

Brain Olympics: A Workout for Your Mind!

Materials You'll Need Today:

- Paper
- Pencil or pen
- Timer (optional, like on a phone)
- A tray or flat surface
- 5-7 small, distinct household objects (e.g., a key, a coin, a button, a small toy, an eraser)
- Printouts or on-screen examples of:
 - A logic puzzle (like a simple Sudoku or a logic grid puzzle)
 - A visual puzzle (like a "spot the difference" or a simple tangram outline)
- (Optional) Markers or colored pencils

Let's Get Started: Brain Warm-Up! (5-10 minutes)

Welcome to the Brain Olympics! Today, we're going to give our amazing brains a fun workout. Just like athletes train their bodies, we can train our minds to become sharper, faster, and more creative!

Warm-up Riddle: I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

(Answer at the bottom of the lesson!)

Event 1: The Memory Challenge (15 minutes)

This event tests your super recall powers! Memory is like a muscle; the more you use it, the stronger it gets.

1. **Setup:** Place 5-7 small, distinct household objects on a tray. (e.g., a key, a coin, a button, a small toy, an eraser).
2. **Memorize:** You have 1 minute to look at the objects on the tray and try to memorize them all. No touching, just looking!
3. **Cover Up:** After 1 minute, cover the tray with a cloth or piece of paper (or have someone take it away).
4. **Recall:** On your paper, write down or draw all the objects you can remember from the tray.
5. **Check:** Uncover the tray and see how many you got right!

Challenge Boosters:

- Try with more objects (8-10).
- After memorizing, wait 30 seconds *before* writing them down (distract yourself by naming 5 animals).
- Try to remember them in the order they were placed (if you arranged them in a line).

Event 2: Logic Lift (20 minutes)

Time to flex those logic muscles! Logic puzzles help us think step-by-step and use clues to find a solution.

Choose Your Challenge:

- **Simple Sudoku:** If you have a beginner Sudoku puzzle, try to fill in a few numbers correctly. Remember, each row, column, and small square needs the numbers 1-9 (or 1-4/1-6 for simpler

versions) without repeating.

- **Logic Grid Puzzle:** These puzzles give you clues to match up different categories (e.g., "Sarah has the red bike," "The person with the cat doesn't like apples."). Work through a simple one.
- **"Who Am I?" Game:**

Think of an animal/object/famous person. Give clues one by one, starting general and getting more specific. Can the other person guess it in 5 clues or less? Then switch roles!

Example (Animal):

Clue 1: I am a mammal.

Clue 2: I live in the ocean.

Clue 3: I am known for being very intelligent.

Clue 4: I have a blowhole.

Clue 5: I make clicking and whistling sounds.

(Answer: A dolphin)

Tip: Talk out loud as you solve the puzzle! Explaining your thinking can help you spot mistakes or find new ideas.

Event 3: Visual Gymnastics (15 minutes)

Now for a test of your sharp eyes and pattern recognition skills! Visual puzzles challenge how we see and interpret information.

Choose Your Visual Vault:

- **Spot the Difference:** Use a "spot the difference" picture. Try to find all the changes between the two images. Set a timer for 5 minutes and see how many you find.
- **Tangram Teaser:** If you have tangram pieces (or can cut some simple shapes from paper: 2 large right triangles, 1 medium right triangle, 2 small right triangles, 1 square, 1 parallelogram), try to make a specific shape (e.g., a cat, a boat) using all the pieces without overlapping. You can find many tangram puzzle outlines online to copy.
- **Optical Illusion Exploration:** Look at 2-3 different optical illusions online or in a book. Discuss: What do you see? Does it change if you look at it differently? Why do you think it tricks your eyes?

Cool Down & Medal Ceremony (Brain Reflection) (10 minutes)

Great job, Brain Olympian! You've completed all the events. Now, let's think about your mental workout:

- Which brain game was your favorite? Why?
- Which game did you find the most challenging? Why?
- What strategies did you use that helped you solve a puzzle or remember something?
- Did you discover any new strengths in your thinking today?
- How can you use these brain-boosting skills in other parts of your learning or everyday life?

You can even design your own "Brain Medal" on paper to celebrate your efforts!

Further Training (Optional):

- Explore online brain game websites (with permission and supervision if needed), like Lumosity (some free games), BrainBashers, or puzzle apps.
 - Try a new type of puzzle each week (e.g., crosswords, word searches, rebus puzzles).
 - Read books! Reading is a fantastic brain workout.
 - Learn a new skill, like coding, a musical instrument, or a new language.
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Answer to Warm-up Riddle: A map.