



## 1. Mental flexibility

Each question contains the initial of words that will make it correct. Find the missing words. Example: 16 = O in a P. Ounces in a Pound.

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|-------------------------------|----------------------------|
| 1. 26 = L of the A            | 9. 8 = S on a S S          |
| 2. 1001 = A N                 | 10. 3 = B M (S H T R)      |
| 3. 7 = W of the W             | 11. 24 = H in a D          |
| 4. 54 = C in a D (with the J) | 12. 1 = W on a U           |
| 5. 9 = P in the S S           | 13. 11 = P on a F T        |
| 6. 88 = P K                   | 14. 1000 = W that a P is W |
| 7. 18 = H on a G C            | 15. 29 = D in F in a L Y   |
| 8. 90 = D in a R A            | 16. 64 = S on a C B        |

## 2. Lateral thinking riddles

1. I am the beginning of sorrow and the end of sickness. You cannot express happiness without me, yet I am in the midst of crosses. I am always in risk, yet never in danger. You may find me in the sun, but I am never out of darkness. What am I?
2. If you drop me, I'm sure to crack. Give me a smile, and I'll always smile back. What am I?
3. Who is that with a neck and no head, two arms and no hands? What is it?
4. Two mothers and two daughters go shopping. They have \$21, which they split equally between them. How can this be possible?
5. It doesn't bark, it doesn't bite but it still won't let you in the house. What is it?
6. Forward I am heavy, but backward I am not. What am I?
7. If you have me, you want to share me. If you share me, you haven't got me. What am I?
8. What goes up when the rain comes down?
9. How do you make the number 7 even without addition, subtraction, multiplication, or division?



### 3. Word ladders

A Word ladder is a word game invented by Lewis Carroll. A word ladder puzzle begins with two words, and to solve the puzzle one must find a chain of other words to link the two, in which two adjacent words differ by one letter.



### 4. Scrambled sentences

Unscramble the following list of words to make a normal sentence. Notice how your eyes keep stalling because the brain cannot make sense of the words, which disrupts your natural reading rhythm. This is a harder exercise than you might think.

1. read You are you what
2. circulation improves to exercise Physical brain blood the
3. brain of billion 100 consists Your about neurons
4. exercise is brain-training a Sudoku good
5. words average The reading 200–250 speed is minute a
6. reading experience eyes By another life through you by vicariously the of

### 5. Backstories

We've discovered that the mighty Tom Hanks is obsessed with photographing lost items he finds on his movie-star travels – random gloves, dummies or spatulas (!). Being a world-class storyteller, he uses his imagination to create a backstory for the lost-belongings. We challenge you to keep your eyes peeled and see what you can notice that looks lost or abandoned. Take a pic and make up a 4-sentence story about the item just for fun. If you have kids with you today, set them the challenge too.



# Answers

## 1. Mental flexibility

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|--|--|
| 1. 26 = Letters of the Alphabet          | 9. 8 = Sides on a Stop Sign              |
| 2. 1001 = Arabian Nights                 | 10. 3 = Blind Mice (See How They Run)    |
| 3. 7 = Wonders of the World              | 11. 24 = Hours in a Day                  |
| 4. 54 = Cards in a Deck (with the Joker) | 12. 1 = Wheel on a Unicycle              |
| 5. 9 = Planets in the Solar System       | 13. 11 = Players on a Football Team      |
| 6. 88 = Piano Keys                       | 14. 1000 = Words that a Picture is Worth |
| 7. 18 = Holes on a Golf Course           | 15. 29 = Days in February in a Leap Year |
| 8. 90 = Degrees in a Right Angle         | 16. 64 = Squares on a Checker Board      |

## 2. Lateral thinking riddles

1. The letter s. 2. A mirror. 3. A shirt. 4. There are only three people. One of the mothers is a daughter also, because there is a grandmother, a mother and a daughter! They each get \$7 exactly. 5. A lock 6. The word 'ton' 7. A secret 8. An umbrella 9. Drop the 's'

## 3. Word ladders

1. peach – peace – place – plane - plant
2. storm – store – shore – share - shame
3. brick – trick – thick – think – thing

## 4. Scrambled sentences

1. You are what you read
2. Physical exercise improves blood circulation to the brain
3. Your brain consists of about 100 billion neurons
4. Sudoku is a good brain-training exercise
5. The average reading speed is 200–250 words a minute
6. By reading you experience life vicariously through the eyes of another