

Empower Minds.  
Strengthen Bodies.  
Inspire Creativity.

Research has identified how important it is for aging humans to provide novel stimulation to our brain to maximize brain plasticity and possibly prevent and/or slow decline in cognitive ability. Listed below are 70 ideas for "brain stimulation." They cover the spectrum of simple to complex. It is important to remember that the maximum benefit for brain stimulation consists of activities that are novel to the brain, dynamic, and require a person to do things out of the ordinary or to do the ordinary in different and new ways.

1. Learn new card games and play with friends on a regular basis
2. Play Sudoku
3. Use your non-dominant hand to brush your teeth and to eat a meal with
4. Shop at a different grocery store chain than the one you normally shop at
5. Play Scrabble
6. Learn a new language
7. Go to museums
8. Try following recipes to cook dishes you have never cooked before
9. Play Boggle
10. Watch foreign language movies with subtitles
11. Assemble 500+ piece puzzles
12. Count backwards from 100 by 7's or any odd number combination, try doing as you walk
13. Say the alphabet backwards, then try doing as you take a walk
14. Take a walk and try to name something you see along the way using every letter of the alphabet
15. Using the alphabet, name an animal for each letter.
16. Learn to juggle
17. Go to musicals/plays
18. Take classes at a community college
19. Attend lectures on topics of interest
20. Practice doing Anagrams
21. Drive a different route(s) to frequent destinations
22. Join a book club
23. Do word find/search pages
24. Volunteer
25. Take an art class
26. Practice writing lists/letters using your non-dominant hand
27. Learn to use a smart phone
28. Play video games
29. Read magazine articles and then write down as many facts as you can remember from the articles
30. Take a walk/exercise to increase the blood flow to your brain
31. Supporting yourself, practice standing on your non-dominant leg while lifting your dominant leg off the floor
32. Do ring toss/darts using your non-dominant arm
33. Recall phone numbers from memory versus relying on your smart phone

## 70 Ideas for Stimulating Your Brain! (cont. from front)

34. Learn sign language
35. Don't always rely on a calculator, do math calculations the old fashioned way
36. Get a good night's sleep
37. Turn off the GPS
38. Learn to eat using chop sticks, then learn to use with your non-dominant hand
39. Do craft projects you have never done before
40. Don't rely on a grocery list, try recalling all of the items needed from memory
41. Use a computer based cognitive training program
42. Take online courses
43. Practice meditation and yoga
44. Keep hydrated with water
45. Eat based on a Mediterranean Diet
46. Take cooking classes
47. Make a list (at one time) of 100 things (ex. 100 things I am grateful for, 100 things I want to do before I die, etc.)
48. Go barefoot outside
49. Spell words backwards (ex.) stimulation = noitalumits
50. Completely rearrange your kitchen
51. Learn to speed read
52. Learn to play a musical instrument
53. Teach yourself Origami
54. Keep a journal and at the end of the day try to record everything you can remember from that day
55. Eat at various ethnic restaurants and try dishes you are not familiar with
56. Learn about the brain, the parts, which part does what, etc.
57. Stop and smell the flowers
58. Have someone write words of different lengths on index cards. Hold a card up to a mirror and try to name the word as quickly as possible
59. Try the games "Operation and/or Jenga." When you are able to do with your dominant hand then use your non-dominant hand.
60. Learn to knit or crochet
61. Download or purchase a book of "connect the dots." Try doing them backward (highest to lowest number)
62. Complete an "adult" coloring book
63. Learn the 206 bones in the human body
64. Take a wine tasting class
65. Make a list of all the Homonyms you can think of
66. Re-arrange your desk at work moving everything around and into new locations
67. Buy a "brain games" book and work through the various brain games
68. Play "Finding Waldo;" it is not just for kids
69. Go to a farmers market and make it a point each week to try something you have never tried before.
70. Purchase a "Hoop N Loop;" once you become proficient with your dominant hand use your non-dominant hand