



WHAT'S AGE GOT TO DO WITH IT?

TBH "WORK AGAINST THE CLOCK FOR YOUR MEMORY" HANDOUT

DIRECTIONS: Use this handout to practice challenging your intellectual skills against the clock for improved memory.

1. **Try This!** Without looking at a calendar, try to list the months of the year in alphabetical order in under 2 minutes.
2. **Try This!** In 2 minutes, name a place such as a country, state or city. Then, using the last letter of that place's name, come up with another place on the map. How many places could you name?
3. **Try This!** In 5 minutes, see how many words from within this word grid you can find. The words must be 3 letters or more. Words can be found in any direction, as long as they "touch." Letters can be reused for different words, but no words can repeat.

S	N	E	S	O
L	M	O	X	A
T	E	E	N	C
F	E	G	R	I
W	A	M	C	L

4. **Try This!** In 2 minutes see how many songs you can think of that use the word "love" in the lyrics. Try a few different words to continue the challenge like: Rain, Angel, Sun, Bird.
5. **Try This!** See how many words you can make using just the letters found in the following words. Give yourself 2 minutes, then stop.

ENTERTAINMENT

CEREBELLUM

INTELLECTUAL

CONCENTRATION

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