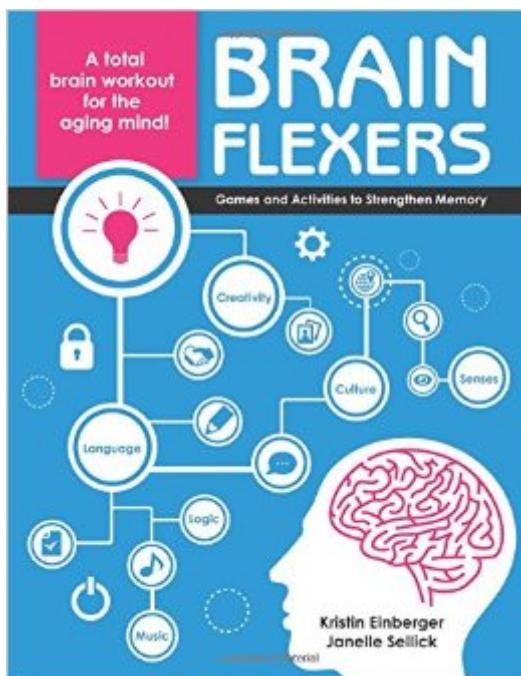


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# Brain Flexers: Games And Activities To Strengthen Memory



## **Synopsis**

This book is a collection of 86 one-page activities designed especially for individuals with early memory loss to help strengthen brain functioning, promote social interaction, and provide hours of meaningful entertainment. Using trivia, reminiscence, and word association, individuals can test their memory and gain new knowledge on a wide variety of topics related to people, places, and things. Activities use an assortment of matching, fill-in-the-blank, and brainstorming skills and can be enjoyed either by individuals or with groups. The book is divided into the following themes: Warm-ups, Sharpening Your Senses, Language, Geography, Creativity, History and Culture, Logic and Sequence, Music. Each activity includes answers as well as facilitator instructions.

## **Book Information**

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## **Customer Reviews**

This book has been helpful for us at the skilled nursing home where I am the activity director. We have residents who range from those with early memory loss, to those who have no memory loss whatsoever. Because of this we need to stimulate every residents brain at or a bit beyond their own level. The fact that the book is a collection of different categories is great, because they have a different appeal to all the different levels of residents, as well as following different themes. The book is divided into the following themes--Warm-ups, Sharpening Your Senses, Language, Geography, Creativity, History and Culture, Logic and Sequence, and finally, Music. There are answers as well as facilitator instructions. There are a total of 86 activities designed especially for individuals with dementia to help strengthen their brain function, and provide hours appropriate mind

stimulating activities. By using trivia, reminiscence, and word association, your residents can test their knowledge on a wide variety of topics related to many areas of interest. The included activities use fill-in-the-blank, brainstorming skills and matching activities and can be enjoyed either with one on ones, or with groups.

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