

# Brain Exercise

This is a concentration exercise to help expand your attention span and to boost your ability to concentrate on a topic. Time yourself to see how long it takes to complete the puzzle. Take it as many times as you want and see how your time improves. This is 1 of 20 puzzles like this designed to help boost your memory and cognitive skills.

With a pencil, circle the words from the list below when you find them in the puzzle. The words may be forward, backward and at diagonals. There is no rush. Relax, and enjoy the puzzle as you solve it.

X	C	B	M	K	X	R	8	C	H	O	R	E	14	15	D	17	N	19	W
2	R	D	3	W	B	K	V	G	O	R	X	Y	L	L	I	B	V	O	O
S	T	O	R	E	X	R	D	W	U	G	K	L	D	B	R	R	M	C	M
D	Z	Q	9	G	P	V	P	Q	S	X	B	L	W	V	X	A	W	L	S
5	B	K	P	Z	T	X	B	R	E	A	D	I	Z	T	N	I	A	R	T
6	D	G	X	R	V	G	P	E	X	R	F	H	P	Q	U	N	T	T	S
C	U	P	I	D	X	R	W	H	K	R	V	X	W	K	R	D	W	R	X
8	Z	V	R	L	Z	T	L	A	Z	O	B	R	F	G	S	V	Q	A	G
9	W	K	X	L	D	P	L	B	F	W	Q	A	D	F	E	A	F	D	U
Z	D	X	H	E	A	R	T	X	A	X	F	R	V	G	X	B	Z	T	I
11	R	P	O	V	A	W	V	Q	W	A	P	X	A	W	R	A	F	V	D
12	K	X	R	L	B	R	X	9	P	F	7	J	X	R	B	L	W	K	E
M	O	U	S	E	X	G	A	W	A	G	A	O	F	K	A	D	Q	P	X
14	B	V	E	E	A	K	P	D	Q	T	K	N	R	G	Q	A	F	R	R
Z	G	K	X	G	R	Q	T	Z	T	B	P	A	T	X	B	Z	T	X	T
W	Q	F	R	A	P	V	F	L	T	L	Q	H	V	L	R	T	G	W	Z
K	V	L	B	W	Q	A	E	L	D	L	K	X	Z	L	T	A	P	O	B
18	B	P	K	B	V	T	P	X	P	V	A	R	A	A	Q	A	N	R	D
19	G	W	Q	L	F	W	K	G	R	Q	L	P	K	F	W	V	G	D	L
20	D	T	Z	R	X	W	O	R	D	S	X	R	B	Z	T	D	B	Y	Y

Time Started: \_\_\_\_\_

Time Finished: \_\_\_\_\_

Total Time: \_\_\_\_\_

XCBMK M3R9P MOUSE HORSE RANDY  
WOMAN BRAIN 9PF7J JONAH BILLY  
STORE HOUSE BREAD TRAIN WORDY  
REHAB NURSE HEART SERVE HILLY  
GUIDE WORDS ARROW CUPID CHORE

<http://www.brain-injury-online.com>

<http://www.braininjuryguide.org>

Quiz by Beth and Larry Jameson, authors of Brain Injury Survivor's Guide