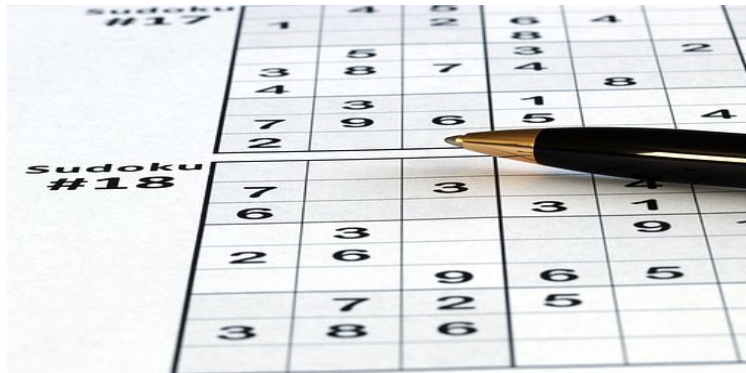


## Challenge your Brain



SSEEO has compiled a list of resources to challenge your brain. Look through the list, and choose something that suits you. And when you have mastered it, come back here and pick another thing. You can also browse the internet for brain games or brain exercises to find more fun activities.

**Brain games:** may help sharpen certain thinking skills that tend to wane with age, such as processing speed, planning skills, reaction time, decision making, and short-term memory.

<https://www.gamesforthebrain.com/>

<https://www.lumosity.com/en/>

**Connect the dots:** Connect the dots is a form of puzzle containing a sequence of numbered dots. When a line is drawn connecting the dots the outline of an object is revealed. The puzzles frequently contain simple line art to enhance the image created or to assist in rendering a complex section of the image.

<https://www.thesprucecrafts.com/connect-dots-worksheets-1357606>

<https://www.pinterest.com/pin/673147475534428540/>

**Brain teasers:** are a fun, clever and challenges your problem solving skills

<https://www.puzzleprime.com/brain-teasers/>

<https://www.rd.com/culture/brain-teasers/>

**Word games:** benefit the brain because they activate parts of the brain that deal with language and word finding, which forces the brain to exercise, work and be active.

<https://thewordsearch.com/>

<https://api.razzlepuzzles.com/wordsearch>

**Duolingo:** a website teaching foreign languages for free

<https://www.duolingo.com/>