



## **TBH “THINK FAST!” WORKSHEET**

### **THE SCIENCE**

Research shows that exercises that combine language, visual skills, and a timer are a great way to boost processing speed and stay sharp. Challenging our brains using complex word pattern identification benefits our visual memory and problem-solving skills. Timing ourselves increases the challenge because we have to think faster to puzzle out those patterns.

### **NOW DO IT!**

Use the “TBH Think Fast” worksheets to work against the clock and train your language and visual searching skills with word-based brain teasers.

### **TBH TAKEAWAY**

Research shows that exercises like these -- ones that make us hold focus and think quickly and nimbly -- benefit our thinking no matter our age. Word puzzles combine ways to challenge our visual and language processing skills, as well as memory and problem solving.

Join our next Total Brain Health class and learn more about the many ways we can build better brain fitness, together!



TBH THINK FAST! WORKSHEET 1  
LETTER SEARCH

6	R	L	L	F	X	Z	3	Z	Q	Z	M
0	Z	2	1	J	C	D	4	P	S	0	N
K	7	3	Q	Z	0	0	1	0	C	W	Z
F	M	B	A	N	0	6	0	8	Z	R	Z
0	A	S	3	7	0	Z	5	K	X	T	3
0	0	Z	6	2	V	2	R	U	7	J	4
Y	4	Y	D	0	C	1	D	7	0	L	Z
Z	3	8	S	Z	H	0	Z	N	Z	J	V
A	0	9	Q	5	N	H	Z	G	D	H	Y
Q	Z	0	A	Z	A	D	0	0	C	G	I
5	H	A	Z	7	Q	S	G	Z	0	0	0
0	Z	Z	0	H	S	0	V	Z	1	Z	0
Z	J	0	5	Z	X	C	Z	0	Z	0	D
4	M	W	T	F	Z	V	V	4	1	4	Z



**TBH THINK FAST! WORKSHEET 2**

**WORD SEARCH**

J S N N G R Y T Y G W A L B S  
 O A U I R R U P O H T U R T E  
 K S F P O A P O X G F F Q W I  
 E T D T P A E T H I E O O H R  
 S X S N H O R L T P R T V O O  
 F I Y E E E R U M O P J H N T  
 H H M T A I A T W S M I L E S  
 H T S S O E R E D I G T N S R  
 C Q U I B U V F C T C O H T I  
 X R E L P O E P G I I Z O Y E  
 E L U F E T A R G V V M O D R  
 N I A G D T O G M E O D E M A  
 I Z T E W U D I N N E R A S H  
 C T E A P C L C O U R A G E S  
 E P F S C L A U G H T E R Y H

ADVICE	GAIN	HISTORY	LISTEN	STORIES
BEAUTIFUL	GIFTS	HONESTY	NICE	SUPPORT
COURAGE	GOOD	HOUR	PEOPLE	TIMES
DEEP	GRATEFUL	JOKES	POSITIVE	TOGETHER
DINNER	GROUPS	LAUGHTER	SHARE	TREASURE
FRIENDS	HAPPY	LEARN	SMILE	TRUTH



## **TBH THINK FAST! WORKSHEET 3**

### **WORD FINDER**

How many words can you find in the grid below? Words must be constructed from letters that are adjacent to one another - either horizontally, vertically, or diagonally neighboring. Words must be at least three letters long, may include singular and plural forms separately, but may not use the same letter more than once per word.

<b>L</b>	<b>A</b>	<b>V</b>	<b>O</b>
<b>S</b>	<b>C</b>	<b>Y</b>	<b>E</b>
<b>I</b>	<b>D</b>	<b>H</b>	<b>T</b>
<b>R</b>	<b>A</b>	<b>W</b>	<b>S</b>