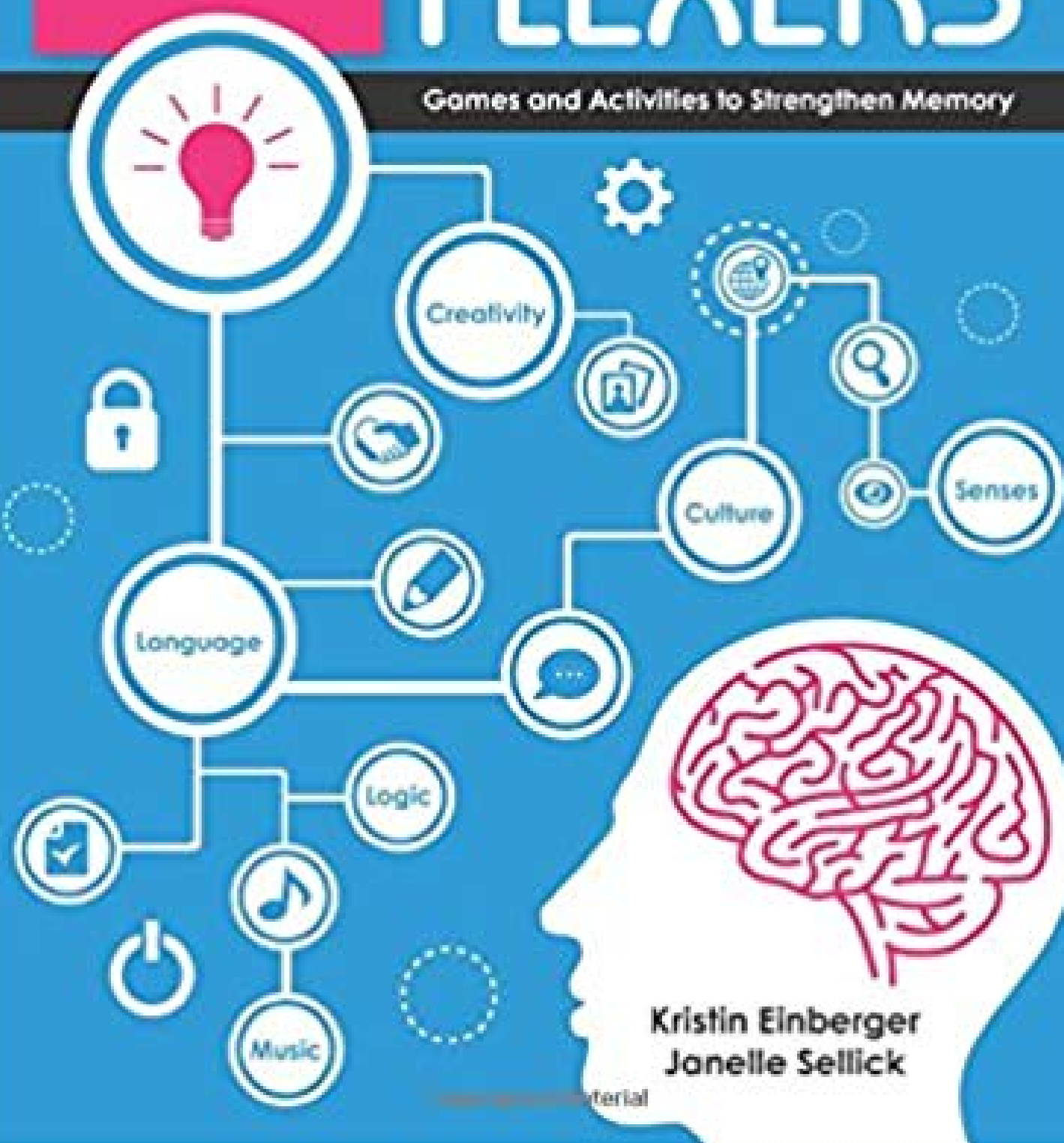


A total  
brain workout  
for the  
aging mind!

# BRAIN FLEXERS

Games and Activities to Strengthen Memory



Kristin Einberger and

## Brain Flexers: Games and Activities to Strengthen Memory



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Activities use an assortment of matching, fill-in-the-blank, and brainstorming abilities and can be liked either by individuals or with groups. Using trivia, reminiscence, and word association, people can test their storage and gain new knowledge on a wide selection of topics linked to people, areas, and issues. This book is a assortment of 86 one-page activities designed especially for people with early memory loss to help strengthen brain functioning, promote social interaction, and provide hours of meaningful entertainment. The book is split into the next themes: Warm-ups, Sharpening Your Senses Language, Geography, Creativity, Background and Tradition, Logic and Sequence, Music Each activity includes answers along with facilitator instructions



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By using trivia, reminiscence, and phrase association, your occupants can test their understanding on a wide variety of topics linked to many areas of interest. Due to this we need to stimulate every citizens mind at or a little bit beyond their very own level. You can find answers in addition to facilitator instructions. This book has been ideal for us at the skilled nursing home where I am the experience director. The fact that the book is a assortment of different categories is fantastic, because they have a different appeal to all or any the different degrees of residents, and also following different themes. The book is divided into the following themes--Warm-ups, Sharpening Your Senses, Language, Geography, Creativity, History and Lifestyle, Logic and Sequence, and lastly, Music. We have residents who range from people that have early memory reduction, to those who have no memory space reduction whatsoever. There are a total of 86 activities designed especially for individuals with dementia to help strengthen their brain function, and offer hours appropriate mind stimulating activities. Activity Director Appropriate! 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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