

Brain Teasers Resource Guide

You can use the contents of this kit to create a fun and challenging program for your teens. Teens can work on puzzles individually or be divided into teams. They can work their way through stations, race against each other or a timer, or work together as a group as you present the puzzles one-by-one. Some of the puzzles in the kit are hands on, others are purely intellectual. Some are theoretical, some are mathematical, and some are word problems. All of them will get your teens thinking and exercising their brains.

Tips for a Program about Brain Teasers

- Provide healthy snacks that have been shown to boost brain power, like whole grains, blueberries, tomatoes, pumpkin seeds, nuts, and broccoli.
- Set up stations where teens stop to solve a puzzle or play a game. Set a timer on each table and have each teen record the time it takes him/her to solve the puzzle. Give prizes to the winners of each station.
- Divide teens into teams and present a series of challenges. Let them work together or as a relay, appointing one person for each challenge.
- Invite the local academic team to come and participate in the program. Offer to come to one of their meets or practices to provide “Puzzle Breaks” with challenges from the kit.

More Resources for Brain Teasers

Puzzles.com

<http://www.puzzles.com/>

Jigzone

<http://www.jigzone.com/>

Online jigsaw puzzles.

Puzzles at About.com

<http://puzzles.about.com/>

Crosswords, brainteasers, trivia, Sudoku, etc.

Puzzlemaker

<http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp>

Create your own word search.

Crossword Puzzle Games

<http://www.crosswordpuzzlegames.com/create.html>

Create your own crossword puzzle.

Hoagies Gifted Education Page

http://www.hoagiesgifted.org/brain_teasers.htm

More resources for puzzles and brain teasers.

NIEHS Kids Pages

<http://kids.niehs.nih.gov/games/riddles/questions.htm>

More puzzles and brain teasers.

Neuroscience for Kids

<http://faculty.washington.edu/chudler/experi.html>