

BRAIN TASKS

to

COMBAT MEMORY LOSS

by

Gareth Rowlands

Neurobic exercises to stimulate your brain

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Introduction

Writing words backwards with your usual hand can be quite a challenge. Doing it with your unusual hand is of course a greater challenge. Drawing diagrams with your unusual hand is also a challenging task.

By writing letters, words and sentences and drawing diagrams with your unusual hand you are stimulating your brain and providing the brain with a challenge which in turn helps to prevent memory loss.

The brain tasks in this resource are designed to keep the brain active. They can also be so much fun when attempted by yourself and also in pairs or even in groups such as families.

The brain tasks in this resource book involve diagrams of various shapes often seen in our everyday lives. The missing links (straight or curved lines that you will find and add to the diagrams will complete the shapes you are looking at and sketching.

The shapes you eventually complete by drawing and colouring using your unusual hand can be cut out and used to form attractive Neurotic art designs. Two examples are shown in the booklet. as shown in the booklet.

It is recommended that readers of this resource booklet look carefully at the Neurobic exercises guide which will be a great help and useful for them in attempting the brain tasks. For example, it is important to be able to distinguish between your usual hand and your unusual hand when attempting the exercises .

A list of the shapes used in all the diagrams in this resource is provided so that the names of all shapes are known.

Other resource booklets written by the author are:

Activities for Today;
Word and Number Exercises;
Our Brain Matters;
At Home with Neurobics;
Neurobics at your fingertips.

By visiting the HOME page of the author's web site www.battledementia.co.uk one can download free the following resource booklets:

Our Brain Matters;
At Home with Neurobics
Neurobics at your Fingertips;
Brain Tasks to Combat Memory loss.

Disclaimer

The information provided in this book is designed to provide helpful information for the purpose of preventing memory loss and increasing mental fitness.

The book is not meant to be used nor should it be used to diagnose or treat any medical condition, mental or physical. For diagnosis or treatment of any medical or physical problem one is advised to consult one's own General Practitioner immediately.

Neither the author nor the publisher of this book will be held responsible for any injury, loss or damage caused in any manner whatsoever by attempting any of the exercises in this book.

As with any exercise programme one should be aware of one's own physical and mental limitations, and if one has any concerns one should consult a qualified health care professional for advice with immediate effect.

This book is not to be taken as a substitute for the medical advice of a qualified physician.

Gareth Rowlands

About the author

For many years, the author has been a campaigner for people living with different forms of memory loss. He is constantly compiling Neurobic exercises for use at his workshops held at memory clinics and care homes.

He is a retired Mathematics teacher and lecturer and was an Education Officer in Kenya for many years. He has also been a magistrate for fourteen years.

He has written over fifty Mathematics book for students in schools and colleges in the United Kingdom, Africa, the Far East and Middle East, Asia and the Caribbean territories. He continues to write Mathematics books.

He has been interviewed on television and radio about his work for people living with memory loss at home and abroad.

The articles in this resource booklet describe his ongoing dedicated work for people living with Alzheimer's disease and dementia.

He has a web site www.battledementia.co.uk which he would like you to visit.



BY GARETH ROWLANDS*

Battling dementia

Both mental and physical exercises can stem the onset of Alzheimer's disease and dementia because they stimulate parts of the brain dealing with memory. Mental exercises have been known to reactivate some parts of the brain that may have become dormant by supporting the growth of new brain cells as well as promoting communication between various nerve cells involved with memory.

Many elderly people can be encouraged to adopt a do-it-yourself approach by selecting any simple words and numbers to exercise with. Obviously, the bigger the words and numbers, the more difficult the exercises become. They can work through the four or five letter words in the dictionary alphabetically. By working in pairs or in groups, the exercises can be more enjoyable not only for the elderly but also for their carers. Other mental exercises such as Sudoku, crossword puzzles and scrabble are also beneficial as brain-stimulating exercises but the simpler the exercises are, the better.

There are a number of mentally stimulating exercises which also provide fun and amusement:

- writing the letters of one's name backwards;
- writing down the numbers from 1 to 10 backwards;
- saying or writing the odd numbers up to 10;
- saying or writing the even numbers up to 10;
- writing the numbers 4, 3, 8 and 1 in ascending order;
- writing the numbers 6, 9, 2 and 3 in descending order;
- reciting or writing days of the week and months of the year backwards;
- memorising shopping lists;
- using one's left hand instead of the right hand if one is 'right handed' for activities such as brushing one's teeth, dialling a number, eating, using one's keyboard, combing one's hair, using the computer mouse or even using one's non-dominant hand to perform basic domestic activities such as stirring tea, pouring water, opening and shutting taps, opening and shutting doors, cutting cakes, opening a bottle or packet and cleaning surfaces;

- involving as many of the five senses as possible at the same time such as getting dressed in the dark, listening to music whilst smelling flowers, singing whilst working or drawing pictures whilst singing;

- selecting different travel routes instead of the usual one, for example, different routes from home to the shop.

An active lifestyle spent in an intellectually-stimulating atmosphere having plenty of interesting company can certainly compensate for some forms of brain damage whilst reading, writing, singing, reading aloud, learning a new language, playing Scrabble, completing crossword puzzles, playing Sudoku or a musical instrument are magnificent ways of stimulating the brain.

These are much preferred activities to watching TV when the brain is sent to a neutral state and is void of thinking.

*Gareth Rowlands is a UK-based campaigner for Alzheimers.

"MENTAL EXERCISES HELP REACTIVATE SOME PARTS OF THE BRAIN."

Neurobic exercises

A neurobic exercises project sidesteps and overcomes COVID-19

Words ALAN DAVIES

The dictionary describes neurobics as activities or mental (cognitive) tasks that stimulate the brain and help prevent memory loss.

Using his website www.battledementia.co.uk, a St Albans mathematician is winning the battle against COVID-19 by providing care homes in Hertfordshire and care centres worldwide with his brain stimulating neurobic exercises.

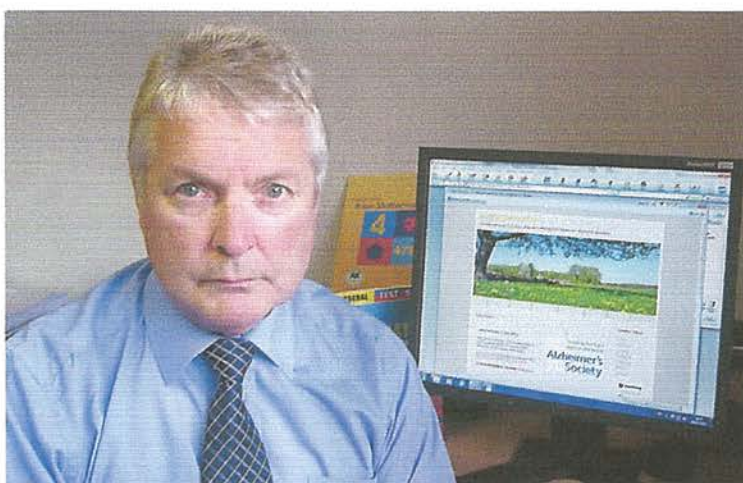
Before the outbreak of the pandemic, Gareth Rowlands, a campaigner for people living with memory loss such as Alzheimer's disease and dementia, was able to organise workshops at care homes, dementia cafes and doctors' surgeries throughout the county.

He decided to combat the visiting restrictions posed by COVID-19 by using his website.

According to recent and ongoing research, neurobic exercises stimulate the brain, improve one's memory and enhance one's quality of life.

The brain loves a challenge, especially a change in routine.

On the opening page of his



Gareth Rowlands, a mathematician and a personal campaigner for people living with memory loss such as Alzheimer's disease and dementia

website, Gareth's resource booklet '*Your Brain Matters*', which contains hundreds of memory boosting exercises, can be downloaded free of charge.

The brain exercises, which act like a workout for the brain, involve using one's non-dominant hand to write symbols, letters, words, and sentences including drawing simple diagrams.

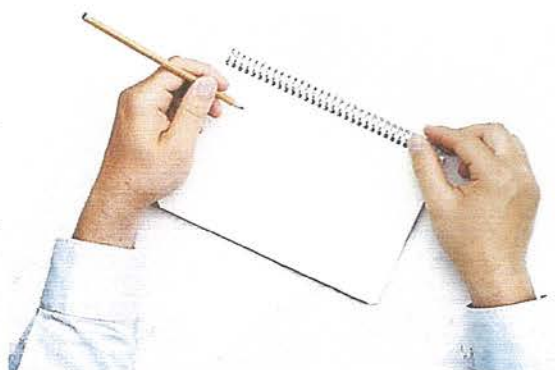
Attempting the exercises daily for 10 to 15 minutes can reap the benefits of improved memory,

alertness, greater awareness and happier moods, which in turn enhance the quality of life.

Other examples of neurobic exercises include using one's non-dominant hand while eating, cleaning one's teeth, doing up buttons while dressing, combing or brushing one's hair, opening and shutting doors and containers, in addition to using two of one's senses at the same time, such as listening to music whilst drawing a picture. **1**

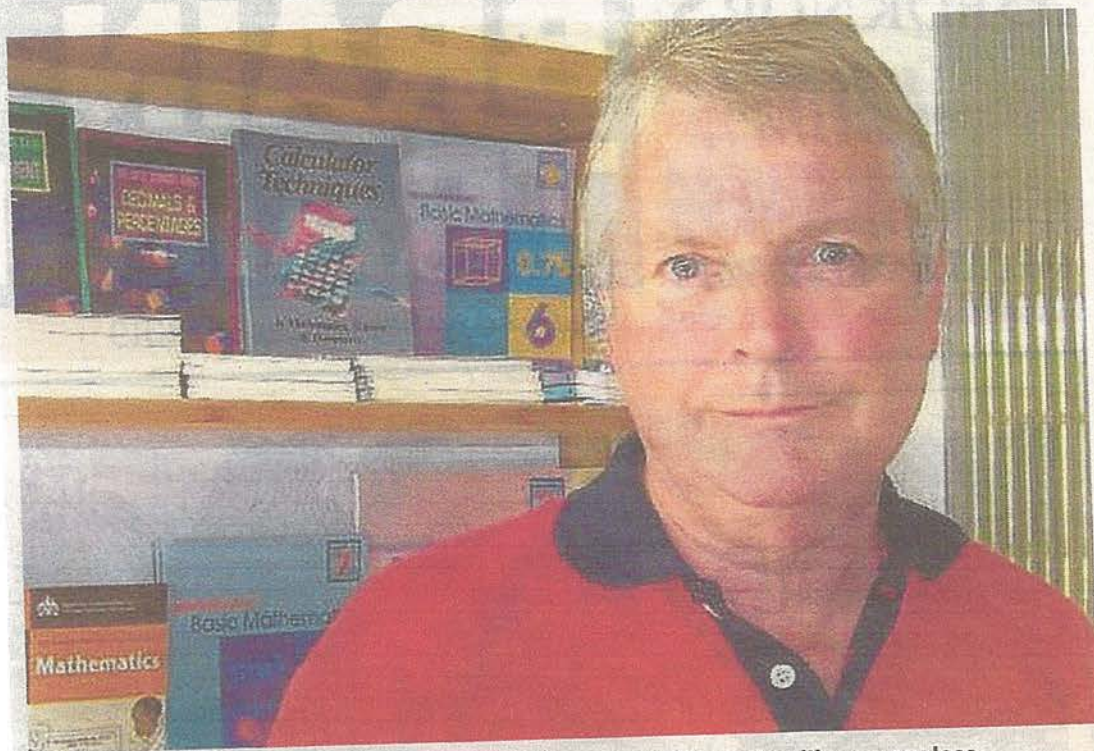
SIMPLE BRAIN EXERCISES TO TRY

PICTURE: GETTY IMAGES / STOCKPHOTO / JULIA SIDNITSKAYA



- Firstly, if you are right handed, your usual hand is your right hand. If you are right handed, your unusual hand is your left hand. If you are left handed, your usual hand is your left hand. If you are left handed, your unusual hand is your right hand. All you need is a pencil and paper for this exercise. Have fun!
- Write down your first name with your usual hand. Write down your name with your unusual hand. Write down your name backwards with your usual hand. Write down your name backwards with your unusual hand.
- Make a rough sketch of the letter A with your usual hand. Make a rough sketch of the letter with your unusual hand.
- Write down the number 564 with your usual hand. Write down the number with your unusual hand. Write down the number backwards with your usual hand. Write down the number backwards with your unusual hand.

Teacher shares ways to slow memory loss



Gareth Rowlands runs neurobic exercise workshops to help people with memory loss

By Daisy Smith

A MATHEMATICIAN has shared some of the brain exercises he uses to help people with dementia.

Gareth Rowlands, from St Albans, runs memory workshops at dementia cafés and care homes in Hertfordshire.

He became passionate about helping those with memory loss after he visited a care home which his wife ran in Barnet.

The retired teacher decided to spend his spare time organising an activity programme for the residents at the care home and began teaching them neurobic exercises he had learned throughout his career.

These include using your dominant and then non-dominant hand to write words and draw diagrams, making simple changes to your routine such as using your non-dominant hand to brush your teeth or to open doors and drawing a picture while listening to music.

Mr Rowlands said: "Combining two or more senses sends a message to the brain and stimu-

lates it as it realises the challenge of the different routine."

He has created a list of 100 neurobic exercises and hopes they will eventually be used by people across the country.

Mr Rowlands said: "There has been ongoing research at Kings College in London that says attempting these exercises and training your brain for short periods of time can have many benefits.

"This includes less stress and positive moods. If you do exercises daily for 10 to 15 minutes for about a month you can notice a change in your memory. You need to think of your brain as a muscle which needs exercise."

The former teacher explained how he came to start his memory workshops. He said: "It was sad seeing residents at the care home doing nothing at all. The care home invited me to organise an activity programme and they reaped considerable benefits.

"I now organise workshops at various venues including dementia cafés and doctors' surgeries to help people who are suffering from memory loss.

"There is a lot to do in terms of helping people, but my mission really is to persevere and leave no stone unturned to help people in the prevention of memory loss."

He added: "When I was doing a neurobic session recently at a dementia café at Welwyn Garden City I asked people if they found any benefits from the exercises.

"They said there was a slight improvement in the memory, were less stressed, they had positive moods, increased motivation and faster thinking."

The former teacher passes on his exercises to others in the community as he believes in their benefits not just for people suffering with memory loss but also for everyday memory.

He said: "One of my big ambitions is to get this to snowball to not only spread throughout Hertfordshire and make an impression on the county but to make a national impact.

"People can use my ideas to benefit the people who are suffering from memory loss and hopefully be used to catch diseases such as Alzheimer's early."

Author celebrates writing more than 50 mathematics books

Retired teacher has written for schools as well as to prevent Alzheimer's disease

As children prepare to return to school for a new academic year, an author from St Albans is celebrating publishing 50 mathematics books to help people learn.

Gareth Rowlands is a retired Mathematics teacher and lecturer who also worked as an education officer in Kenya for 14 years.

He has specially written for primary schools, secondary schools and colleges not only in the UK but all around the world, as well as campaigning to promote awareness of the role the subject plays in combatting Alzheimer's disease and memory loss.

"Mathematics books can be a joy to both students and teachers alike," Gareth says. "Using colourful illustrations, clearly drawn diagrams, numerous examples with plenty of exercises along with enjoyable practical activities relating the subject to students' day to day experiences can make learning the subject a lot easier to understand and use."

"These are the vital aspects I have included. Mathematics being such an important subject in all our lives should be an enjoyable subject to learn."

Gareth also explains how maths has a part to play in the fight against Alzheimer's disease and memory loss.

He recently gave a talk on the value of mental and physical exercises in slowing down the onset of Alzheimer's disease and memory loss at Parkfield Medical Centre in Potters Bar.

He has also created the website battledementia.co.uk which he says is his "personal crusade to champion the Alzheimer's cause".

The main aims of the site are to "suggest an appropriate approach to the use of activities that could be attempted whilst caring for people suffering from dementia in an effort to improve their quality of life" and to "offer some valuable and much needed



Gareth Rowlands and below a selection of his books on display

support to those who care for people suffering from dementia day-in, day-out and at night in their own homes as husbands or wives, as family members or as the dedicated, hard-working carers in residential and nursing care homes".

Gareth adds: "It is aimed at supporting hard working carers and to create more and more awareness of Alzheimer's disease and dementia here in the UK and internationally."

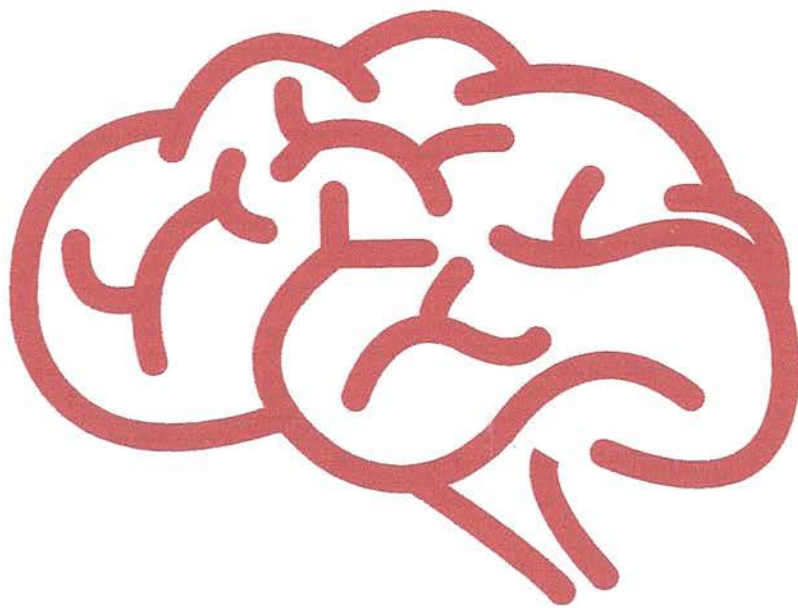
"I have already donated my activity resources to Alzheimer's organisations and residential care homes in the UK, Canada, Mauritius, Cyprus and Pakistan having been interviewed on BBC Three Counties Radio, Mauritius TV and Cyprus radio."

"Most recently, I arranged the delivery of my activity booklets to the Kenya Alzheimer's Society. I am pleased that my web site continues to gain interest internationally."



Your Neurobics Guide is on the next page

Neurobic Exercise Guide



Hello!



Welcome to your neurobic exercise guide!

All you need is a pen and paper and you are on your way!

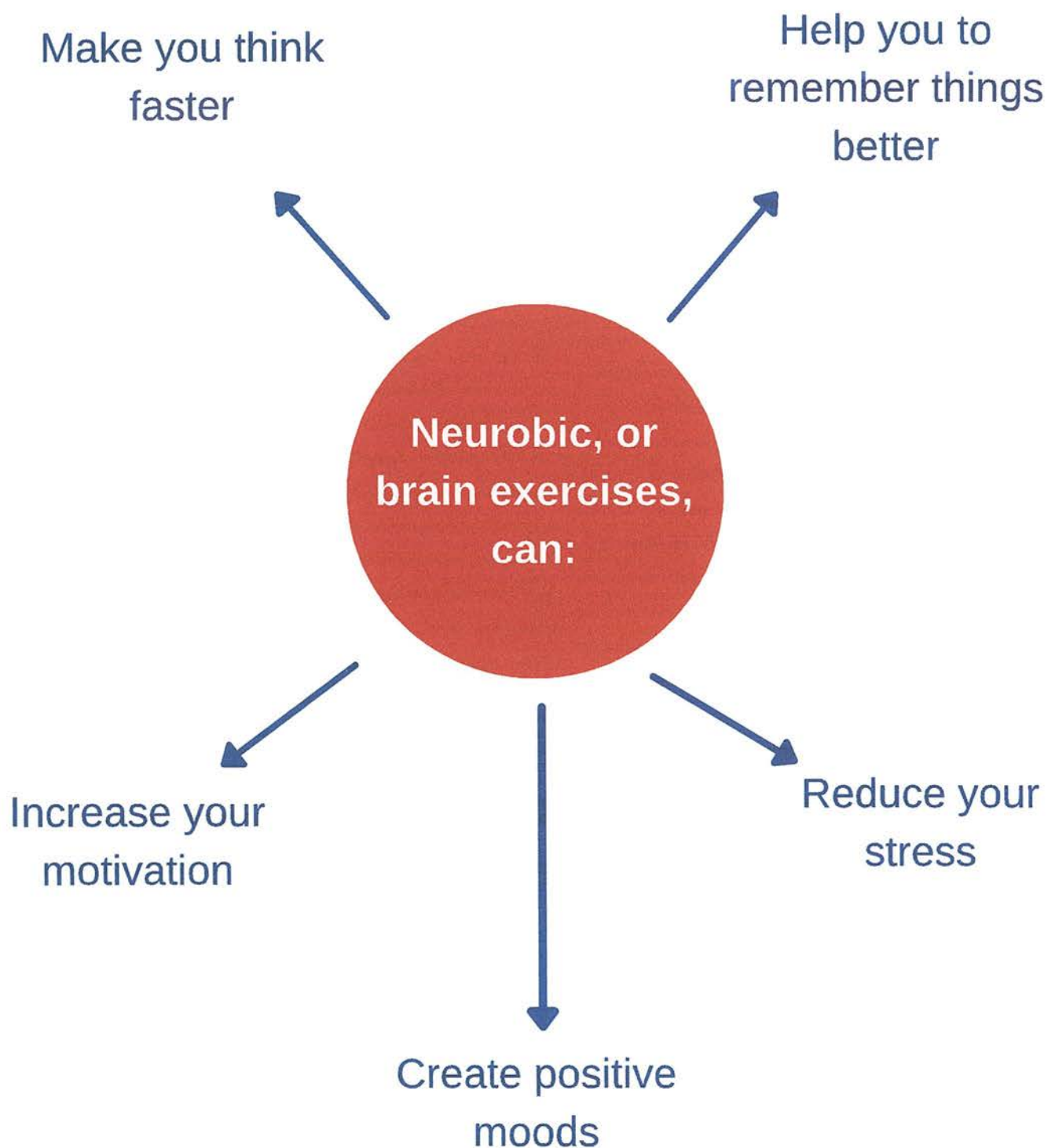
The contents of this guide on neurobic exercises have been provided by Gareth Rowlands, a campaigner for people living with memory loss. A resource booklet '*Our Brain Matters*' can be found on the opening page of his web site www.battledementia.co.uk. If you would like to practice more similar exercises to this guide, please visit his website.

His resource '*Our Brain Matters*' is made up of a variety of different neurobic exercises, divided into chapters. Most of the exercises are graded starting with easy exercises leading on to more difficult ones.

It is suggested that carers using his resource at home, in residential care and nursing homes and elsewhere will be able to select exercises for their residents to suit their circumstances at the time. The exercise can be attempted by themselves, in pairs or in groups as a family.



Benefits of neurobic exercises



NOTE:

For best results, neurobic exercises should be attempted for 10-15 minutes daily.

Writing exercises

Guide on how to do these exercises

If you're right handed:

L = Unusual hand



R = Usual hand



If you're left handed:

L = Usual hand



R = Unusual hand



Writing Exercises

You can make up your own exercises like the below using different names, letters, shapes and numbers.

Exercise 1:

- Write down your first name with your usual hand.
- Write down your name with your unusual hand.
- Write down your name backwards with your usual hand.
- Write down your name backwards with your unusual hand.

Exercise 2:

- Make a rough sketch of this letter with your usual hand.
- Make a rough sketch of the letter with your unusual hand.



Exercise 3:

- Write down this number with your usual hand.
- Write down the number with your unusual hand.
- Write down the number backwards with your usual hand.
- Write down the number backwards with your unusual hand.



Day-to-day exercises

Just as too much sitting is bad for the body, too much day-in, day-out routine is bad for the brain.

The brain needs to be stimulated constantly.

Try these routine tasks using your non dominant hand and bring your brain alive:

- Brushing your teeth
- Opening the toothpaste tube
- Combing or brushing your hair
- Using a spoon at breakfast time
- Dialing a number
- Using the computer mouse
- Typing on your computer keyboard



With your eyes closed try using your unusual hand to:

- Dressing and buttoning or zipping up
- Washing your face
- Carefully opening and shutting doors and containers;

To tax your brain:

- Turn your calendar upside down
- Wear your watch upside down on your unusual wrist
- Read a newspaper etc when it is upside down
- Turn family photos upside down and display in another room



Day-to-day exercises

When you are really energetic, use your non dominant hand to:

- Throw a ball into a basket or bucket. Repeat 10 times
- Throw a ball up and catch it. Repeat 10 times.
- Bounce a ball five to ten times.
- Roll a ball into the corner of the room. Repeat 10 times.



Exercises involving tasks using two or more of the five senses (sight, hearing, smell, taste and touch):

- Dancing to recorded or live music - turn up that radio!
- Singing whilst drawing or painting a picture
- Singing whilst doing a task such as housework or gardening
- Watching the clouds go by whilst creating a shape with modelling clay
- Drawing a picture, singing in a room with a lovely smell of lavender



The names of the shapes in the brain tasks

square

rectangle

triangle

diamond

circle

ellipse

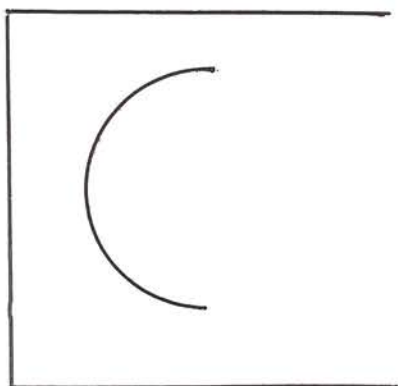
star

polygon

heart

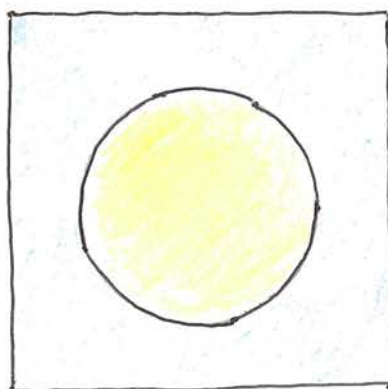
Brain task 1

Author's attempt!

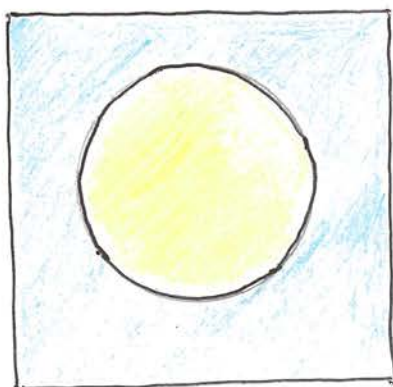


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the square and the circle.

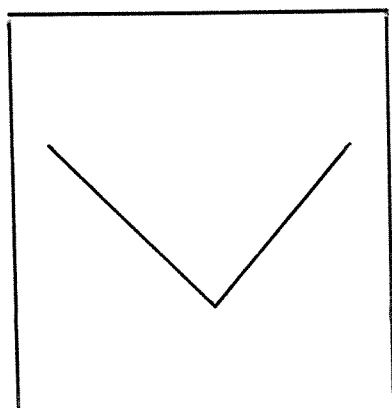
Use your **usual hand** to shade in the circle in yellow and the remainder of the diagram in blue.



In the space below repeat the above exercises using your **unusual hand**.



Brain task 2

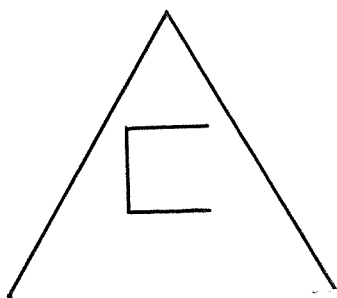


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the square and the triangle.

Use your **usual hand** to shade in the triangle in green and the remainder of the diagram in blue.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 3

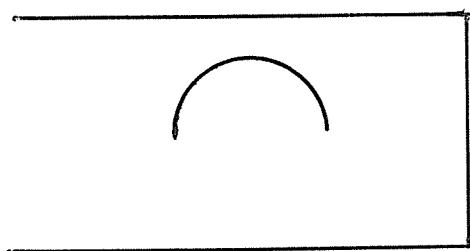


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the triangle and the square.

Use your **usual hand** to shade in the square in blue and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 4

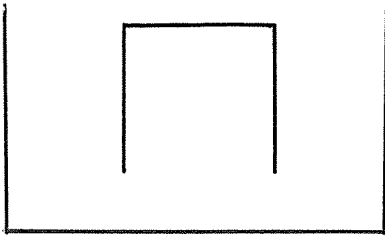


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the rectangle and the circle.

Use your **usual hand** to shade in the circle in red and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 5

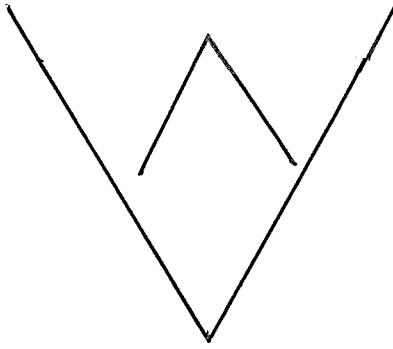


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the rectangle and the square.

Use your **usual hand** to shade in the square in black and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 6

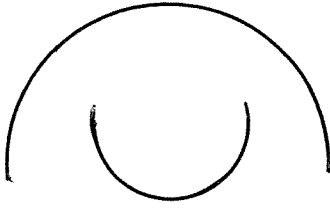


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the two triangles.

Use your **usual hand** to shade in the small triangle in black and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 7

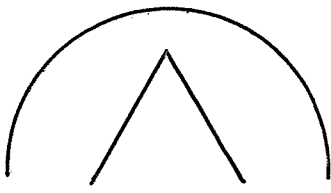


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the two circles.

Use your **usual hand** to shade in the small circle in green and the remainder of the diagram in red.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 8

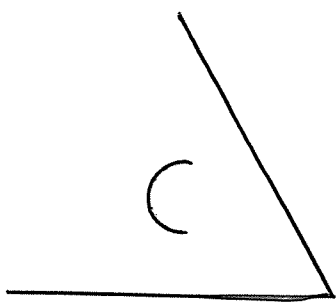


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the triangle and the circle.

Use your **usual hand** to shade in the triangle in blue and the remainder of the diagram in red.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 9

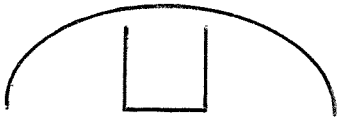


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the circle and the triangle.

Use your **usual hand** to shade in the circle in black and the remainder of the diagram in red.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 10

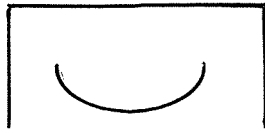


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the ellipse and the square.

Use your **usual hand** to shade in the square in green and the remainder of the diagram in blue.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 11

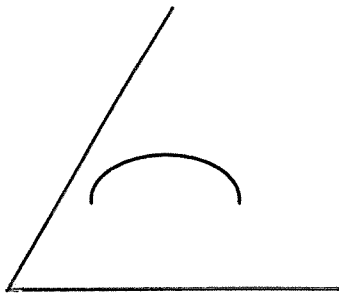


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the ellipse and the rectangle.

Use your **usual hand** to shade in the ellipse in green and the remainder of the diagram in blue.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 12

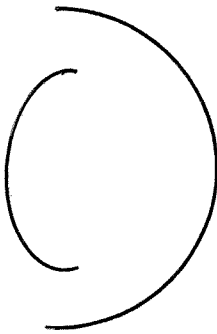


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the ellipse and the triangle.

Use your **usual hand** to shade in the ellipse in green and the remainder of the diagram in blue.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 13

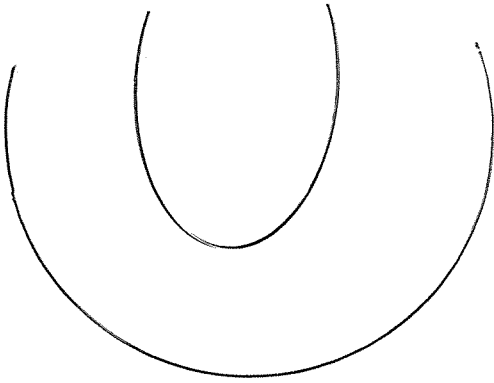


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the ellipse and the circle.

Use your **usual hand** to shade in the ellipse in green and the remainder of the diagram in blue.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 14

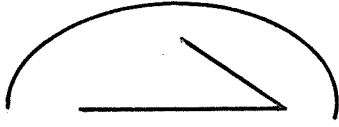


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the circle and the ellipse.

Use your **usual hand** to shade in the circle in green and the remainder of the diagram in blue.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 15

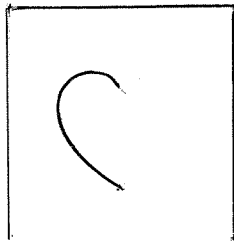


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the triangle and the ellipse.

Use your **usual hand** to shade in the triangle in red and the remainder of the diagram in green.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 16

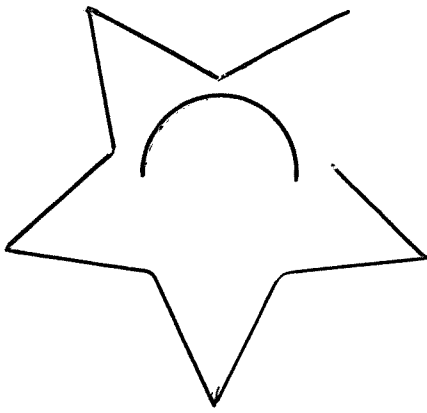


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the heart and the square.

Use your **usual hand** to shade in the heart in yellow and the remainder of the diagram in blue.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 17

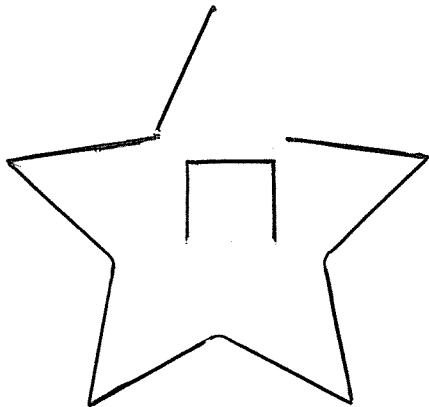


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the star and the circle.

Use your **usual hand** to shade in the circle in red and the remainder of the diagram in green.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 18

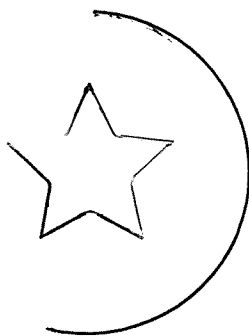


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the square and the star.

Use your **usual hand** to shade in the square in red and the remainder of the diagram in green.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 19

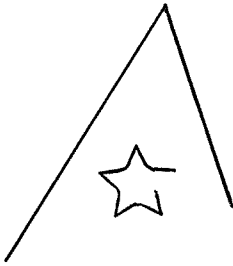


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the circle and the star.

Use your **usual hand** to shade in the star in red and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 20

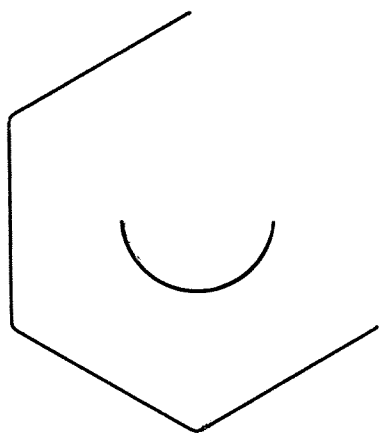


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the star and the triangle.

Use your **usual hand** to shade in the star in blue and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 21

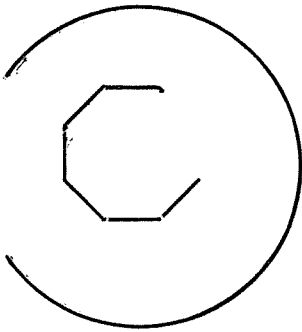


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the polygon and the circle.

Use your **usual hand** to shade in the circle in red and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 22

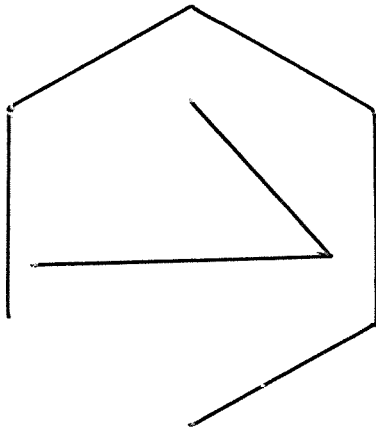


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the circle and the polygon

Use your **usual hand** to shade in the polygon in yellow and the remainder of the diagram in red.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 23

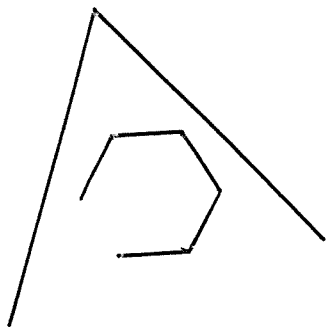


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the polygon and the triangle.

Use your **usual hand** to shade in the triangle in blue and the remainder of the diagram in red.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 24

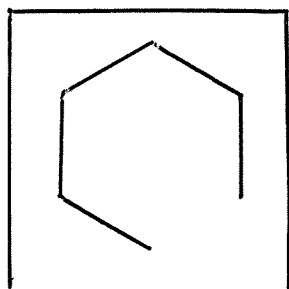


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the triangle and the polygon

Use your **usual hand** to shade in the polygon in red and the remainder of the diagram in green.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 25

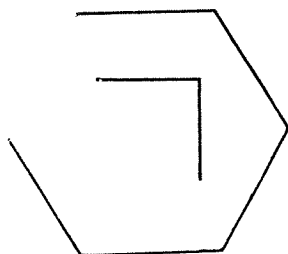


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the square and the polygon

Use your **usual hand** to shade in the polygon in yellow and the remainder of the diagram in red.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 26

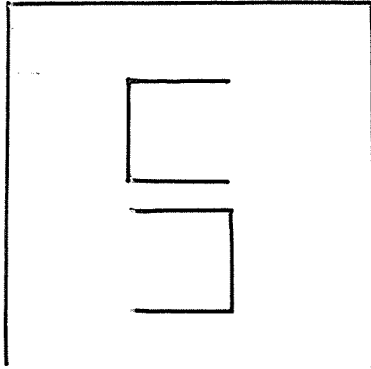


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the polygon and the square.

Use your **usual hand** to shade in the square in blue and the remainder of the diagram in green.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 27

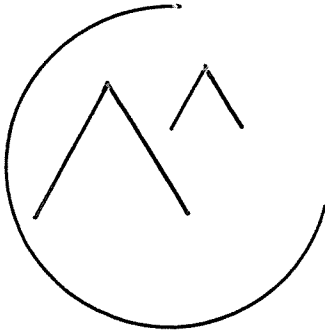


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the large square and the two small squares.

Use your **usual hand** to shade in the small squares in blue and the remainder of the diagram in red.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 28

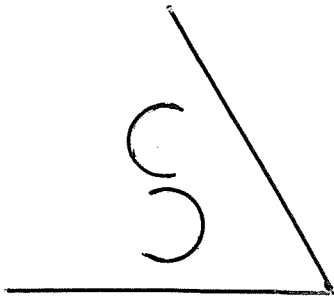


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the circle and the two triangles.

Use your **usual hand** to shade in the triangles in red and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 29



In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the triangle and the two circles.

Use your **usual hand** to shade in the circles in black and the remainder of the diagram in green.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 30

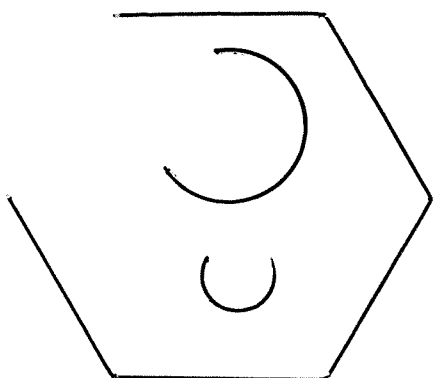


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the rectangle and the two triangles.

Use your **usual hand** to shade in the triangles in blue and the remainder of the diagram in green.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 31

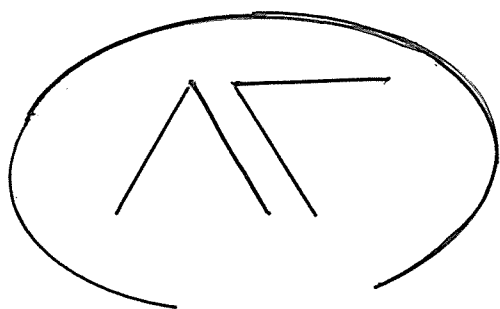


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the polygon and the two circles.

Use your **usual hand** to shade in the two circles in yellow and the remainder of the diagram in green.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 32

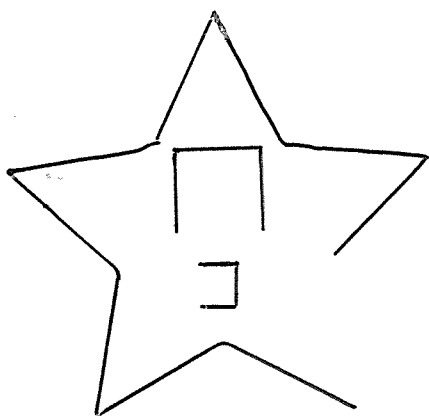


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the ellipse and the two triangles.

Use your **usual hand** to shade in the two triangles in yellow and the remainder of the diagram in black.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 33

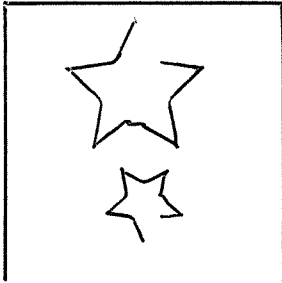


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the star and the two squares.

Use your **usual hand** to shade in the two squares in yellow and the remainder of the diagram in red.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 34

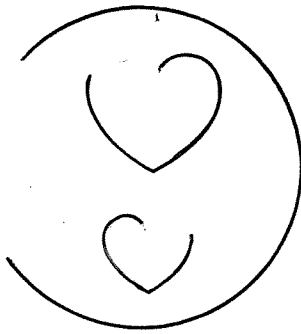


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the square and the two stars.

Use your **usual hand** to shade in the two stars in red and the remainder of the diagram in blue.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 35

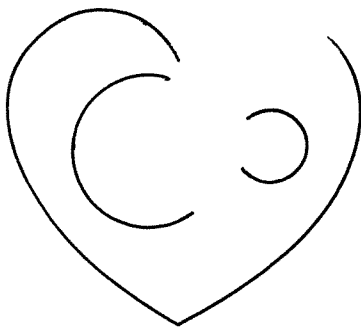


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the circle and the two hearts.

Use your **usual hand** to shade in the two hearts in blue and the remainder of the diagram in red.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 36

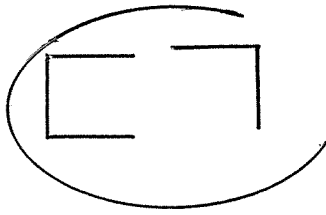


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the heart and the two circles

Use your **usual hand** to shade in the two circles in red and the remainder of the diagram in blue.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 37

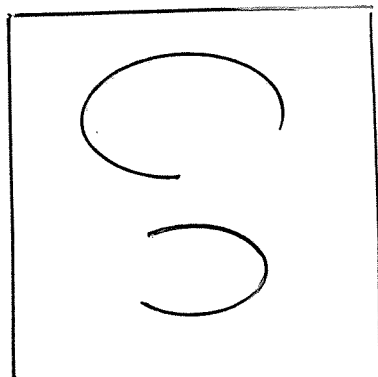


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the ellipse and the two squares.

Use your **usual hand** to shade in the two squares in green and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 38

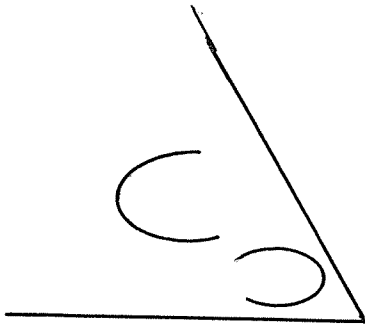


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the square and the two ellipses.

Use your **usual hand** to shade in the two ellipses in blue and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 39

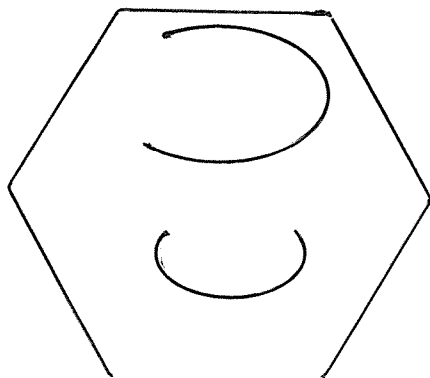


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the triangle and the two ellipses.

Use your **usual hand** to shade in the two ellipses in red and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 40

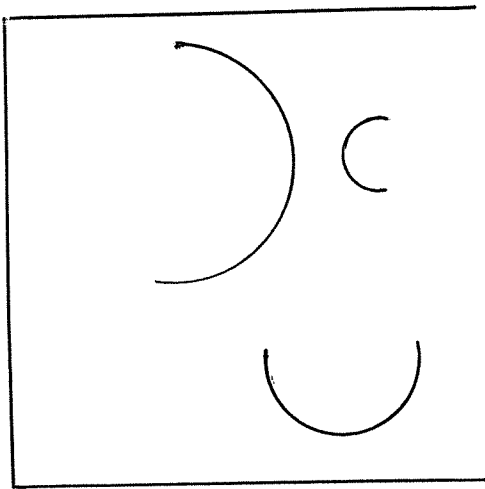


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the hexagon and the two ellipses.

Use your **usual hand** to shade in the two ellipses in green and the remainder of the diagram in yellow.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 41

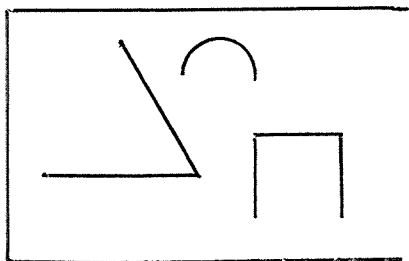


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the square and the three circles.

Use your **usual hand** to shade in the circles in three different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 42

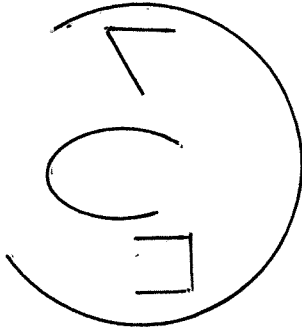


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the rectangle, the triangle, the circle and the square.

Use your **usual hand** to shade in the triangle, the circle and the square using different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 43

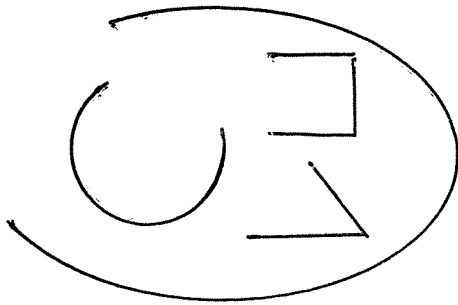


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the circle, the triangle, the ellipse and the square.

Use your **usual hand** to shade in the triangle, the ellipse and the square using different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 44

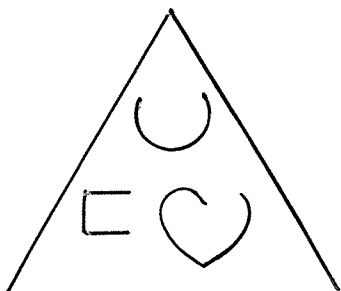


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the ellipse, the circle, the square and the triangle.

Use your **usual hand** to shade in the circle, the square and the triangle using different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 45

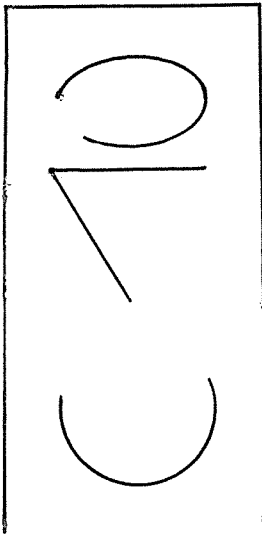


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the triangle, the circle, the square and the heart.

Use your **usual hand** to shade in the circle, the square and the heart using different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 46

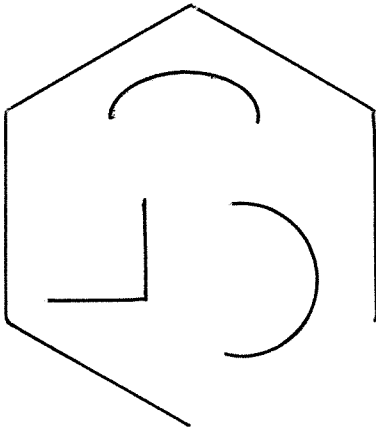


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the rectangle, the ellipse, the triangle and the circle.

Use your **usual hand** to shade in the ellipse, the triangle and the circle using different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 47

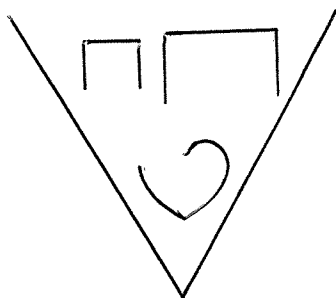


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the hexagon, the ellipse, the square and the circle.

Use your **usual hand** to shade in the ellipse, the square and the circle using different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 48

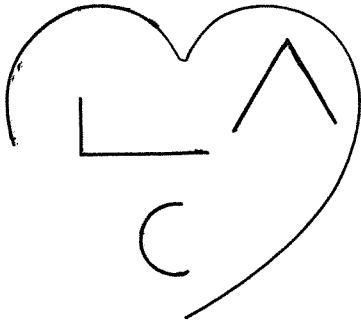


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the triangle, the heart, the square and the rectangle.

Use your **usual hand** to shade in the heart, the square and the rectangle using different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 49

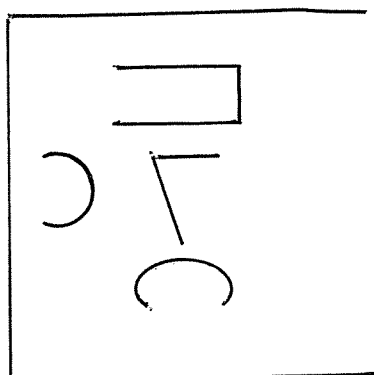


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the heart, the rectangle, the circle and triangle.

Use your **usual hand** to shade in the rectangle, the circle and the triangle using different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 50

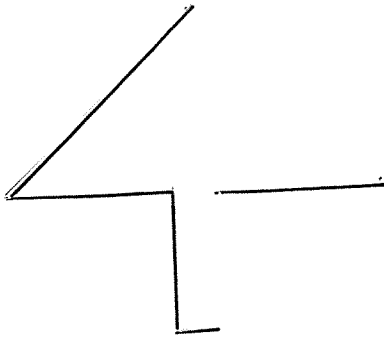


In the space below use your **usual hand** to make a sketch of this diagram and to add the missing lines (links) to complete the square, the rectangle, the circle, the triangle and the ellipse.

Use your **usual hand** to shade in the rectangle, the circle, the triangle and the ellipse using different colours and the remainder of the diagram in another colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 51

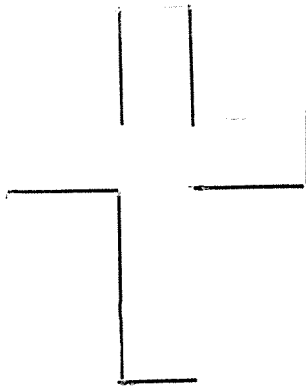


In the space below use your **usual hand** to make a sketch of this arrow diagram.
Complete your sketch by adding the missing lines.

Use your **usual hand** to shade it in using any colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 52

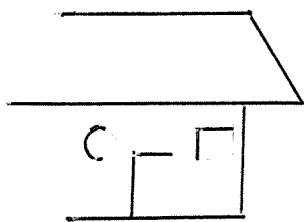


In the space below use your **usual hand** to make a sketch of this cross.
Complete your sketch by adding the missing lines.

Use your **usual hand** to shade it in using any colour.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 53

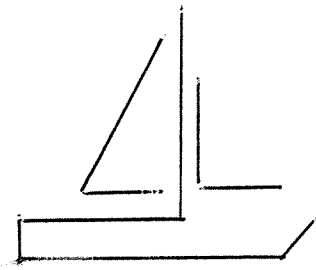


In the space below use your **usual hand** to make a sketch of this house.
Complete your sketch by adding the missing lines.

Use your **usual hand** to shade it in using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 54

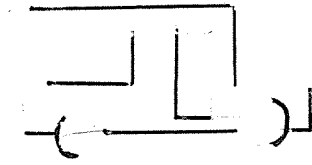


In the space below use your **usual hand** to make a sketch of this sailing boat.
Complete your sketch by adding the missing lines.

Use your **usual hand** to shade it in using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 55

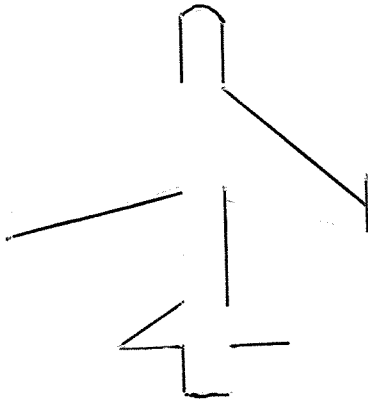


In the space below use your **usual hand** to make a sketch of this car.
Complete your sketch by adding the missing lines.

Use your **usual hand** to shade it in using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 56

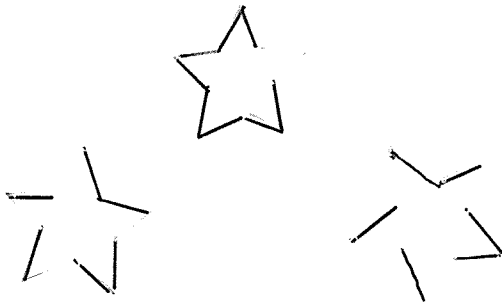


In the space below use your **usual hand** to make a sketch of this aeroplane.
Complete your sketch by adding the missing lines.

Use your **usual hand** to shade it in using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 57

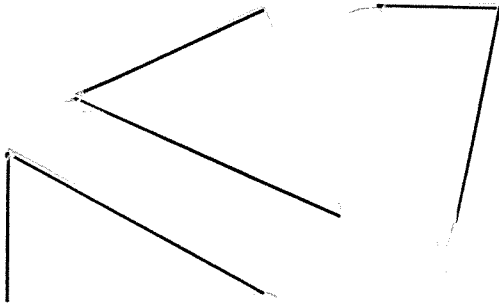


In the space below use your **usual hand** to make a sketch of these three stars.
Complete your sketch by adding the missing lines.

Use your **usual hand** to shade in the stars using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 58



In the space below use your **usual hand** to make a sketch of these three triangles. Complete your sketch by adding the missing lines.

Use your **usual hand** to shade in the triangles using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 59

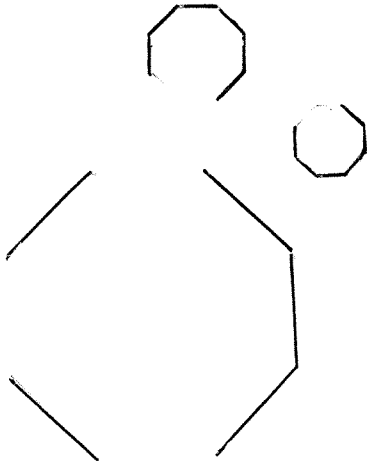


In the space below use your **usual hand** to make a sketch of these three hearts.
Complete your sketch by adding the missing lines.

Use your **usual hand** to shade in the hearts using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 60

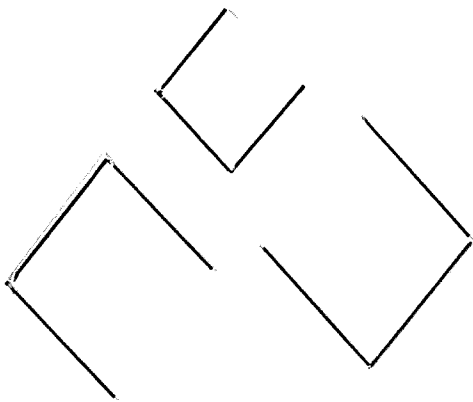


In the space below use your **usual hand** to make a sketch of these three polygons. Complete your sketch by adding the missing lines.

Use your **usual hand** to shade in the polygons using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 61

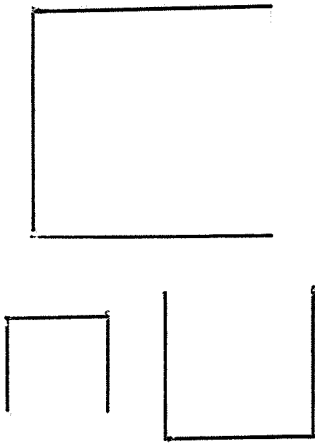


In the space below use your **usual hand** to make a sketch of these three diamonds.
Complete your sketch by adding the missing lines.

Use your **usual hand** to shade in the diamonds using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Brain task 62



In the space below use your **usual hand** to make a sketch of these three squares. Complete your sketch by adding the missing lines.

Use your **usual hand** to shade in the squares using different colours.

In the space below repeat the above exercises using your **unusual hand**.

Attempting Neurobic exercises challenge the brain

You are what your brain does for you

Your brain loves a challenging task

Attempting Neurobic exercises combats memory loss

Neurobic art

Examples of Neurobic art appear on the next two pages

