

# BRAIN CALISTHENICS

## ANSWERS AND ANALYSIS

Concentrating on solving simple problems and puzzles requires active brain use and steady focus. Even if these exercises don't stretch your imagination, they'll get your brain warmed up to think.

### 1 WORD TRICKS (STROOP TEST)

**ANALYSIS:** After getting used to the stroop test, you'll get ever quicker at it. If it took you more than 30 seconds to complete this exercise, you may need to refine your concentration skills. To practice this on your own, draw up some additional iterations using crayons or markers, then exchange them with a partner and test each other.

### 2 SOUND TRACKING

**ANALYSIS:** This drill demands focusing on counting and reading at the same time. It also requires the retention of steadily changing sums as you add up the syllables, which is more complex than it may initially seem.

Reading is to the mind what exercise is to the body.—Sir Richard Steele

15 SYLLABLES

Brain: an apparatus with which we think that we think.—Ambrose Bierce

13 SYLLABLES

Nothing fixes a thing so intensely in the memory as the wish to forget it.—Michel de Montaigne

22 SYLLABLES

### 3 RAPID RECALL

**ANALYSIS:** Few people retain and write down all 30 words. If you did so, you're ready for tougher memorization tasks. If you remembered fewer than five words, you may be out of practice at memorizing, and probably didn't use a system. Try it again.

- |        |         |         |       |          |         |
|--------|---------|---------|-------|----------|---------|
| circle | pilot   | tubing  | apple | midnight | sleigh  |
| bread  | rope    | pottery | mind  | bell     | folder  |
| dog    | office  | shape   | head  | problem  | train   |
| sister | map     | edge    | kite  | flap     | account |
| coat   | thunder | section | brand | point    | wallet  |

### 4 SUDOKU

3	7	8	5	6	1	2	4	9
1	9	4	8	7	2	5	6	3
6	2	5	4	9	3	1	7	8
2	5	1	6	4	8	9	3	7
7	8	6	9	3	5	4	1	2
9	4	3	1	2	7	8	5	6
8	6	2	3	1	4	7	9	5
5	1	9	7	8	6	3	2	4
4	3	7	2	5	9	6	8	1

### 5 SPEEDY SUMS

**ANALYSIS:** Thought that was too easy? Solving basic problems quickly can stimulate the brain. Think of it as mental nutrition. Ryuta Kawashima's book *Train Your Brain* relies heavily on similar equations.

$$6 \times 7 = 42$$

$$15 - 6 = 9$$

$$13 + 4 = 17$$

$$3 \times 9 = 27$$

$$16 \div 4 = 4$$

$$19 - 8 = 11$$

$$8 \times 5 = 40$$

$$9 + 6 = 15$$

$$6 \div 2 = 3$$

$$4 \times 8 = 32$$

### 6 QUICK COUNTING

**ANALYSIS:** This is an easy one to master with practice. If it's simple for you, add challenges like speaking every fourth number rapidly.

### 7 TRIANGLE MATH

**ANALYSIS:** These are elementary examples of triangle math. When the operations include division, subtraction and large numbers, the challenge level rises. Try drafting your own triangle math problems and trading quizzes with a partner.

