624, 639, 647, 658, 663, 672, 681, 695 and 700.

### **Some numbers from 701 to 800**

Exercise 17

Write down the number **701** with your dominant hand.

Now write down the number **701** backwards with your dominant hand.

Now write down the number **701** with your non dominant hand.

Now write down the number **701** backwards with your non dominant hand.

Repeat the above exercise using the numbers 714, 729, 735, 746, 752, 768, 774, 783, 796 and 800.

### **Some numbers from 801 to 900**

Exercise 18

Write down the number **801** with your dominant hand.

Now write down the number **801** backwards with your dominant hand.

Now write down the number **801** with your non dominant hand

Now write down the number **801** backwards with your non dominant hand.

Repeat the above exercise using the numbers 813, 827, 836, 843, 859, 867, 871, 883, 895 and 900.

### **Some numbers from 900 to 1 000**

Exercise 19

Write down the number **901** with your dominant hand.

Now write down the number **901** backwards with your dominant hand.

Now write down the number **901** with your non dominant hand.

Now write down the number **901** backwards with your non dominant hand.

Repeat the above exercise using the numbers 912, 927, 936, 945, 958, 963, 972, 989, 992 and 1 000.

### **Some numbers between 1 000 and 10 000**

Exercise 20

Write down the number **1 159** with your dominant hand.

Now write down the number **1 159** backwards with your dominant hand.

Now write down the number **1 159** with your non dominant hand.

Now write down the number **1 159** backwards with your non dominant hand.

Repeat the above exercise using the numbers 1 258, 2 763, 3 849, 4 187, 5 762, 6 984, 7 439, 8 765 and 9 173.

## Chapter 6

### Making up codes with numbers and letters

<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>E</b>	<b>F</b>	<b>G</b>	<b>H</b>	<b>I</b>	<b>J</b>	<b>K</b>	<b>L</b>	<b>M</b>	<b>N</b>	<b>O</b>	<b>P</b>	<b>Q</b>	<b>R</b>	<b>S</b>	<b>T</b>	<b>U</b>	<b>V</b>	<b>W</b>	<b>X</b>	<b>Y</b>	<b>Z</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>

Matching letters with numbers using the above list:

Examples

**MY 13, 25**

**HIS 8, 9, 19**

**JUMP 10, 21, 13, 16**

**HELLO 8, 5, 12, 12, 15**

**MORNING 13, 15, 18, 14, 9, 14, 7**

Matching numbers with letters using the above list:

Examples

**20, 15 TO**

**8, 5, 18 HER**

**13, 1, 11, 5 MAKE**

**8, 5, 18, 15 HERO**

**20, 15, 14, 9, 7, 8, 20 TONIGHT**

Exercise 1

Now try matching these words with numbers:

**NO HOW LOVE THROW EATING**

Exercise 2

Now try matching these numbers with words:

**25, 5, 19 20, 18, 1, 9, 14 18, 1, 9, 14, 2, 15, 23 12, 9, 7, 8, 20, 14, 9, 14, 7**

Example

These four numbers from the list match letters that form a word **spelt backwards!**

**12, 12, 5, 20**

What is the word written properly?

**12, 12, 5, 20**    **LLET**    This is **TELL** written backwards!    The word is **TELL**.

Exercise 3

These numbers match letters from the list to form words **spelt backwards** just like the one in the above example:

Try to find the words written properly instead of backwards using the letters and number list.

**23, 15, 18, 8, 20**

**16, 12, 5, 8**

**5, 2, 25, 1, 13**

**8, 3, 20, 1, 3**

**23, 15, 18, 18, 15, 13, 15, 20**

**25, 18, 18, 1, 3**

**4, 14, 5, 9, 18, 6**

**25, 16, 6, 1, 8**

**18, 21, 15, 12, 15, 3**

**8, 19, 1, 18, 4**

**25, 14, 14, 21, 6**

Two words are formed using the letter and number list but the words are **spelt backwards**.

What are the two words written properly instead of backwards?

Example

**4, 15, 15, 7**    **25, 1, 4**

**D O O G Y A D**      The answer is **GOOD DAY**

Exercise 4

In the same way, work out the words for the numbers in these exercises:

**25, 16, 16, 1, 8**      **25, 1, 4, 8, 20, 18, 9, 2**

**14, 5, 23,**      **25, 5, 1, 18**

**15, 12, 4**      **13, 1, 14**

**8, 15, 12, 4**      **20, 9, 7, 8, 20**

**7, 5, 20**      **20, 15, 7, 5, 20, 8, 5, 18**

**18, 15, 12, 12**      **15, 22, 5, 18**

**16, 1, 25**      **15, 6, 6**

Example

Use the number and word list shown at the start of this chapter to write these words as numbers:

**LET LIVE**      **12, 5, 20**      **12, 9, 22, 5**

Now try these:

Exercise 5

**STAND UP**

**SIT DOWN**

**AIM STRAIGHT**

**ARMS LENGTH**

**CHRISTMAS DAY**

**MAY DAY**

**WRITE OFF**

**GAIN ACCESS**

## **JUMP DOWN**

## **CLIMB UP**

### Exercise 6

Use the number and letter list to write these words as numbers:

**HOW ARE YOU**

**TIME TO GO**

**LETS TAKE OFF**

**NOW OR NEVER**

**HAND IN HAND**

**IN SEARCH OF**

**WATER THE GARDEN**

**PLAY THE GAME**

**FORGET ME NOT**

**TIE THE KNOT**

### Exercise 7

Write words using these numbers. The numbers spell the words **backwards**.

**8, 7, 21, 1, 12    9, 20    15, 6, 6**

**7, 5, 20    9, 20    18, 9, 7, 8, 20**

**3, 8, 1, 14, 7, 5    20, 8, 5    18, 9, 7, 8, 20**

**3, 8, 1, 14, 7, 5    20, 8, 5    28, 21, 14, 5**

### Exercise 8

Using the word and number list write numbers for these words:

**MONDAY            JANUARY**

**TUESDAY          FEBRUARY**

WEDNESDAY MARCH

THURSDAY APRIL

FRIDAY MAY

SATURDAY JUNE

SUNDAY JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

ENGLAND WALES IRELAND SCOTLAND

FOOTBALL CRICKET GOLF TENNIS HOCKEY RUGBY

AFRICA ASIA CARIBBEAN MIDDLE EAST FAR EAST

## Chapter 7

### Making words

Make 10 words using the letters in the word **abate**

Answers:

**at be ate eat tea bat bate beat abate tab**

See how many words you can make from the letters in these words:

**abeam abet abide abode about abrupt absent abuse accent  
achieve actor adapt addition admiral affair afraid against ailment  
airborne airfield airship algebra alight alligator almanac always  
ambition ambush amnesty amount anagram angel answer aplomb  
appear appraise apricot arable archery arrears aside assembly astride  
athletic attend**

Exercise 2

Make 4 words using the letters in the word **bean**

Answers:

**bean be an ban nab**

See how many words you can make from the letters in these words:

**brown bear brain bread bottle broad bridge bricks blame battle beauty  
before bacon**

Exercise 3

Make 18 words using the letters in the word **carpet**

Answers:

**car pet tap pat tea eat reap rate tear part pear pace  
tar rat cat ace ape trace**

See how many words can you make using the letters in these words:

**clear close crash crowd calendar cloud copper child cinema chamber chase  
clean clarify clothes cold cream crate create**

Exercise 4

Make 5 words using the letters in the word **daily**

Answers:

**day lid lay ail lady**

See how many words you can make using the letters in these words:

**Dinner dither donor double drain dribble dwarf during dungeon**

Exercise 5

Make 10 words using the letters in the word *earth*.

Answers:

**at he the eat tea art tear rat tar heart**

See how many words you can make using the letters in these words?

**engine entail entrust event example exhibit eyelid evacuate entire**

Exercise 6

Make 9 words using the letters in the word *forage* ?

Answers:

**for or far rag gear rage age fear are**

See how many words you can make using the letters in these words:

**fortune found forbid florist flounder fodder flounce farmer female**

Exercise 7

Make 8 words using the letters in the word *gadget* ?

Answers:

**gadget at tea ate get gad date gate gag**

See how many words you can make using the letters in these words?

**great glow gear grant grow garment garden gender grain**

Exercise 8

Make 9 words using the letters in the word *house* ?

Answers:

**house he us she use sue hose shoe sou oh**

See how many words you can make from the letters in these words ?

**harvest habit heart heat history heat here hover heaven hurting hundred**

Exercise 9

Make 7 words using the letters in the word *inside* ?

Answers:

**inside in is sin side din den sine**

See how many words you can make using the letters in these words?

**Illegal ignorant inert incur indent illness imagine ignore itself**

Exercise 10

Make 7 words using the letters in the word *jacket* ?

Answers:

**jacket at tea eat cat take jet tack**

See how many words you can make using the letters in these words:

**jungle jigsaw justice junket jackpot jostle jasmine jaunt**

Exercise 11

Make 9 words using the letters in the word *kinder* ?

Answers:

**in din dire ride die ire den dine rind**

See how many words you can make using the letters in these words?

**kindle kite kiln kosher karate knight kitchen**

Exercise 12

Make 4 letters using the letters in the word *lover* ?

Answers:

**love over rove vole**

See how many words you can make using the letters in these words:

**listen latest lemon lesson lament list learning lifted**

Exercise 13

Make 20 words using the letters in the word *machine* ?

Answers:

**ma me in ace him he can ham chime mine men  
name main niche ache acne nice cinema mace came**

See how many words you can make using the letters in these words:

**magnet memory moment mouse mumps monkey misfire miser middle**

Exercise 14

Make 6 words using the letters in the word *nose* ?

Answers:

**one so on son ones no**

See how many words you can make using the letters in these words:

**name noble nappy near night neat never note**

Exercise 15

Make 2 words using the letters in the word *obey* ?

Answers:

**obey be boy**

See how many words you can make using the letters in these words?

**other offend order organ office older orange opinion open**

Exercise 16

Make 10 words using the letters in the word *plate* ?

Answers:

**pat late let tale pate eat tea ate ale lea**

See how many words you can make using the letters in these words?

**pray prince police petal preach**

Exercise 17

Make 3 words using the letters in the word *quiet*?

Answers:

**quit tie it**

See how many words you can make using the letters in these words?

**quarter quaint quality quibble**

Exercise 18

Make 3 words using the letters in the word *ring* ?

Answers:

**gin rig grin**

See how many words you can make using the letters in words:

**robot rowing rabbit robin raisin rainbow robust rocket rugby ribbon**

Exercise 19

Make 3 words using the letters in the word *slow* ?

Answers:

**low owl sow**

See how many words can you make using the letters in these words:

**seat swear string swallow star**

Exercise 20

Make 8 words using the letters in the word *table* ?

Answers:

**able be at lea ale bate tab lab**

See how many words you can make using the letters in these words:

**under umpire window waste wear welcome weather water willing whistle  
wealth yard yellow yeast yacht yawn zeal zigzag**

## **Chapter 8**

### **Making words from letters**

Exercise 1

Make 12 words using these letters:

**n t a r i**

Exercise 2

Make 3 words using these letters:

**t r a s**

Exercise 3

Make 7 words using these letters:

l c n o w

Exercise 4

Make 10 words using these letters:

s h u o e

Exercise 5

Make 4 words using these letters:

d c l o

Exercise 6

Make 17 words using these letters:

k e a m r t

Exercise 7

Make 6 words using these letters:

o y a t d

Exercise 8

Make 9 words using these letters:

r g a g e a

Exercise 9

Make 3 words using these letters:

s e h e p

Exercise 10

Make 11 words using these letters:

r c t a o r

Exercise 11

Make 9 words using these letters:

o m s u e

Exercise 12

Make 10 words using these letters:

b e o l w

Exercise 13

Make 12 words using these letters:

m c e a l

Exercise 14

Make 8 words using these letters:

h i c r a

Exercise 15

Make 14 words using these letters:

t e h r a

Exercise 16

Make 16 words using these letters:

h a c l p e

Exercise 17

Make 15 words using these letters:

d a g r n e

Exercise 18

Make 16 words using these letters:

a l w r y e

Exercise 19

Make 10 words using these letters:

k y d n o e

Exercise 20

Make 11 words using these letters:

v e n e o l p e

Exercise 21

Make 5 words using these letters:

n r a i

Exercise 22

Make 5 words using these letters:

l c u o d

Exercise 23

Make 5 words using these letters:

r t o m s

Exercise 24

Make 10 words using these letters:

n d n i e r

Exercise 25

Make 6 words using these letters:

g n h i t

Exercise 26

Make 11 words using these letters:

n i g m r o n

Exercise 27

Make 5 words using these letters:

p h s i

Exercise 28

Make 14 words using these letters:

n a l p e

Exercise 29

Make 5 words using these letters:

p h s o

Exercise 30

Make 9 words using these letters:

r p m a

Exercise 31

Make 6 words using these letters:

r c d w o

Exercise 32

Make 3 words using these letters:

d r i b

Exercise 33

Make 17 words using these letters:

r i f n e d

Exercise 34

Make 5 words using these letters:

c u d o l

Exercise 35

Make 4 words using these letters:

w n i e

Exercise 36

Make 3 words using these letters:

e g n n i e

Exercise 37

Make 6 words using these letters:

r b t e u t

Exercise 38

Make 9 words using these letters:

l e o f r w

Exercise 39

Make 7 words using these letters:

o b i r n

Exercise 40

Make 4 words using these letters:

r i b d

Exercise 41

Make 8 words using these letters:

r n e i d n

Exercise 42

Make 3 words using these letters:

i h s f

Exercise 43

Make 2 words using these letters:

t a c

Exercise 44

Make 3 words using these letters:

a l g f

Exercise 45

Make 6 words using these letters:

h c r a i

Exercise 46

Make 17 words using these letters:

b t l e a

Exercise 47

Make 3 words using these letters:

r d o o

Exercise 48

Make 12 words using these letters:

l f w r e o

Exercise 49

Make 2 words using these letters:

l a w l

Exercise 50

Make 5 words using these letters:

r o f l o

Exercise 51

Make 7 words using these letters:

t i c s k

## **Chapter 9**

### **The English alphabet**

The letters in the English alphabet are:

a b c d e f g h i j k l m n o p q r s t u v w x y z

Exercise 1

What are the letters between a and d ?

Exercise 2

What are the letters between b and f ?

Exercise 3

What are the letters between f and h ?

Exercise 4

What are the letters between h and n ?

Exercise 5

What are the letters between n and u ?

Exercise 6

What are the letters between u and z ?

Exercise 7

What are the letters between r and y ?

Exercise 8

What are the letters between m and p ?

Exercise 9

What are the letters between q and y ?

Exercise 10

What are the letters between m and r ?

Exercise 11

What are the letters between l and t ?

Exercise 12

What are the letters between d and l ?

Exercise 13

What are the letters between m and u ?

Exercise 14

How many letters are there in the alphabet ?

Exercise 15

How many letters are there between a and f ?

Exercise 16

How many letters are there between b and h?

Exercise 17

How many letters are there between f and t?

Exercise 18

How many letters are there between p and r?

Exercise 19

How many letters are there between b and l?

Exercise 20

How many letters are there between c and g?

Exercise 21

How many letters are there between o and x?

Exercise 22

How many letters are there between s and z?

Exercise 23

How many letters are there between b and w?

Exercise 24

How many letters are there between f and z?

Exercise 25

How many letters are there between d and m?

Exercise 26

How many letters are there between e and p?

Exercise 27

How many letters are there between a and y?

## **Chapter 10**

### **Making up numbers**

Including 23, find the four numbers you can make using two digits 2 and 3 in 23.

Answer:

The four numbers are: 2 3 23 and 32

Exercise 1

Including 19, find the four numbers you can make using the two digits 1 and 9 in 19.

Exercise 2

Including 34, find the four numbers you can make using the two digits 3 and 4 in 34.

Exercise 3

Including 79, find the four numbers you can make using the two digits 7 and 9 in 79.

#### Exercise 4

Including 60, find the **three** numbers you can make using the two digits 6 and 0 in 60.

#### Exercise 5

Including 58, find the four numbers you can make using the two digits 5 and 8 in 58.

#### Exercise 6

Including 92, find the four numbers you can make using the two digits 9 and 2 in 92.

#### Exercise 7

Including 76, find the four numbers you can make using the two digits 7 and 6 in 76.

#### Exercise 8

Including 39, find the four numbers you can make using the two digits 3 and 9 in 39.

#### Exercise 8

Including 83, find the four numbers you can make using the two digits 8 and 3 in 83.

Including 123, find **15** numbers you can make using the 3 digits 1, 2 and 3 in 123.

Answer:

1 2 3 12 13 23 21 31 32 123 132 213 231 321 and 123 itself.

#### Exercise 9

Including 463, find 15 numbers you can make using the 3 digits 4, 6 and 3 in 463.

Exercise 10

Including 765, find 15 numbers you can make using the 3 digits 7, 6 and 5 in 765.

Exercise 11

Including 895, find 15 numbers you can make using the 3 digits 8, 9 and 5 in 895.

Exercise 12

Including 472, find 15 numbers you can make using the 3 digits 4, 7 and 2 in 472.

Exercise 13

Including 698, find 15 numbers you can make using the 3 digits 6, 9 and 8 in 698.

Exercise 14

Including 165, find 15 numbers you can make using the 3 digits 1, 6 and 5 in 165.

Exercise 15

Including 983, find 15 numbers you can make using the 3 digits 9, 8 and 3 in 983.

Exercise 16

Including 657, find 15 numbers you can make using the 3 digits 6, 5 and 7 in 657.

Exercise 17

Including 113, find **10** numbers you can make using the 3 digits 1, 1 and 3 in 113.

Exercise 18

Including 715, find 15 numbers you can make using the 3 digits 7, 1 and 5 in 715.

Exercise 19

Including 692, find 15 numbers you can make using the 3 digits 6, 9 and 2 in 692.

Exercise 20

Including 759, find 15 numbers you can make using the 3 digits 7, 5 and 9 in 759.

**Chapter 11**

## Writing numbers in order of size

### Numbers in ascending order

Write these numbers in **ascending order**. That is, from smallest to biggest.

Answer

7 6 8

6 7 8

Exercise 1

Write 4 9 3 in ascending order.

Exercise 2

Write 8 4 2 in ascending order.

Exercise 3

Write 11 9 10 in ascending order.

Exercise 4

Write 0 6 1 in ascending order.

Exercise 5

Write 8 1 2 in ascending order.

Exercise 6

Write 3 1 6 in ascending order.

Exercise 7

Write 2 9 7 in ascending order.

Exercise 8

Write 8 11 4 in ascending order.

Exercise 9

Write 21 11 10 in ascending order.

Exercise 10

Write 45 21 34 in ascending order.

Exercise 11

Write 65 42 23 in ascending order.

Exercise 12

Write 20 19 12 in ascending order.

Exercise 13

Write 43 100 19 in ascending order.

Exercise 14

Write 4 3 2 6 in ascending order.

Exercise 15

Write 2 8 3 7 in ascending order.

Exercise 16

Write 6 1 2 9 in ascending order.

Exercise 17

Write 5 0 3 4 in ascending order.

Exercise 18

Write 8 3 6 2 in ascending order.

Exercise 19

Write 5 9 1 4 in ascending order.

Exercise 20

Write 3 1 4 2 in ascending order.

Exercise 21

Write 8 1 6 3 in ascending order.

Exercise 22

Write 4 7 1 9 in ascending order

Exercise 23

Write 10 7 3 6 in ascending order.

Exercise 24

Write 8 3 5 4 9 in ascending order.

Exercise 25

Write 3 7 2 6 11 in ascending order.

Exercise 26

Write 1 5 2 8 4 in ascending order.

Exercise 27

Write 5 3 1 8 6 in ascending order.

Exercise 28

Write 6 2 7 4 9 in ascending order.

Exercise 29

Write 3 5 2 8 4 in ascending order.

Exercise 30

Write 9 5 1 3 6 in ascending order.

Exercise 31

Write 11 4 3 2 1 in ascending order.

Exercise 32

Write 3 12 6 4 2 in ascending order.

Exercise 33

Write 8 1 3 6 2 in ascending order.

### **Numbers in descending order**

Write these numbers in **descending order** (from biggest to smallest)

Answer  
7 5 3

5 3 7

Exercise 1

Write 9 8 10 in descending order.

Exercise 2

Write 3 6 2 in descending order.

Exercise 3

Write 2 7 4 in descending order.

Exercise 4

Write 6 9 3 in descending order.

Exercise 5

Write 1 8 6 in descending order.

Exercise 6

Write 5 4 8 in descending order.

Exercise 7

Write 11 8 9 in descending order.

Exercise 8

Write 3 6 2 8 in descending order

Exercise 9

Write 2 9 5 7 in descending order.

Exercise 10

Write 6 3 8 5 in descending order.

Exercise 11

Write 1 6 3 9 in descending order.

Exercise 12

Write 4 3 6 5 in descending order.

Exercise 13

Write 1 10 9 4 in descending order.

Exercise 14

Write 3 7 1 6 in descending order.

Exercise 15

Write 2 9 7 4 in descending order.

Exercise 16

Write 5 10 2 6 in descending order.

Exercise 17

Write 5 3 8 4 9 in descending order.

Exercise 18

Write 6 7 3 1 8 in descending order.

Exercise 19

Write 4 9 5 3 2 in descending order.

Exercise 20

Write 9 4 7 2 6 in descending order.

Exercise 21

Write 8 10 3 5 1 in descending order.

## Chapter 12

### Missing numbers

Find the missing number in this list of numbers:

1 2 3 - 5 6

Answer

1 2 3 **4** 5 6

Exercise 1

Find the missing number in this list of numbers:

2 3 4 - 6 7

Exercise 2

Find the missing number in this list of numbers:

1 3 5 - 9 11

Exercise 3

Find the missing number in this list of numbers:

3 6 9 - 15 18

Exercise 4

Find the missing number in this list of numbers:

2 6 10 - 18 22

Exercise 5

Find the missing number in this list of numbers:

4 - 6 7 8 9

Exercise 6

Find the missing number in this list of number:

3 5 - 9 11 13

## Chapter 13

### I think of a number

I think of a number and add 2 to it. The answer is 5. What is the number?

Answer  
3

Exercise 1

I think of a number and add 5 to it. The answer is 7. What is the number?

Exercise 2

I think of a number and subtract 3 from it. The answer is 6. What is the number?

Exercise 3

I think of a number and subtract 3 from it. The answer is 7. What is the number?

Exercise 4

I think of a number and subtract 5 from it. The answer is 1, What is the number?

## Chapter 14

### Making the biggest and smallest numbers

Answers

Using the numbers 4 and 6 make the largest and smallest numbers

largest 64  
smallest 46

Using the numbers 9, 4, 7 make the largest and smallest numbers

largest 974  
smallest 479

Exercise 1

Using the numbers 8 and 2 make the largest and smallest numbers

Exercise 2

Using the numbers 6, 7 and 2 make the largest and smallest numbers

Exercise 3

Using the numbers 9, 1 and 5 make the largest and smallest numbers

Exercise 4

Using the numbers 3, 6 and 2 make the largest and smallest numbers

Exercise 5

Using the numbers 5, 9 and 4 make the largest and smallest numbers

Exercise 6

Using the numbers 3, 5, 9 and 2 make the largest and smallest numbers

Exercise 7

Using the numbers 8, 5, 7 and 2 make the largest and smallest numbers

## Chapter 15

### Odd one out!

What is the odd one out in this list?

Answer

4 6 17 P 9 1

P

Exercise 1

What is the odd one out in this list?

7 a 8 3

Exercise 2

What is the odd one out in this list?

£ 6 \$ > % &.

Exercise 3

What is the odd one out in this list?

2 4 6 9 10 12

Exercise 4

What is the odd one out in this list?

1 3 5 7 8 11 13

Exercise 5

What is the odd one out in this list?

a e i p o u

Exercise 6

What is the odd one out in this list?

p q a r s t

Exercise 7

What is the odd one out in this list?

red blue green dog yellow

Exercise 8

What is the odd one out in this list? dolphin penguin rabbit whale

Exercise 9

What is the odd one out in this list? Monday Tuesday December Saturday

Exercise 10

What is the odd one out in this list? January February Friday June July

Exercise 11

What is the odd one out in this list? John William Henry Jane David

Exercise 12

What is the odd one out in this list? Alice Betty Clive Jane Ann

Exercise 13

What is the odd one out in this list? cow pig horse giraffe sheep

Exercise 14

What is the odd one out in this list? pound dollar boy rupee

Exercise 15

What is the odd one out in this list? London Swansea Paris Bristol

Exercise 16

What is the odd one out in this list? car bus boat lorry

Exercise 17

What is the odd one out in this list?      ship   submarine   speed boat   bicycle

Exercise 18

What is the odd one out in this list?      football   rugby   hockey   darts

Exercise 19

What is the odd one out in this list?      hour   second   minute   door   day

## Chapter 16

### Number exercises

Exercise 1

Which number appears twice in this list of numbers?

4   1   7   0   6   1   9

Exercise 2

Which **number** appears twice in this list of numbers?

3   7   2   6   7   3   9   3   4

Exercise 3

Which numbers appear twice in this list of numbers?

6   1   5   8   3   1   11   2   5   9

Exercise 4

Which numbers appear twice in this list of numbers?

8 0 4 9 2 1 0 4 7

Exercise 5

Which numbers appear twice in this list of numbers?

0 5 3 7 4 5 2 7 3 12

Exercise 6

Which numbers appear twice in this list of numbers?

9 5 6 1 8 3 2 8 6 10

Exercise 7

Which numbers appear twice in this list of numbers?

3 2 0 1 5 7 2 9 1

Exercise 8

Which **number** appears twice in this list of numbers?

12 10 9 3 7 10 8

Exercise 9

Which numbers appear twice in this list of numbers?

7 4 2 1 7 3 6 2 1

Exercise 10

Which numbers are less than 3 in this list of numbers?

7 4 2 5 1 0

Exercise 11

Which numbers are less than 4 in this list of numbers?

5 3 1 2 7

Exercise 12

Which numbers are less than 6 in this list of numbers?

9 5 7 6 4 8 10

Exercise 13

Which numbers are less than 2 in this list of numbers?

3 0 5 6 4 3 2 0 1

Exercise 14

Which numbers are less than 7 in this list of numbers?

8 9 7 5 6 10 11 0

Exercise 15

Which numbers are less than 10 in this list of numbers?

1 11 10 9 6 8 4 12

### Exercise 16

Which numbers are less than 4 in this list of numbers?

4 3 5 0 6 9 1

### Exercise 17

Which numbers are more than 3 in this list of numbers?

1 2 3 4 5 6 7

### Exercise 18

Which numbers are more than 5 in this list of numbers?

6 5 4 7 3 1 8 9

### Exercise 19

Which numbers are more than 8 in this list of numbers?

7 5 9 3 10 6 8 4

### Exercise 20

Which of these numbers when written in words end in the letter n ?

1 2 3 4 5 6 7 8 9 10

### Exercise 21

Which of the numbers from 1 to 10 end with the letter e, the letter o, the letter r, the letter x and finally the letter t ?

### Exercise 22

How many numbers from 1 to 10 when written in words have four letters in them?

Exercise 23

How many numbers from 1 to 12 when written in words have five letters in them?

## **Chapter 17**

### **Letters and word exercises**

Exercise 1

How many times does the letter e appear in the word sometimes ?

Exercise 2

How many times does the letter m appear in the word sometimes?

Exercise 3

How many times does the letter s appear in the word sometimes?

Exercise 4

How many times does the letter o appear in the word football?

Exercise 5

How many times does the letter l appear in the word football ?

Exercise 6

How many times does the letter o appear in the word controversial ?

Exercise 7

How many times does the letter s appear in the word trespass ?

Exercise 8

How many times does the letter c appear in the word cricket ?

Exercise 9

How many times does the letter s appear in the word distress ?

Exercise 10

How many times does the letter p appear in the word disappointing ?

Exercise 11

How many times does the letter n appear in the word disappointing ?

Exercise 12

How many times does the letter i appear in the word disappointing ?

## **Chapter 18**

### **More number exercises**

Exercise 1

How many times does the number 2 appear in the number 26?

Exercise 2

How many times does the number 1 appear in the number 131 ?

Exercise 3

How many times does the number 0 appear in the number 600 ?

Exercise 4

How many times does the number 6 appear in the number 606 ?

Exercise 5

How many times does the number 4 appear in the number 4154 ?

Exercise 6

How many times does the number 3 appear in the number 31233 ?

Exercise 7

How many times does the number 9 appear in the number 189979 ?

Exercise 8

Which one of these words has the most letters ?

when state tomorrow ball rugby

## Chapter 19

### More word exercises

Writing letters in reverse order to form words

When the letters **y a d o t** are reversed what word is formed?

Answer: today

Exercise 1

What words are formed when these letters are reversed?

e r e h    d r i b    l a m i n a    r a e    e s o n    h t u o m

y d o b    r i a h    t o o f    d l o    e v a s    e m o h

t i b b a r    e s r o h    t a c    g o d    e s u o m    e l o p

e t a g    d l e i f

## Chapter 20

### Yet more number exercises

Exercise 1

Which whole numbers from nought to ten have curves in them?

Exercise 2

Which whole numbers from nought to ten do not have curves in them?

Exercise 3

Write the **even** numbers between 0 to 10 in reverse order.

Exercise 4

Write the **odd** numbers between 0 to 10 in reverse order.

Exercise 5

How many whole numbers are there that are less than ten but more than nought?

Exercise 6

Which names of days of the week have 6 letters?

Exercise 7

Which names of days of the week have 7 letters?

Exercise 8

Which names of days of the week have 8 letters?

Exercise 9

Which names of days of the week have 9 letters?

Exercise 10

Which names of the months of the year have 3 letters?

Exercise 11

Which names of the months of the year have 4 letters?

Exercise 12

Which names of the months of the year have 5 letters?

Exercise 13

Which names of the months of the year have 6 letters?

Exercise 14

Which names of the months of the year have 7 letters?

Exercise 15

Which names of the months of the year have 8 letters?

Exercise 16

Which names of the months of the year have 9 letters?

Exercise 17

How many more letters than numbers are there in this list?

P 1 Q 2 7 R 3 T V W

Exercise 18

How many more numbers than letters are there in this list?

5 D R 7 Q 1 8 9 T

Exercise 19

How many more letters are there than numbers in this list?

L M 2 7 U 9 X A

Exercise 20

How many more numbers are there than letters in this list?

9 8 A R 7 C 6 P Q 2 5 1

Exercise 21

How many letters are there altogether in the numbers 1 and 2 when they are written in words?

Exercise 22

How many letters are there altogether in these numbers when they are written in words?

3 and 4

Exercise 23

Now many letters are there altogether in these numbers when they are written in words?

5 and 6

Exercise 24

How many letters are there altogether in these numbers when they are written in words?

7 and 8

Exercise 25

How many letters are there altogether in these number when they are written in words?

9 and 10

Exercise 26

How many letters are there altogether in these numbers when they are written in words?

3 and 5

Exercise 27

How many letters are there altogether in these numbers when they are written in words?

4 and 6

Exercise 28

How many letters are there altogether in these numbers when they are written in words?

7 and 9

Exercise 29

How many letters are there altogether in these numbers when they are written in words?

1 and 11

Exercise 30

How many letters are there altogether in these numbers when they are written in words?

13, 15 and 19

## Chapter 21

To stimulate your brain, attempt these exercises at your own speed but if you really want to give your brain a thorough workout, set yourself a target of 20 minutes for each exercise.

You will need pencil and paper for these exercises

### Exercise 1

Write down 10 words of any size using the letters in the word 'remember'.

Write down the word 'remember' using your non-dominant hand.

Again, write below the word 'remember' but this time write it backwards, using your non-dominant hand.

Using the letters a, p, t and o write down 10 words consisting of 2 or 3 letters.

How many whole numbers are there between 17 and 26?

Write down the word 'dancing' backwards with your non dominant hand.

Write down the number 5657 backwards with your non dominant hand.

Pick the odd one out in this list:

A H U 7 P Q R D

I thought of a number, multiplied it by 2 and the answer was 6. What was the number I thought of?

Write down the numbers 6 8 3 9 2 7 5 0 5 from smallest to biggest.

## Exercise 2

Write down 12 words, with two letters or more in them, using the letters in the word 'amount'

Write down the word 'answer' with your non-dominant hand.

Write down the word 'answer' backwards with your non-dominant hand.

Write down 5 words with two letters or more in them using the letters p o r and d. What word do the letters form when written backwards?

Write down 10 numbers using the three numbers in 715.

Write down the numbers 10, 6 5 3 2 and 9 from smallest to biggest.

Write down the numbers 6 8 4 7 3 and 2 from biggest to smallest.

In this list of numbers, what is the odd one out?

5 4 8 9 6 and 2

Write down the letters in the English alphabet between b and p?

What is the missing number in this list?

4 7 - 13 16 19

### Exercise 3

Write down 10 words using the letters in the word 'absent'.

Write down 10 words using the letters b t l e a

In the alphabet, write down, in reverse order, the letters between h and n.

Find the odd one from this list

9 6 7 P 5 1

Which two numbers appear twice in this list?

4 1 7 0 6 1 9 2 7 3

What is the difference between the largest number and the smallest number in this list:

2 1 7 6 4 3 8 5 0?

What is the sum of the largest and smallest number in this list

6 1 3 9 7 4 2?

When the letters y a d o and t are reversed what word do they form?

Write down the word tomorrow using your non dominant hand.

Write down the number 8945 backwards using your non dominant hand.

#### **Exercise 4**

Which whole numbers from nought to ten have curves in them?

Which names of the days of the week have eight letters in them?

What word is formed when the letters d l e i f are reversed?

How many times does the number 9 appear in the number 1898989?

How many times does the letter i appear in the word 'disappointing' ?

Write the word 'disappointing' backwards with your non-dominant hand.

Which of the numbers from 1 to 10 when written in words end with the letter e?

Which numbers are greater than 3 in this list?

1 4 5 2 6 0 7

Write the numbers in this list in descending order:

8 2 9 1 0 3 4 5

How many letters are there in the English alphabet between c and x?

### Exercise 5

Pick the odd one out from this list of numbers:

1 3 5 7 8 11 13

Write these numbers from smallest to largest:

8 4 7 3 2 1 9

Write these numbers from largest to smallest.

6 3 8 2 10 7 4

What is the difference between the largest and the smallest number?

What is the sum of the largest and smallest number?

I think of a number and add 2 to it, and the answer is 5. What is the number?

The largest number made from 4 and 6 is 64.

Using 8 and 2 make the largest and smallest numbers.

Write down 10 words using the letters in the word 'cream'.

Make 10 words using these letters: s h u o e

Which two numbers appears twice in this list of numbers?

6 7 3 9 2 7 8 5 3 1

### Exercise 6

Write down 17 words with two or more letters in them using the letters r i f n e d.

Write down 10 words with two letters or more in them using the letters in the word 'rabbit'

In the alphabet, what are the letters between r and y when written backwards?

Write down 14 numbers using the three numbers in the number 123.

Write these numbers from largest to smallest:

12 6 5 15 2 9

Write these numbers from smallest to largest.

99 89 88 87

Which numbers are less than 4 in this list?

6 0 5 4 3 1 9

Multiply the smallest number by the largest number.

### Exercise 7

Which number appears twice in this list?

1 7 2 6 7 3 9 3 4

Which of these numbers when written in words end with the letter n?

1 2 3 4 5 6 7 8 9 10

What number do you get when you multiply the smallest number by the largest number in this list?

How many times does the letter s appear in the word trespass?

How many numbers from 1 to 12 when written in words, have five letters in them?

How many letters are there altogether in these three numbers when they are each written in words: 1, 3, and 7?

How many even numbers are there in this list:

3 6 8 9 12?

Write down the word 'afternoon' with your non dominant hand.

Write down the word 'afternoon' backwards with your non dominant hand.

### Exercise 8

How many letters are there altogether when these two numbers written in words

13 and 15?

What word is formed when these letters are reversed

t i b b a r ?

Write down the odd numbers between 0 and 10 in reverse order.

Write down the word 'scramble' using your dominant hand.

Now write down the word 'scramble' backwards using your dominant hand.

Now write down the word 'scramble' using your non dominant hand

Now write the word 'scramble' backwards using your non dominant hand.

Write down the number 547 using your dominant hand.

Now write down the number 547 backwards using your dominant hand.

Now write down the number 547 using your non dominant hand.

Now write down the number 547 backwards using your non dominant hand.

## Exercise 9

Write down 8 words with three letters or more in them using the letters in the word 'grant'

Write down 12 words with two letters or more in them using these letters:

n a l p e

How many letter are there in the alphabet between s and z?

Write the letters in the alphabet between p and v in reverse order.

Write down 14 numbers using the three numbers in 463

I think of a number and subtract 3 from it, and the answer is 10. What is the number?

Find the missing number in this list:

1 2 3 \_ 5 6

Write down the word 'sometimes' using your non dominant hand.

Write down the word 'believe' backwards using your non dominant hand.

## Exercise 10

Using the numbers 6, 7 and 2 to make the largest number

What is the smallest number you can make using 6, 7 and 2?

Pick the odd one out

a e i p o u

Which two numbers appear twice in this list:

9 5 6 1 8 3 2 2 8 6 10?

Write the numbers from largest to smallest

Which numbers are less than 6 in this list?

9 5 3 6 8 10 1

Write 9 words with two letters or more using the letters in the word 'forage'

Write down the word 'florist' with your non dominant hand.

Write down the word 'halfpenny' backwards with your non dominant hand.

## Exercise 11

Which whole numbers from nought to ten do not have curves in them?

Write the odd numbers between 0 and 10 in reverse order.

Which names of the days of the week have eight letters in them?

Write the letters e s u o m backwards to form a word.

A number between 0 and 10 ends with the letter x. Which one is it?

How many times does the letter e appear in the word 'sometimes'?

Pick the odd one out:

red blue green yellow dog pink purple

Write the word 'evening' with your non dominant hand.

Write the word 'morning' with your non dominant hand.

## Exercise 12

Which numbers from one to nine are made up of straight lines?

Write the even numbers from one to eleven in reverse order.

Which names of the days of the week have six letters in them?

Write the letters y e k n o d backwards to form a word.

Which numbers between one and ten end with the letter e?

Which names of the months of the year have the fourth letter u?

Pick out the odd one out

square rectangle triangle circle

Write down in words, in reverse order, the numbers between three and seven

Write down the word 'joyful' backwards using your non dominant hand.

Write down the number 12 569 backwards using your non dominant hand.

### Exercise 13

Write these numbers in ascending order (from smallest to largest)

1 7 6 3 5

Write down 10 words using the letters in the word 'athletic'.

Write down seven words using the letters t i c s k

Using the three numbers in the number 762 write down seven different numbers.

How many letters are there in the English alphabet between g and n?

Write complete words by finding the missing letters in these:

R - BB - T      CRIM - ON      F - - TBA - -      CH - I - TMAS

Which numbers appear twice in this list

7 4 2 1 7 3 6 2 1?

Write down the word 'devise' backwards using your dominant hand.

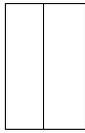
Write down the word 'heaven' backwards using your non dominant hand.

## Exercise 14

Paper and pen or pencil are needed for Exercises 14 to 23 to make sketches of diagrams.

Draw these arrows backwards using your non dominant hand.

Copy this diagram using your non dominant hand



A	B	C	D
1	2	3	4

$$A + B = 1 + 2 = 3$$

Now copy and complete these

$$B + C = \quad C + D = \quad A + C = \quad B + D =$$

Write PQRS backwards using your non dominant hand.

Using the letters in the word 'learning' write down five words having four letters in them.

Write these words from largest to smallest by counting the number of letters in each word:

red   yellow   green   blue   magenta

**Diagrams for exercises 15 to 23 provided on request.**

[www.battledementia.co.uk](http://www.battledementia.co.uk)

**Exercise 15**

Write these numbers in ascending order:

7 6 3 5 1 8 2

Write down 12 words you can make using the letters in the word 'lament'

Write down 12 numbers you can make using the three digits in the number 762.  
They can be 1 digit, 2 digit or 3 digit numbers.

Write down 7 words you can make using these letters: o b i r n

Draw these two diagrams using your dominant hand.  
Now draw them again using your non dominant hand.

Pick the odd one out in this list

red orange yellow green purple blue indigo violet

Write these words in ascending order by counting the number of letters in each word:

blue green yellow red

How many letters are there between p and y in the English alphabet

Write down the word **magician** using your dominant hand.  
Now write down the word **magician** backwards using your dominant hand.

Now write down the word **magician** using your non dominant hand  
Now write down the word **magician** backwards using your non dominant hand.

### Exercise 16

How many numbers between 4 and 10 have curves in them?

Draw these two diagrams using your dominant hand.  
Draw the two diagrams again using your non dominant hand.

Which days of the week have 6 letters in them?

Pick the odd one out in this list:

Q P T R M L 0 X N

How many letters are there altogether in the numbers 3, 5 and 8 when they are written in words?

Which is the biggest number 989 or 998 ?

In this list of numbers which numbers are bigger than 4 and also less than 8?

5 3 6 9 10 1

I think of a number and then add 4 to it and the answer I get is 12. What number did I think of?

Which number is missing from this list?

2 6 10 - 18 22

What word is formed when these letters are written backwards s s e n i p p a h

### Exercise 17

I think of a number and take 2 away from it and the answer I get is 6. What number did I think of?

Write down the word **thunderstorm** with your dominant hand.

Now write down the word **thunderstorm** backwards with your dominant hand.

Now write down the word **thunderstorm** with your non dominant hand.

Now write down the word **thunderstorm** backwards with your non dominant hand.

Draw these two diagrams with your dominant hand.

Now draw the two diagrams with your non dominant hand.

Write down the letters between d and h in the alphabet with your dominant hand.

Now write down the same letters backwards with your non dominant hand.

Write these numbers in ascending order:

10 6 4 12 8 15

Which numbers in this list are less than 7 but bigger than 2?

3 6 8 2 9 4 5

What number is missing from this list?

10 8 6 4 2 -

Which months of the year have the same number of letters in them?

Which days of the week have the same number of letters in them?

Complete the following to make words:

T-NN- S

CH-I-TMAS

R- B B I T

## Exercise 18

Write down 9 words you can make using the letters r p m and a

Which numbers from 1 to 12 have four letters in them when they are written in words?

Draw these two diagrams using your dominant hand.  
Then draw them using your non dominant hand.

Write down the first 10 letters in the English alphabet with your dominant hand.  
Then write down the first 10 letters backwards with your non dominant hand.

Write down the numbers from 13 to 17 with your dominant hand.  
Now write down the numbers from 13 to 17 backwards with your non dominant hand.

When written backwards what words do these letters form?

e c n a l u b m a      e c n e i t a p

Write down the numbers from 1 to 10 which have curves in them.

Write down the names of the numbers between 1 and 10 which have 5 letters in them.

Which numbers between 2 and 7 end with the letter e when written in words?

Find the two missing numbers in this list:

2 4 - 8 10 12 -

### Exercise 19

How many letters are there in the English alphabet between s and y?

I think of a number and add 3 to it. The answer is 7. What number did I think of?

Pick the odd one out in this list:

2 6 8 4 9 3

Which numbers appears twice in this list?

3 7 2 5 8 7 6 1 0 10 2 4

Which numbers are less than 6 in this list of numbers?

8 6 5 3 9 2 4 7 10

Write down your first name backwards with your non dominant hand.

Draw these three diagrams with your non dominant hand.

How many times does the letter a appear in the words January and February combined?  
Which other letters appears twice?

What words are formed when these letters are written backwards?

o l l e h      r e b m e m e r      t e g r o f

How many more letter are there than numbers in this list?

F G 5 Y Z 3 U 9 X 1 K L

## Exercise 20

How many letters altogether are there in 20 and 17 when they are written in words?

Use your non dominant hand to draw these three diagrams:

Write the word **remembering** backwards using your non dominant hand.

Which name of the month of the year has 9 letters?

Write these numbers in ascending order:

12 3 15 4 16 5 17 6

Write down five words using the letters i a r n

Pick the odd one out in this list of numbers

7 6 4 8 2

How many letters are there in the English alphabet between s and z?

Find the missing number in this list:

10 13 16 - 22 25

How many letters are there altogether in the numbers 60 and 70 when written in words?

## Exercise 21

Write down these letters using your dominant hand:

p q r s

Now write them down backwards with your dominant hand.

Now write them down with your non dominant hand.

Now write them down backwards with your non dominant hand.

How many squares and triangles are there in these diagrams?

Draw this diagram upside down:

Write down all the numbers between 86 and 92 from biggest to smallest.

Draw this diagram with your dominant hand.

Now draw the diagram with your non dominant hand.

## Exercise 22

What words do these letters form when written backwards:

y a d r e t s e y

e l i d o c o r c ?

Write this number the right way up and then total the 5 digits:

Draw this diagram upside down:

Write down the words 'be confident' with your dominant hand.

Now write down the words 'be confident' backwards with your non dominant hand.

Write down the sentence 'Yes, let's play tennis' with your dominant hand.

Now write down the sentence 'Yes, let's play tennis' with your non dominant hand.

Draw this diagram with your dominant hand.

Now draw the diagram with your non dominant hand.

Write these letters the right way up:

### **Exercise 23**

Draw this diagram upside down:

Draw this diagram the right way up and add up the numbers shown in circles.

Draw these 5 diagrams with your dominant hand.

Now draw the diagrams with your non dominant hand.

## **Disclaimer**

The information provided in this book is designed to provide helpful information for the purpose of helping prevent memory loss and increase mental fitness.

The book is not meant to be used nor should it be used to diagnose or treat any medical condition, mental or physical. For diagnosis or treatment of any medical or physical problem one is advised to consult one's own General Practitioner immediately.

Neither the author nor the publisher of this book will be held responsible for any injury, loss or damage caused in any manner whatsoever by attempting any of the exercises in this book.

As with any exercise programme one should be aware of one's own physical and mental limitations, and if one has any concerns one should consult a qualified health care professional for advice with immediate effect.

This book is not to be taken as a substitute for the medical advice of a qualified physician.

Gareth Rowlands