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Social Connection & Memory

# Name Generation Activity: Actors

In this activity, you may set a time limit of 60 seconds, 90 seconds, or two minutes. Think of as many actors as you can:

|  |  |  |  |
| --- | --- | --- | --- |
| 1 |  | 9 |  |
| 2 |  | 10 |  |
| 3 |  | 11 |  |
| 4 |  | 12 |  |
| 5 |  | 13 |  |
| 6 |  | 14 |  |
| 7 |  | 15 |  |
| 8 |  | 16 |  |

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# What’s Your Fun Level?

Having fun is good for your health and memory! List your top 10 favorite fun activities and the number of times you have done them this week:

|  |  |
| --- | --- |
| Activity | Times done this week |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

What is the total number of times you’ve had fun this week?

Make time for at least one of these activities every day to reduce stress.

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# 9 x 9 Sudoku Activity

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 through 9. If you use logic you can solve the puzzle without guesswork. Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or, use the answers page if you really get stuck.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 4 | 7 |  | 9 |  | 1 | 6 |  | 5 |
|  | 2 |  | 3 |  |  |  | 8 | 4 |
|  |  |  |  |  |  |  |  | 1 |
|  | 1 | 4 | 7 |  | 8 |  | 5 |  |
| 6 |  |  | 2 |  | 3 |  |  | 9 |
|  | 3 |  | 6 |  | 5 | 8 | 1 |  |
| 8 |  |  |  |  |  |  |  |  |
| 5 | 9 |  |  |  | 4 |  | 2 |  |
| 7 |  | 1 | 5 |  | 2 |  | 9 | 8 |

