Recent research has shown it is possible to maintain, or even improve, our memory ability in older adulthood. Unfortunately, we have not yet developed a “pill” that permanently improves memory. However, research has demonstrated that a combination of mental stimulation, physical exercise, and social engagement can dramatically reduce the chances of developing memory or cognitive impairment. This workbook will provide you with the knowledge and resources to maximize the cognitive stimulation part of your brain health prescription.

In this workbook, you will find scientifically based information on cognitive stimulation’s ability to maximize memory ability. You will also find cognitive stimulation exercises we call Cranium Crunches that have been designed to target specific areas of the brain and cognitive abilities, such as concentration, finding words, reduction of intrusive thoughts, and making new memories of recent events. The Cranium Crunches have been specifically designed based on research and to target key regions of the brain.

We hope you will do these fun Cranium Crunches in an effort to maximize your memory ability and quality of life.
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Cartoon Captions Exercises Explained

This activity involves matching cartoons with their appropriate caption. When the cartoon and caption are not simply a pun or play on words, then doing so usually involves trying to figure out what the characters in the cartoon are thinking and perceiving. This taps into a very important cognitive ability called *Theory of Mind*, which can be defined as “knowing other people’s minds.”

We use Theory of Mind when we predict what others are thinking based on the circumstances. We use it to predict how others might respond to a certain situation. We use Theory of Mind when we decide not to say something to an individual because we know they wouldn’t respond well to it.

This ability is incredibly important for older adults who are beginning to have cognitive impairment. A person’s Theory of Mind cognitive ability can affect the type of living environment appropriate for them. For example, if an assisted living resident with some cognitive impairment is constantly saying or doing things that are offensive or hurtful to others, then often, that person is required to move to a setting with more care. However, another person with the same level of cognitive impairment who interacts more appropriately can continue to live in assisted living (and save thousands of dollars a month in housing and care expenses).

Theory of Mind activities can exercise a number of areas of the **temporal lobes**. One area is the *amygdala*, which is the emotion center located deep in the brain center area known as the limbic system. Another area is the *fusiform gyrus*, the part of the brain that helps process facial expressions. It is located on the bottom of the brain. But the lobe of the brain that is most involved in Theory of Mind is the **frontal lobe**, or more specifically, the *medial prefrontal cortex*. 
Cartoon Captions Exercises Exercise #1

In this fun activity, your task is to draw a line between the cartoon on the left and the correct caption on the right.

1. "Of course you can’t see the house. I haven’t painted it yet.”

2. "I’m taking a break. Put this on and fill in for me.”

3. "He’s such a bore.”
Cartoon Captions Exercises

Cartoon Captions Exercise #2

In this fun activity, your task is to draw a line between the cartoon on the left and the correct caption on the right.

“I said Boooooooon!”

“I see that!”

“Just because I’m a soft touch doesn’t mean you can give me the brush off.”
Cartoon Captions Exercises

Cartoon Captions Exercise #3

In this fun activity, your task is to draw a line between the cartoon on the left and the correct caption on the right.

“Get me off this emotional roller coaster!”

“I have no idea why he did that.”

“Stick ’em up!”
Cartoon Captions Exercises

Cartoon Captions Exercise #4

In this fun activity, your task is to draw a line between the cartoon on the left and the correct caption on the right.

“Here comes treble.”

“It’s been nice gnawing you.”

“I have another pair just like these under my bed.”
Cartoon Captions Exercises

Cartoon Captions Exercise #5

In this fun activity, your task is to draw a line between the cartoon on the left and the correct caption on the right.

“I would like to make a toast!”

“And that’s the sketchy part of town.”

“We totally missed the boat.”
Cartoon Captions Exercises

Cartoon Captions Exercise #6

In this fun activity, your task is to draw a line between the cartoon on the left and the correct caption on the right.

“Okay, where’s the apple, Adam?”

“Dinner’s on the house.”

“Uh... wanna use my sunscreen?”