

ACTIVITY WORKSHEET**Brain Exercises and Good Mental Health**

1. Which of the puzzles did your group enjoy most. Which did your group excel at?

2. Scientists sometimes speak of a “left” brain and a “right” brain, the left being the part where language, logic, and math operations are processed, the right the seat of space relationships and “visual” thinking. Use this information to classify each of the puzzles as left-brain, right-brain, or both.

Puzzle	Type
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3. Type of puzzle you and your group will create.

4. A prototype is a model for an activity, such as a puzzle. Write or draw a prototype for your puzzle in the space below.

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5. Create an instruction line that captures the “rule” or object of your puzzle (for example, “Find the next number or shape in each series”).

6. In the space below, create at least ten items that fit the above rule, Include the answers. Share your puzzle with other groups of classmates.