



ENGAGE THE MIND

Mind games are known to have many benefits, but the primary being stimulating the brain to create an active mind. An active mind has the capacity for growth, development and improvement in many different areas that vary from boosting memory, improving thinking and reaction time and not to mention it can be challenging and fun!

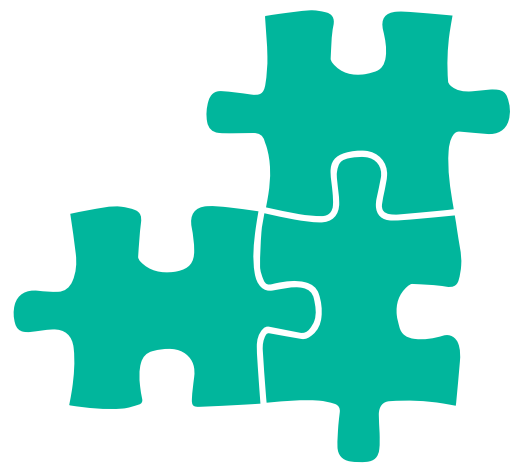
Here are almost 20 games to get you and your client thinking from observation games, matching famous duos, alphabet word games and more. We've provided links to comprehensive lists so you have the questions and answers at your fingertips with some of the most amazing photos to enjoy as well. There are timeless games like Hangman and Make Words. For example: How many words can you make from guacamole? The answer is 156 words!

As always, you want to modify the game to your client's cognitive abilities. Be creative, break the rules, and give extra hints when needed. You want to get your client engaged and feeling successful at playing so they will want to continue participating on a regular basis.

We strongly encourage you to choose Engage the Mind as often as possible. It's been proven that brain exercises will improve memory loss and overall, remember to have fun!

A MOMENT IN TIME:
LET'S LEARN, LAUGH, PLAY AND PRAY!™

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ENGAGE THE MIND

ABC Search

Alphabet List Games

Animals

Countries

Flowers

Fruits

Vegetables

Beat the Clock

Compound Words

Finish the Idioms

Hangman

Make a Puzzle

Make Words

Match the Pairs

Mystery Bags

Name the Best Duos of All Time

Observation Game

Phone Book Detective

Spelling Tray

Links to FREE Mind Game Websites

Links to Purchase Mind Game Books

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ABC SEARCH

The object is to find items that begin with each letter of the alphabet in order from A-Z. You can limit your search to one room, the first floor or the whole house. For example: If you choose the kitchen, you can search and find: aluminum foil, bread, cucumbers, dish, etc. Consider your client's mobility when determining the size and scope of the search.



On a nice day, take the game outside and enjoy some fresh air!



ALPHABET LIST GAMES

Name as many items as you can in each category going down the alphabet starting with the letter A and ending with the letter Z. Skip a letter if you are stumped. You can write your own lists or use the lists below to get started.

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MULTIPLE ANIMALS FROM A TO Z WITH ANIMAL FACTS

Click on any of the animals to learn more about it! Each animal facts page covers a range of topics about that animal, including their diet, habitat, breeding patterns, their physical characteristics, unique personality traits and behaviors and more.

ANIMALS A-Z

This short video displays one animal per letter including one fun fact to upbeat music.

COUNTRIES A-Z

Each country profile provides links to official web sites of a nation/territory, information on geography, maps, the national flag, history, culture, tourist destinations, its population and languages, the capital and the largest cities, education, economy, newspapers, and much more.

FLOWERS A-Z

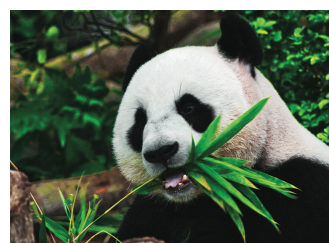
Click on any of the flowers to learn all about them – name meaning; flower symbolism; interesting facts and plant data.

FRUITS A-Z

Click on any of the fruits to learn all about them – what to look for when shopping; how to store; how to prepare and nutritional value.

VEGETABLES A-Z

Click on any of the vegetables to learn all about them – what to look for when shopping; how to store; how to prepare and nutritional value.



You WON'T find a fruit for each letter.

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BEAT THE CLOCK

See how many words in a single category you can name in a specified time. For example: movies, foods, animals, popular songs, actors, etc. You can either write down the answers or put a check on paper for each name you come up with. You can use an egg timer if on-hand or the timer on your cell phone. When the time is up, tally up the number of answers. Try to beat your time on the next go-around.



COMPOUND WORDS

What is a compound word? In simple terms, a compound word is a word which is made up of two or more words, usually two words, which are put together to form a new meaning. For example: cookbook; desktop; eyelash. Using the link below, choose a letter section and finish the compound word after you hear the first part of the word. [Visit Compound Words Vocabulary Word List.](#)

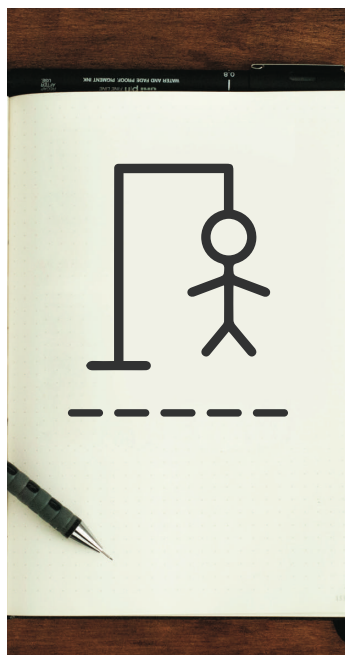


FINISH THE IDIOM (OR EXPRESSION)

We have all used them and heard them – A Blessing in Disguise, Actions Speak Louder Than Words, etc. Below is a list of the most common 150 expressions from A-Z. Take turns starting the expression. See if the other can fill in the blank. Visit this link for a full list – [A-Z of English Idioms: 150 Most Common Expressions](#)



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HANGMAN

Who hasn't played this old time favorite with their grandmother? One player thinks of a word or phrase; the other player tries to guess what it is one letter at a time. The player draws a number of dashes equivalent to the number of letters in the word or phrase. If the guessing player guesses a letter that occurs in the word or phrase, the other player fills in the blanks. If the word or phrase doesn't contain the suggested letter, the other player draws one element of a hangman's gallows. The object is to guess the word before your man is hung! [Visit How to Play Hangman.](#)

MAKE A PUZZLE

Remove a colorful, full-page picture from a magazine or enlarge a favorite family photo. Paste it onto a piece of cardboard (you can use a cracker or cereal box). With a pencil, draw 5 to 10 irregular shapes onto the cardboard-backed picture. Cut along the lines, separate, and scramble the pieces. Have fun putting the puzzle back together!



MAKE WORDS

One player writes any word on a piece of paper. Then, using only the letters in that word, all the players try to list as many words as they can. Try the words below and visit the links to see all the possibilities!

[Satisfaction - 401 Words](#)

[Guacamole - 156 Words](#)

[Knowledge - 158 Words](#)

[Congratulations - 2,465 Words](#)

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MATCH THE PAIRS

Decide on a category and the response you want. For example: animals and their babies. One player says the name of an adult animal such as “dog”. The other player must name the matching baby animal which is “puppy”. Visit the links below for some help.



BABY ANIMAL NAMES

Click on each animal to view enchanted photos of these animal babies with real-life endearing stories about each.

90 Names of Baby Animals and their Parents

Short, cute cartoon images of animals and their babies



Use the second animal list for those with advanced dementia.

COLLECTIVE NOUNS OR GROUP NAMES

A collective noun is a word that refers to a set or group of people, animals or things. Collective nouns are sometimes called group nouns. Collective nouns are often followed by OF + THE PLURAL NOUN.

One player states the group of people, animals or things and the other player guesses the collective noun or group name. For example: a “bunch” of flowers; a “set” of tools; a “herd” of cattle. Visit this link - Collective Nouns - Group Names



Try interactive game to practice collective nouns.

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MYSTERY BAGS

Gather different objects within the same category and allow your client to look and touch each item before placing them inside a pillowcase. Encourage your client to put their hand inside the pillowcase and choose one item. Using their memory and by touch, keeping the item inside the pillowcase, have them guess which item they are holding. Possible categories include:

Fruits: apple, banana, orange, kiwi, cherry

Household Items: spoon, measuring spoons, thimble, potholder

Nature Items: acorn, small rock, pinecone, cotton ball



First player picks an item from the pillowcase and starts a story. Second player picks an item from the same pillowcase and continues the story incorporating their item and so on.

Teresa M., Croton-on-Hudson, NY

NAME THE BEST 150 DUOS OF ALL TIME!

Some people and things are at their highest and best when they are together and shouldn't be separated under any circumstances - Batman and Robin; Pooh and Piglet; bacon and eggs. You get the idea. One player names the first famous partner and the other player names their partner. [Click Here for Best Duos of All Time](#)



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OBSERVATION GAME

Gather a variety of small common objects from around the house. The game will be easier if you stick to a theme such as kitchen objects or tools in the basement.

Place all the items on a serving tray or cookie sheet (with raised sides) and show them to your client. Let them look at them for a few minutes to study. Now cover the tray with a cloth (cloth napkin or kitchen towel). Have your client either tell you or write down as many items as they can recall.

PHONE BOOK DETECTIVE

Let your fingers do the walking! Here are some ways to play with the white pages:

- Look up your own last name (If you still have a landline).
- Find the most common names like Smith and Jones.
- Look for abbreviations in the phone book besides St. and Ave.
- Talk about the resources located in the front of the phone book.



SPELLING TRAY

Use colorful magnetic letters on a cookie sheet (with raised sides) to spell familiar words.

You can also play with the shapes and colors.

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LINKS TO FREE MIND GAME WEBSITES

[Brain Curls](#)

[Sharp Brains - Brainteasers](#)

[Tetris](#)

[Memory Matching Games For Seniors](#)

[Word Search For All Levels](#)

[Free Large Print Crossword Puzzles For Seniors](#)

LINKS TO PURCHASE MIND GAME BOOKS

[399 Games, Puzzles & Trivia Challenges Specially
Designed to Keep Your Brain Young](#)

