

# Neurobics Olympics!

Neurobics are fun activities that challenge your brain and use your senses in unconventional ways. Choose any or all of the following activities to create your own neurobics olympics. Feel free to add additional activities if you'd like more stations. There's just one rule: make it fun!

## 1. Sensory Art

Instruct participants to draw a picture of what they think they'll look like when they are 90 while listening to music – pick any music you would like. For an added challenge, instruct them to draw their picture with their non-dominant hand (see page 2 for sensory art worksheet).

## 2. Charades

Using the charades list on page 3 of this document, or by creating your own, instruct a participant to act out what is on the sheet while the rest of the group guesses – no talking! You might also choose to have half of the group act while the other half tries to guess.

## 3. Puzzles

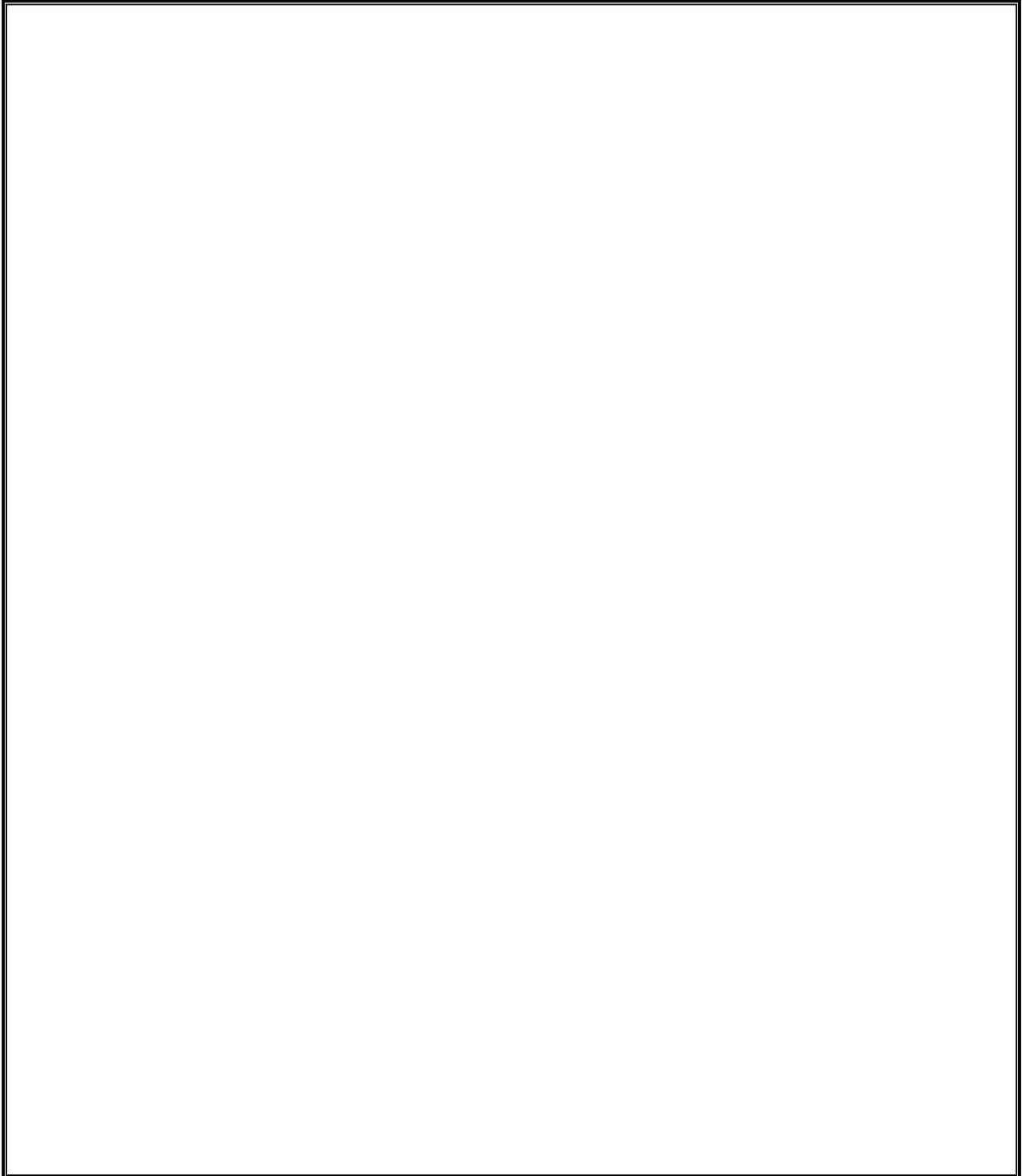
Using the puzzle on page 4 of this document (puzzle key on page 5), or by finding your own, instruct participants to complete a puzzle. Choose something unusual (such as Up and Down Words) but easy.

## 4. Walkin' Wonky

Instruct participants to do the following moves for 20 steps each.

- Walk on your toes
- Walk on your heels
- Skip
- Walk sideways
- Walk backwards
- Hop on one foot

**A picture of me when I'm 90!**



Milking a cow

Sunbathing on the beach

Skinny dipping

Mowing the grass

Cleaning the toilet

Shooting a shotgun

Texting while driving

Driving a tractor

Chasing a chicken

Drinking wine

Skydiving

Sending an e-mail

# Up & Down Words

USA Today 1/26/2016 By David L. Hoyt

## HOW TO PLAY

Look at the clue to solve #1. The second part of the answer to #1 is the first part of the answer to #2 and so on.

- |                     |                    |
|---------------------|--------------------|
| 1. Is yummy         | 5. President's kin |
| 2. Marksman's asset | 6. Place for a TV  |
| 3. Point toward     | 7. Hotel offering  |
| 4. Initially        |                    |

1	Tastes	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	Service

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2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
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|---------------------|--------------------|
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1	Tastes		Good
2	Good	∴	Aim
3	Aim	∴	At
4	At	∴	First
5	First	∴	Family
6	Family	∴	Room
7	Room		Service