Word Search

Train your eyes to read in all directions.

The basic word search helps children learn new words as well as recognize the first letters of the alphabet. The directional variations make a challenge.

Crosswords

Test your language and spelling skills.

Crossword puzzles can help you keep your brain sharp if you choose puzzles that challenge you. With a challenge comes the increased ability of your brain to function.

Mazes

Puzzles that you solve through trial and error.

"Okay well so how you solve a Rubik’s cube really is just memorizing a bunch of different patterns. How I do it, first I solve the first layer. Then what you gotta do is get the second layer that’s a little more difficult. Then the last layer takes a lot more work cause you’re trying to keep the rest of it intact while you do the last bit."

-Jesseeca Nguyen

Sudoku

It’s a game of logic and mathematical intellect.

With sudoku puzzles, the goal is to fill out completely every square in the grid with a number from 1 to 9. There are 9 square groupings of 9 squares each. In each of the 9 groupings you want to use the numbers 1 through 9 one time. In addition to this, you want each row and column throughout the entire puzzle to use the numbers 1 through 9 (one time each, so no repetitions).

"Okay well so how you solve a Rubik’s cube really is just memorizing a bunch of different patterns. How I do it, first I solve the first layer. Then what you gotta do is get the second layer that’s a little more difficult. Then the last layer takes a lot more work cause you’re trying to keep the rest of it intact while you do the last bit."

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Rubik’s Cube

It’s a great way for children to learn problem-solving skills in spatial, visual ways.

Puzzles help children at a young age develop memory and coordination skills as well as manual dexterity. Hand-eye coordination is important to learn during childhood years. Puzzles such as rubik’s cubes help with this coordination.

Teenagers and adults use the cube to de-stress and break the daily routine.

Puzzles help adults break the normal routine of everyday life by challenging them to think in ways that they normally would not. Logic puzzles help adults think outside of the box and use creativity and imagination which stretches brain capacity. Riddles, word puzzles, jigsaw puzzles, and logic puzzles are all ways to challenge the brain.

JigSaw

The Jigsaw puzzle stimulates problem-solving skills from both sides of the brain.

Jigsaw puzzles help challenge both sides of the brain. The left side of the brain focuses on problem-solving, trying to figure out which shapes fit. The right side of the brain is more stimulated by the random, one piece of the puzzle. It is more subjective and works with random pieces to create a whole.

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