



## THE SCIENCE

Research shows that testing our processing skills against the clock can help us better maintain our thinking as we age.

## NOW DO IT!

Try this! Take 3 minutes to come up with as many words as you can using the letters in one of the Word Scramble prompt words below. Done? Try again with another of the prompt words!

### WORD SCRAMBLE PROMPT WORDS

**NEUROPLASTICITY**

**METAMORPHOSIS**

**CALCULATOR**

**CEREBELLUM**

Now try this! Pick a word from the prompt list below and in 3 minutes, name (or sing!) as many songs as you can think of that include that prompt word. When you're done, try a different word.

### SING DOWN PROMPT WORDS

**LOVE**

**HAPPY**

**SUN**

**FRIEND(S)**

## TBH TAKEAWAY

Playing timed games is great for our brains and helps us maintain the very intellectual skills that typically decline with age, especially attention, quick and nimble thinking, and memory.