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Memory and Physical Activity

# Anagrams: School Items

An anagram is a word or phrase formed by rearranging the letters of another word or phrase. For example, “Elvis” becomes “lives”. This is a fun addition to any cognitive enhancement program.

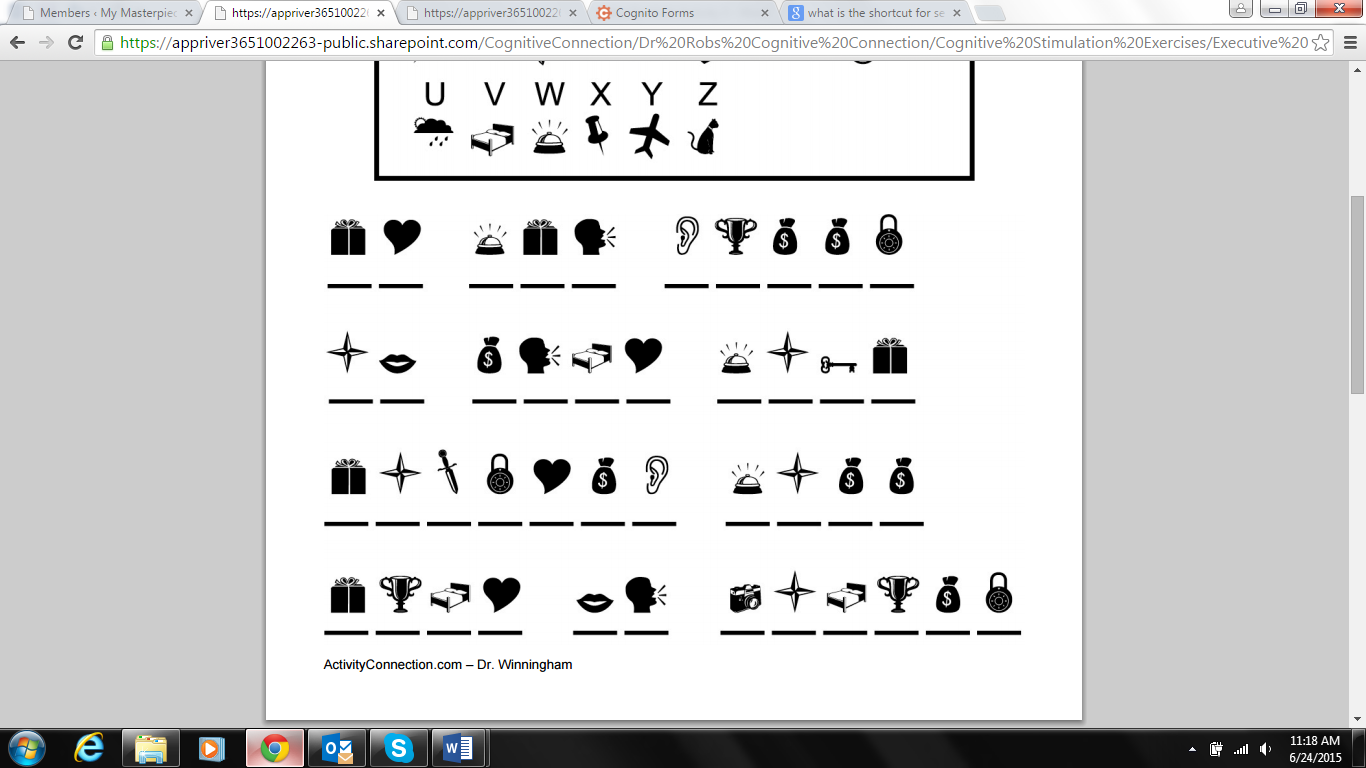
|  |  |  |
| --- | --- | --- |
| 1 | AACKKBPC |  |
| 2 | REATHCE |  |
| 3 | BOKTEONO |  |
| 4 | CLPNIE |  |
| 5 | EINSPGLL |  |
| 6 | IRBAYLR |  |
| 7 | UENDSTT |  |
| 8 | AGRLENIN |  |
| 9 | ASERER |  |
| 10 | IASLOC UDSSTIE |  |
| 11 | ESICENC |  |
| 12 | OBSOK |  |
| 13 | SIMCU |  |
| 14 | EGADIRN |  |
| 15 | HOSLCO |  |

Answers: 1 Backpack, 2 Teacher, 3 Notebook, 4 Pencil, 5 Spelling, 6 Library, 7 Student, 8 Learning, 9 Eraser, 10 Social Studies, 11 Science, 12 Books, 13 Music, 14 Reading, 15 School

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# Letter Symbols Activity

In this activity, use the key to decode the famous quote. After figuring out all of the letters you will be able to read the quote.

-Benjamin Franklin

# Key:

Answer: “He who falls in love with himself will have no rivals.” —Benjamin Franklin

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# Name Generation Activity: Male First Names

Generating names is a challenging linguistic activity that exercises attention, executive functioning and word fluency. You may set a time limit of 60 seconds, 90 seconds or two minutes. Think of as many male first names as you can.

|  |  |  |  |
| --- | --- | --- | --- |
| 1 |  | 11 |  |
| 2 |  | 12 |  |
| 3 |  | 13 |  |
| 4 |  | 14 |  |
| 5 |  | 15 |  |
| 6 |  | 16 |  |
| 7 |  | 17 |  |
| 8 |  | 18 |  |
| 9 |  | 19 |  |
| 10 |  | 20 |  |

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# Sudoku Activity Brain Work

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.

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

