

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.

A	2	B	L	E	N	D	8	9	10	11	B	K	J	T	T	I	M	E	D
P	Y	C	V	P	X	Z	I	L	V	X	V	N	S	A	D	X	Z	C	N
P	V	H	W	U	M	X	U	S	I	M	K	J	C	L	E	A	N	S	C
L	X	C	V	B	N	N	M	Q	H	E	U	R	R	T	Y	F	U	P	I
E	O	P	A	S	R	D	F	G	H	E	K	H	U	X	X	D	A	A	R
S	L	Z	B	R	A	I	N	X	C	V	S	N	B	Z	X	P	V	R	C
7	Q	A	R	Z	M	W	E	C	E	D	H	X	E	X	N	Y	B	K	L
8	G	B	O	Y	X	J	V	I	K	O	E	L	D	Q	L	E	A	S	T
9	Z	X	O	K	E	R	E	E	R	D	E	F	T	Y	G	H	B	N	C
10	A	F	M	R	D	F	R	Q	W	R	T	W	X	B	U	R	N	E	D
11	X	C	V	B	N	M	Q	Q	Z	W	S	X	E	C	R	V	T	N	B
T	O	W	E	L	T	O	L	X	P	M	Y	N	B	V	A	B	M	C	R
O	Y	N	U	M	I	K	U	R	Y	Q	K	B	I	A	F	K	U	E	X
W	Z	X	S	S	Q	R	P	R	O	P	E	R	O	S	T	A	R	S	G
E	X	G	C	W	W	T	R	H	B	E	R	O	P	D	H	P	K	T	X
R	O	U	T	E	E	B	R	O	W	N	A	K	M	U	J	S	L	A	B
A	B	X	B	E	R	V	W	D	B	P	Y	E	X	A	H	B	X	R	X
K	J	V	A	P	X	Y	Q	D	N	U	F	N	B	F	R	U	I	T	B
C	X	W	A	S	H	E	S	Z	R	B	R	S	Q	D	X	O	X	Y	V
X	A	Y	X	F	U	P	N	V	C	H	E	R	R	Y	B	X	X	H	U

Time Started: _____ Time Finished: _____ Total Time: _____

FRUIT PROPER BROKEN START BURNED
TIMED STARS BROWN CHERRY LEAST
SPARKS NEVER SHEETS BLEND APPLES
TOWEL CLEANS BRAIN SCRUBS WASHES
ROUTE BROOM SWEEPS DISHES TOWER

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

<http://www.braininjuryguide.org>

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