

Introduction

Memory matters

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 we can 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 to do.

Both mental and physical exercises can stem the onset of Alzheimers disease and dementia because they stimulate parts of the brain dealing with memory. Mental exercises have been known to reactivate some parts of the brain that may have become dormant by supporting the growth of new brain cells as well as promoting communication between various nerve cells involved with memory.

Many of the elderly can be encouraged to adopt a do-it-yourself approach by selecting any simple words and numbers to exercise with like the examples and exercises shown in this resource. Obviously, the bigger the words and numbers, the more difficult the exercise become. The emphasis is to attempt the simple words and numbers first, if necessary with the help, guidance and encouragement of their carers, relatives and friends who can also enjoy this resource. They can even work through the four or five letter words in the dictionary alphabetically if they were inclined to do so.

By working in pairs or in groups, the exercises can become more enjoyable not only for the elderly but also for their carers, relatives and friends.

Other mental exercises such as Soduko, crossword puzzles and scrabble are also beneficial as brain-stimulating exercises. But the simpler the exercises the better.

There are a number of simple physical exercises described at the end of this resource which can stimulate the brain and provide fun and amusement at the same time for all involved.

In all the exercises the emphasis is on simplicity and enjoyment.

But an active lifestyle spent in an intellectually-stimulating atmosphere having plenty of interesting company can certainly compensate for some forms of memory loss associated with Alzheimers disease and dementia, whilst reading, singing, reading aloud, learning a new skill, playing Sodoku and Scrabble, playing a musical instrument or attempting all forms of puzzles and completing crossword puzzles are in themselves also magnificent ways of stimulating the brain. Any mental or physical exercises which stimulate the brain are much preferred activities to watching the television when in most cases the brain is sent to a neutral state and is unfortunately void of much thinking.

How to use this resource

Stimulating exercises should be fun and enjoyable activities.

The exercises in this resource can be done in any order.

One should try to spend about 15 to 20 minutes a day on the exercises.

Some people may be able to select and attempt which exercises they prefer to do independently whilst others may need the assistance and encouragement of their carers, their relatives or even their friends. Sharing the exercises and attempting them together in pairs or in groups can prove to be enjoyable and productive.

Answers to all exercises are provided and are within easy access. Check your answers by comparing them with those given in the text. Refer to any examples shown in the text and then attempt the word and number exercises. If in any doubt about any of your answers in the word exercises use a dictionary to check the word and its spelling.

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WORD EXERCISES

How many words can you make from the word *abate* ?

Answer:

abate at be ate eat tea bat bate beat abate tab

How many words can you make from these words ?

At first, just try to find two or three 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**

Answers:

abeam be beam me am

abet be bet bat tab tea eat

abide be aid bid die bed bead

abode be bed bead ode doe

about tab out bout to but bat tub

abrupt at up put rub tar pat bat trap part bar but

absent be ten tea bat sat bat nest tan bent sent base

abuse be sea bus sub use base sue as

accent at tea eat net ace cent ant tan ten neat

achieve eve hive vie have heave ache chive

actor	at or to tar rat cat rot
adapt	at tap pat data pad
addition	add aid tide it ton
admiral	air aim alarm raid rid dim liar rail drama dram
affair	air far fir riff
afraid	far rid aid afar raid fir aria arid
against	at an is it in gain sit tag tan tang tin gin sag sting
ailment	at it in ale lament ten net mint time met aim ate ant tan mat tame meant mile lime neat tail amen name tile lit tame meat aim team anti
airborne	air are rib or in be bar born borne robe bear near bear ran nab bin no on rob nib ban an bean brain near reborn barn rain robe bore
airfield	are air fire life file rife rifle if led deal lie lied rid dear arid dire ride lead fried far read
airship	air hip his sip rip ash harsh ship is his rash hair sir pair
algebra	age be bra leg beg area brag grab bear gel algae
alight	ail light lit tail hit
alligator	all at tar rot gait rag air
almanac	an can man calm clam
always	as say ways sway saw was
ambition	am it bit on mat main bait
ambush	am bush bus sub mash bash sham us
amnesty	am an as at nest teas seat ten say yes man name tame names meat ate tea stay meant team sty seam steam same
amount	am at an out to ton not mount mat moat

anagram **an am gram nag mar ran**
angel **an leg gel nag**
answer **an as we are swear saw was nears ran wear wane new**
aplomb **am lap pal lamb**
appear **are ape pear reap rap pear ear area**
appraise **are raise rise is as sip spare pair air sea sap rap prise**
apricot **at cot top pat tap pot tip pit rot rat rip coat**
arable **are able be ale lea real bale area bear**
archery **are arch her ache reach ray hare hear**
arrears **are as area ear ears rear**
aside **as is aid die side sad**
assembly **as am ably seam sly mess bale beam maybe**
astride **as at aide is sit tide die tire ride dire arid stride dear read**
athletic **at ace ate eat let lathe late tail hail hate**
attend **at end ten tea eat den end dent tend and date ate**

How many words can you make from the word *bean*?

Answer:

bean **be an ban nab**

How many words can you make from these words:

At first, just try to make two or three words.

brown bear brain bread bottle broad bridge bricks blame

battle beauty before bacon

brown **bow row own won**

bear **be are ear bar**

brain **ban bin nib nab rain air in an ran**
bread **be bed read dear are bead bar bad bear**
bottle **be bet let toe lot**
broad **or dab bad rod bra bar**
bridge **be bed rid die**
bricks **rib is sick**
blame **be am me lame male lea ale lamb bale**
battle **at be let bat ale tea ate tab lea late**
beauty **be at but tub tea eat**
before **be for bore for of foe fore**
bacon **on con can cab no**

How many words can you make from the word *carpet*?

Answer:

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

How many words can you make from these words?

At first, just try to make two or three words.

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

Answers:

clear **ear lea pea car are real ale race acre**
close **lose sole so**
crash **cars scar arc car rash ash cash**
crowd **crow row rod do cod word**

calendar ale lea lend dear read den are red land deal near ran lean
 learn led

cloud cud loud do could cod old

copper cop rope cope core ore crop roe

child hid lid

cinema in am name main mane can aim mine men amen

chamber am amber bear reach ham her char race

chase has ash he as sea case she

clean an lea can ace ale

clarify if fly car air far fry lair

clothes cot toe toes so set sole lose cot hose slot sloth hot

cold cod old do

cream am ace ram mar arm mace ear ream are came

crate cat ate tea eat trace ace are rate tear rat art arc car race

create crate ate tea eat are cat rate tear tar rat are cater

How many words can you make from the word *daily*?

Answer:

daily day lid lay ail lady

How many words can you make from these words?

At first, just try to make two or three words.

Dinner dither donor double drain dribble dwarf during dungeon

Answers:

dinner die in end red din dire ride den ire rind inner

dither die red her dire ride the rid hid ire tire
donor do on door nod don
double do blue be lube bod led loud
drain in an ran din rain aid
dribble be rib lie lid bridle
dwarf war far wad raw
during in din run ring grin gin
dungeon on do end den gone gun dung none one neon done

How many words can you make from the word *earth*?

Answer:

earth at he the eat tea art tear rat tar heart

How many words can you make from these words?

At first just try to make two or three words.

engine entail entrust event example exhibit eyelid evacuate entire

Answers:

engine in gin nine gen
entail in lain tail ten net lit tan late
entrust ten net rust trust tent rent strut
event eve vent ten net tee
example amp exam ample lea lamp plea axe leap lame male ale
exhibit it hit bit bite bet the
eyelid eye lid lied idle led die eyed
evacuate at tea ate vacate eve cute cut cat ace
entire it in ten rent tire

How many words can you make from the word *forage* ?

Answer:

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

How many words can you make from these words?

At first just try to make two or three words.

fortune found forbid florist flounder fodder flounce farmer female

fortune **for or to on tune nut ton not nor rot tore net ten fun**

found **of on fun do**

forbid **of do for bid bod rob bird rib rid**

florist **of it is its sit rot flit stir list silt toil**

flounder **of on loud done den under round don nod one end fend
fond fund fun**

fodder **of odd or ore rod ode doer rode**

flounce **of on ounce flu one**

farmer **am mar ram arm mare ream far fare me frame**

female **am ale lea male lame meal leaf feel**

How many words can you make from the word *gadget* ?

Answer:

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

How many words can you make from these words?

At first, just try to make two or three words.

great glow gear grant grow garment garden gender grain

Answers:

great **at tea ate gate rat tar get tear tag are art ear**

glow **go low owl**
gear **are ear rag rage**
grant **ant tan ran tang gnat nag tag art**
grow **go row or**
garment **at ate tea eat mar ram mat tame meant team meat tram**
 gear grate great ream am rate tear rat tar rent ten net
 get rage age tan tang rang rag rent men amen
garden **den gear grade drag read dear are near ran darn rage**
gender **end deer red den**
grain **in an rain ring gin grin rag ran gain**

How many words can you make from the word *house* ?

Answer:

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

How many words can you make from these words ?

At first, just try to make two or three words.

harvest habit heart history heat here hover heaven hurting hundred

Answers:

harvest **ha are era rest vest tea ate rash hash heat sat have rave**
 heat vast he her starve hate

habit **ha it at hit bit bait bath bat tab**

heart **at he are era eat tea rat tar art tear rate**

history **is it to his story tire rite or shot so sty tor**

heat **he at ate eat tea hat the**

here **her re he**

hover **he or over her rove**

heaven **he an heave have van nave vane hen**

hurting **in it hurt ring rut turn tug gut tin nit rug rung**

hundred **he red under herd dune nude rue**

How many words can you make from the word *inside* ?

Answer:

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

How many words can you make from the following words?

At first, just try to make two or three words.

Illegal ignorant inert incur indent illness imagine ignore itself

Answers:

illegal **ill legal gill all lag gale age gel leg**

ignorant **in it at on rant train got goat nor tin nit ton not ring rain
rang got**

inert **in it ten net rent tin nit**

incur **in run urn**

indent **in dent den end din dine ten net tie tend**

illness **in is less isle lie lies sell**

imagine **in an mine gin game gain nag age image**

ignore **in on or gore ore one gin ire gone**

itself **it if isle self file life elf let lit tile**

How many words can be made from the word *jacket* ?

Answer:

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

How many words can be made from these words?

At first just try to make two or three words.

jungle jigsaw justice junket jackpot jostle jasmine jaunt

jungle June jug gel leg gun lunge glue

jigsaw jig jaw saw was swag gas sag

justice just is it ice juice jet cut cute

junket junk jet tune net ten nut

jackpot jack pot top cap pack cat tack coat

jostle jet lot jot toe lot let set

jasmine as is an me in mine name amen sin

jaunt at an nut aunt tan ant jut

How many words can you make from the word *kinder* ?

Answer:

kinder in din dire ride die ire den dine rind

How many words can you make from these words?

At first, just try to make two or three words.

kindle kite kiln kosher karate knight kitchen

Answers:

kindle in din dine idle line lend like link kiln

kite it tie kit

kiln in link

kosher or oh her shore hose rose sore

karate at tea ate eat tear rate take rat tar are area

knight in it kit night hight king kin hit thin

kitchen it in tin net ten hen then itch chin niche nit hike tick

How many words can you make from the word *lover* ?

Answer:

lover love over rove vole

How many words can you make from these words?

At first, just try to make two or three words.

listen latest lemon lesson lament list learning lifted

Answers:

listen is it ten net sit tile sent tin silt enlist nest

latest at let test seat tea eat ate set steal least tale late

lemon on me men lo mole one lone omen

lesson so on son nose less one lone lose

**lament lea lent lame amen men meant tea ate tame neat team meal
late tale net ten**

list is it silt

**learning lea rag ran rain real grin learn lean earn near gear rage
air nine in an ring grin grain nag gain**

**lifted lift if fit tide tied diet felt deft edit fed lid lit tile idle
elf file life lied led**

How many words can you make from the word *machine* ?

Answer:

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

How many words can you make from these words?

At first, just try to make two or three words.

magnet memory moment mouse mumps monkey misfire miser middle

Answers:

**magnet ma me at net ten neat get tame agent team mate
gate game tag age meant tang tan**

memory **me or my more**
moment **me ten net to one**
mouse **me ten net to one**
mumps **up us sum pus**
monkey **me my on one key men**
misfire **me is fire rife ire ream mire rim rise sire fir**
miser **me mire rim rise sire sir**
middle **me idle led lied dim lime mile id**

How many words can you make from the word *nose* ?

Answer:

nose **one so on son ones no**

How many words can you make from these words:

At first, just try to make two or three words.

name noble nappy near night neat never note

name **me an mane amen man mean**

noble **no lone lobe bone one lo lob**

nappy **nap pan an yap pay nay**

near **ear ran are an**

night **in it gin tin nit**

neat **at an net eat ten tan ant**

never **eve ever nerve**

note **no to one tone ten net ton not**

How many words can you make from the word *obey* ?

Answer:

obey be boy

How many words can you make from these words?

At first, just try to make two or three words.

other offend order organ office older orange opinion open

other or rot her tore hot to oh toe

offend off on end fend fond one nod don done

order or ode rode ore red

organ or an rang groan nag

office off ice if

older old rode or led red dole ode

orange or on age ran range gear are near

opinion on in pin nip onion

open pen one no on

How many words can you make from the word *plate* ?

Answer:

plate pat late let tale pate eat tea ate ale lea

How many words can you make from these words?

At first, just try to find two or three words.

pray prince police petal preach

Answers:

pray pay ray rap yap par

prince in ice price pin nip nice rip

police pole lice ice lop pole

petal pet pat lap plate tale leap ape ate tea eat tap tape pea peat

preach chap reach hear par pear reap are ache cheap parch arc car

How many words can you make from the word *quiet*?

Answer:

quiet quit tie it

How many words can you make from these words?

At first, just try to find two or three words.

quarter quaint quality quibble

Answers:

quarter quart art tea eat tear rate are rat eater quart

quaint quit tin nit

quality quit lit quit tail

quibble be bulb bile bible

How many words can you make from the word *ring* ?

Answer:

ring gin rig grin

How many words can you make from these words ?

At first, just try to find two or three words.

robot rowing rabbit robin raisin rainbow robust rocket rugby ribbon

robot or rot too to boot rob

**rowing row wing ring gin win go grow wrong now in an owing own
grin**

rabbit rat bit tar art bat tab bait rib air bar

robin or bin in on nib

raisin **in as an sin rain sir ran is**

rainbow **rain bow in on ran row war brain win ban brow brown bin nib**

robust **rob bust stub or rust sob oust out bus stub**

rocket **rot to tore rock toe rote**

rugby **rug by bug**

ribbon **rib on born rob on bin nib**

How many words can you make from the word *slow* ?

Answer:

slow **low owl sow**

How many words can you make from these words?

At first, just try to find two or three words.

Seat swear string swallow star

Answers:

seat **sat eat ate tea teas set**

swear **we as saw wear raw was ear**

string **sting gin tin stir grin ring sin grit**

swallow **as all low saw was sow owl wall**

star **as tar at rat**

How many words can you make from the word *table* ?

Answer:

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

How many words can you make from these words?

At first, just try to find two or three words.

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

Answers:

under red run urn dune nude

umpire imp rump

window win in on now won own wind

waste ate eat tea wet stew west eat

wear are ear awe

welcome come we me mole

**weather we at ate eat tea wheat heat wreath raw war rate tear rat tar
art wear her wrath**

water tea rate eat ate tea raw war awe rat tar art

willing will ill win wing

whistle is it isle lies sit wish let his tie

wealth the at we tale late ate tea eat hate

yard day ray

yellow yell low owl well

yeast yes east set yet sat tea eat ate teas sea

yacht hay at chat act

yawn an way any nay

zeal ale lea

zigzag gig gag

Making words from letters

Make as many words as possible from these groups of letters

n t a r i

Answers:

train in at rain nit tan tin air art tar it ran

Make as many words as possible from this group of letters:

t r a s

Answers:

star as at

Make as many words as possible from these lists of numbers:

At first, just try to make two or three words.

Answers

l c n o w

clown on low now own won cow

s h u o e

house she he hose shoe use sue oh hue sou

d c l o

cold old do clod

k e a m r t

market make art tar rat tram ram mar rake rate tear met
team meat at tame mate

o y a t d

today to at day toy do

r g a g e a garage rage gear age are gag area rag ear

s e h e p sheep he she

r c t a o r carrot rot car rat tar art tor rot rota oat oar

o m s u e mouse me so us use sue some sum muse

b e o l w elbow bow be low we woe owl blow lob lobe

m c e a l camel me lea ale mace came lace ace lame meal lace
clam

h i c r a chair air car arc hi char hair arch

t e h r a earth ear tear rate are eat tea ate art tar hare hear rate ha

h a c l p e chapel chap pal leap cap pace pale ale lea ace clap lap
place help lace cape

d a g r n e garden age near den are area grade dear read red drag
gear nag gen rang

a l w r y e lawyer law way are area lea ale raw war rye wear lyre real
awry awl era

k y d n o e donkey done key on done node one end den nod

v e n e o l p e envelope lone peel lop pole elope open no on love
novel

n r a i rain in an air ran

l c u o d cloud loud cud could old

r t o m s storm to so sort most

n d n i e r dinner in end den rid dire ride din dine red
g n h i t night in it hit nit tin
n i g m r o n morning in on no or rim ring grin rig grim mir
p h s i ship is sip hip his
n a l p e plane lap pal an plan ape pale pan nap lea ale nape
 pen pea
p h s o shop hop oh sop so
r p m a pram ram mar arm am map rap par amp
r c d w o crowd do rod cod or row
d r i b bird rib rid
r i f n e d friend if in end fend dine fire rife fine rind den find
 din fir red ride dire
c u d o l cloud loud old cud cold
w n i e wine in we new
e g n n i e engine in gin
r b t e u t butter bet tube tub but brute
l e o f r w flower flow low for row lower row ore roe
o b i r n robin in on or bin nib rib
r i b d bird rib bid rid
r n e i d n dinner din den end rein dire ride rind
i h s f fish his if

t a c

cat at

a l g f

flag fag lag

h c r a i

chair hair air char arc car

b t l e a

table lea eat ate tea let be at late tale bate tab bat
able bleat lab ale

r d o o

door do rod

l f w r e o

flower low lower ore roe or of for owl fowl woe owe

l a w l

wall all

r o f l o

floor or of for roof

t i c s k

stick is it tick sit sick kit

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

What are the letters between a and d ?

Answer:

b and c

What are the letters between:

b and f ?

f and h ?

h and n ?

n and u ?

u and z ?

r and y ?

m and p ?

q and y ?

m and r ?

l and t ?

d and l ?

and m and u ?

Answers:

b,c

c,d,e

g

i,j,k,l,m,n

o,p,q,r,s,t

v,w,z

u,v,w,x,y

s,t,u,v,w,x

n,o

r,s,t,u,v,w,x

n,o,p,q

m,n,o,p,q,r,s

e,f,g,h,i,j,k

n,o,p,q,r,s,t

How many letters are there in the alphabet ?

How many letters are there between a and f

b and h

f and t

p and r

b and l

c and g

o and x

s and z

b and w

f and z

d and m

e and p

a and y

Answers: 4, 5, 13, 3, 9, 3, 8, 6, 20, 19, 8, 10, 23

NUMBER EXERCISES

Find the different numbers you can make from the two digits 2 and 3 in 23?

Answer:

23 2 3 32

Find the different numbers you can make from these numbers?

Answers

19 1 9 91

34 3 4 43

79 7 9 97

60 6 0

58 5 8 85

92 9 2 29

76 7 6 67

39 3 9 93

83 8 3 38

123	1 2 3 12 13 23 21 31 32 231 312 321 213 132
463	4 6 3 46 43 63 64 36 34 436 346 364 634 643
765	7 6 5 76 75 65 67 56 57 756 567 576 657 675
895	8 9 5 89 85 58 59 98 95 598 589 859 985 958
472	4 7 2 47 42 72 27 24 74 427 274 247 724 742
698	6 9 8 69 68 89 98 86 96 689 986 968 869 896
165	1 6 5 16 15 65 61 56 51 156 651 615 561 516
983	9 8 3 98 93 38 39 83 89 938 389 398 893 839
657	6 5 7 65 67 75 76 57 56 675 576 567 756 765
113	1 3 11 13 31 131 311 131 113
715	7 1 5 17 71 15 51 57 51 751 157 175 517 571
692	6 9 2 69 62 92 29 96 26 629 926 962 296 269
759	7 5 9 75 79 95 97 59 57 795 597 579 975 957

Write in ascending order

Answers

7 6 8

6 7 8

4 9 3

3 4 9

8 4 2

2 4 8

11 9 10

9 10 11

0 6 1

0 1 6

8 1 2

1 2 8

3 1 6

1 3 6

2 9 7

8 11 4

21 11 10

45 21 34

65 42 23

20 19 12

43 100 19

4 3 2 6

2 8 3 7

6 1 2 9

5 0 3 4

8 3 6 2

5 9 1 4

3 1 4 2

8 1 6 3

4 7 1 9

10 7 3 6

8 3 5 4 9

3 7 2 6 11

1 5 2 8 4

5 3 1 8 6

6 2 7 4 9

2 7 9

4 8 11

10 11 21

21 34 45

23 42 65

12 19 20

19 43 100

2 3 4 6

2 3 7 8

1 2 6 9

0 3 4 5

2 3 6 8

1 4 5 9

1 2 3 4

1 3 6 8

1 4 7 9

3 6 7 10

3 5 4 8 9

2 3 6 7 11

1 2 4 5 8

1 3 5 6 8

2 4 6 7 9

3 5 2 8 4
9 5 1 3 6
11 4 3 2 1
3 12 6 4 2
8 1 3 6 2

2 3 4 5 8
1 3 5 6 9
1 2 3 4 11
2 3 4 6 12
1 2 3 6 8

Write these numbers in descending order

5 3 7
9 8 10
3 6 2
2 7 4
6 9 3
1 8 6
5 4 8
11 8 9

3 6 2 8
2 9 5 7
6 3 8 5
1 6 3 9
4 3 6 5
1 10 9 4
3 7 1 6
2 9 7 4
5 10 2 6

Answers

7 5 3
10 9 8
6 3 2
7 4 2
9 6 3
8 6 1
8 5 4
11 9 8

8 6 3 2
9 7 5 2
8 6 5 3
9 6 3 1
6 5 4 3
10 9 4 1
7 6 3 1
9 7 4 2
10 6 5 2

5 3 8 4 9
 6 7 3 1 8
 4 9 5 3 2
 9 4 7 2 6
 8 10 3 5 1

9 8 5 4 3
 8 7 6 3 1
 9 5 4 3 2
 9 7 6 4 2
 10 8 5 3 1

Find the missing number in these lists of numbers:

Answers

1 2 3 - 5 6
 2 3 4 - 6 7
 1 3 5 - 9 11
 3 6 9 - 15 18
 2 6 10 - 18 22
 4 - 6 7 8 9
 3 5 - 9 11 13

1 2 3 **4** 5 6
 2 3 4 **5** 6 7
 1 3 5 **7** 9 11
 3 6 9 **12** 15 18
 2 6 10 **14** 18 22
 4 **5** 6 7 8 9
 3 5 **7** 9 11 13

I think of a number puzzles:

Answers

I think of a number and add 2 to it. The answer is 5. What was the number? 3
 I think of a number and add 5 to it. The answer is 7. What was the number? 2
 I think of a number and subtract 3 from it. The answer is 6. What was the number? 9
 I think of a number and subtract 3 from it. The answer is 7. What was the number? 10
 I think of a number and subtract 5 from it. The answer is 1, What was the number? 6

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 8 and 2 make the largest and smallest numbers	largest 82 smallest 28
Using the numbers 6, 7 and 2 make the largest and smallest numbers	largest 762 smallest 267
Using the numbers 9, 1 and 5 make the largest and smallest numbers	largest 915 smallest 159
Using the numbers 3, 6 and 2 make the largest and smallest numbers	largest 632 smallest 236
Using the numbers 5, 9 and 4 make the largest and smallest numbers	largest 954 smallest 459
Using the numbers 3, 5, 9 and 2 make the largest and smallest numbers	largest 9532 smallest 2359
Using the numbers 8, 5, 7 and 2 make the largest and smallest numbers	largest 8752 smallest 2578

'ODD ONE OUT' EXERCISES

Pick the odd one out

Answers

9 6 17 P 9 1

P

7 a 8 3

a

£ 6 \$

6

2 4 6 9 10 12

9

1 3 5 7 8 11 13

8

a e i p o u

p

p q a r s t

a

Red blue green dog yellow	dog
dolphin penguin rabbit whale	rabbit
Monday Tuesday December Saturday	December
January February Friday June July	Friday
John William Henry Jane David	Jane
Alice Betty Clive Jane	Clive
cow pig horse giraffe	giraffe
pound dollar boy rupee	boy
London Swansea Paris Bristol	Paris
car bus boat lorry	boat
ship submarine speed boat bicycle	bicycle
football rugby hockey darts	darts
hour second minute door day	door

MORE WORD and NUMBER EXERCISES

Number exercises

Which number appears twice in this list?

4 1 7 0 6 1 9

Answer: 1

Which numbers appear twice in these lists of numbers?

Answers

3 7 2 6 7 3 9 3 4

7

6 1 5 8 3 1 11 2 5 9

1 and 5

8 0 4 9 2 1 0 4 7

0 and 4

0 5 3 7 4 5 2 7 3 12

5, 7 and 3

9 5 6 1 8 3 2 8 6 10

6 and 8

3 2 0 1 5 7 2 9 1

1 and 2

12 10 9 3 7 10 8

10

7 4 2 1 7 3 6 2 1

1 and 7

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

7 4 2 5 1 0

Answer: 2, 1 and 0

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

Answers

5 3 1 2 7

1, 2 and 3

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

31

9 5 7 6 4 8 10

4 and 5

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

3 0 5 6 4 3 2 0 1

0 and 1

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

8 9 7 5 6 10 11 0

0, 5 and 6

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

1 11 10 9 6 8 4 12

1, 4, 6 and 8

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

4 3 5 0 6 9 1

0, 1 and 3

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

1 2 3 4 5 6 7

Answer: 4, 5, 6 and 7.

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

Answers

6 5 4 7 3 1 8 9

6, 7, 8 and 9

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

7 5 9 3 10 6 8 4

9 and 10

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

32

1 2 3 4 5 6 7 8 9 10

7 and 10

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

e: 1, 3, 5, 9

o: 2

r: 4

x: 6

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

Three: 4, 5, 9

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

Three: 3, 7, 8

Word exercises

Answers

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

twice

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

twice

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

twice

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

twice

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

twice

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

twice

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

three

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

once 33

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

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

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

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

Number exercises

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

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

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

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

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

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

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

Which one of these words has the most letters ?

when state tomorrow ball rugby tomorrow

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

What words are formed when these letters are reversed?

e r e h d r i b l a m i n a r e a 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

Answers: here, bird, animal, ear, nose, mouth, body, hair, foot, old, save, home, rabbit, horse, cat, god, mouse, pole, gate, field

Number exercises

Numbers with curves in them:

	Answers
Which whole numbers from nought to ten have curves in them?	0,2,3,5,6,8,9
Which whole numbers from nought to ten do not have curves in them?	1, 4, 7
Write the even numbers between 0 to 10 in reverse order.	8, 6, 4
Write the odd numbers between 0 to 10 in reverse order.	9, 8, 6, 5, 3, 2
How many whole numbers are there that are less than ten but more than nought?	9
Which names of days of the week have 6 letters?	Monday, Friday, Sunday
Which names of days of the week have 7 letters?	Tuesday
Which names of days of the week have 8 letters?	Thursday, Saturday
Which names of days of the week have 9 letters?	Wednesday

Which names of the months of the year have 3 letters?	May
Which names of the months of the year have 4 letters?	June, July
Which names of the months of the year have 5 letters?	March, April
Which names of the months of the year have 6 letters?	August
Which names of the months of the year have 7 letters?	January, October
Which names of the months of the year have 8 letters?	February, November, December
Which names of the months of the year have 9 letters?	September

Answers

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

P 1 Q 2 7 R 3 T V W 2

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

5 D R 7 Q 1 8 9 T 1

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

L M 2 7 U 9 X A 2

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

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

words?

Answer: 1 and 2 one two 6 letters

How many letters are there altogether in these numbers	Answers
3 and 4?	9
5 and 6?	7
7 and 8?	10
9 and 10?	7
3 and 5?	9
4 and 6?	7
7 and 9?	9
1 and 11?	9
13 and 15?	15

PHYSICAL EXERCISES

Just as too much sitting is bad for the body, too much of day-in, day-out routine is bad for the brain. The brain needs to be stimulated constantly.

Our brains are 'non-stop thinking machines' with the average person thinking 50,000 thoughts every day.

Mentally stimulating exercises:

Using the non-dominant hand

Use your left hand instead of your right hand if you are 'right-handed' (or vice versa) to do

these tasks but for some of them take care that you do not cause yourself or others any harm:

- . Brushing your teeth
- . Combing your hair
- . Washing, showering or bathing
- . Polishing your shoes
- . Tying shoe laces
- . Dialling a number
- . Using a spoon to eat
- . Cutting bread or a cake
- . Buttering toast
- . Stirring tea or coffee using a spoon
- . Pouring water from a jug or pouring drinks
- . Eating with chopsticks
- . Laying the table for a meal
- . Opening and shutting doors
- . Opening and shutting windows
- . Using the left hand only on a keyboard
- . Using the computer mouse
- . Using the iPod
- . Opening a bottle or packet
- . Opening jars
- . Using a can opener
- . Dusting and polishing
- . Washing up
- . Catching a ball
- . Throwing a ball
- . Bouncing a ball
- . Lifting objects
- . Carrying objects
- . Pulling objects
- . Pushing objects
- . Drawing
- . Painting

Exercises involving doing tasks involving two or more of the five senses (sight, hearing, smell, taste, touch)

- . Dancing to recorded or live music
- . Listening to music whilst smelling the fragrance of flowers
- . Singing whilst drawing or painting pictures
- . Singing whilst doing a task
- . Singing whilst playing the piano
- . Watching the clouds whilst playing with modelling clay
- . Closing eyes whilst taking a shower, washing hair or sorting laundry
- . Choosing clothes to wear with eyes closed

Other brain stimulating exercises

- . Wearing your watch up side down
- . Hanging clocks and calendars up side down
- . Reading newspapers, magazines or books out aloud
- . Walking, cycling or driving a different route to the shops, market or usual destinations
- . Memorising shopping lists
- . Memorising recipes
- . Meditation
- . Reading, writing and singing
- . Learning a new language
- . Translating a language
- . Playing Scrabble
- . Completing crossword puzzles
- . Learning how to play a musical instrument
- . Playing any form of board game such as drafts, chess, ludo, snakes and ladders
- . Playing dominoes
- . Card games
- . Attempting any form of puzzle
- . Newspaper puzzles
- . Yoga
- . Darts
- . Snooker and billiards

- . Swimming
- . Any form of sport
- . Ring throwing games
- . Indoor and outdoor bowls
- . Golf including crazy golf

