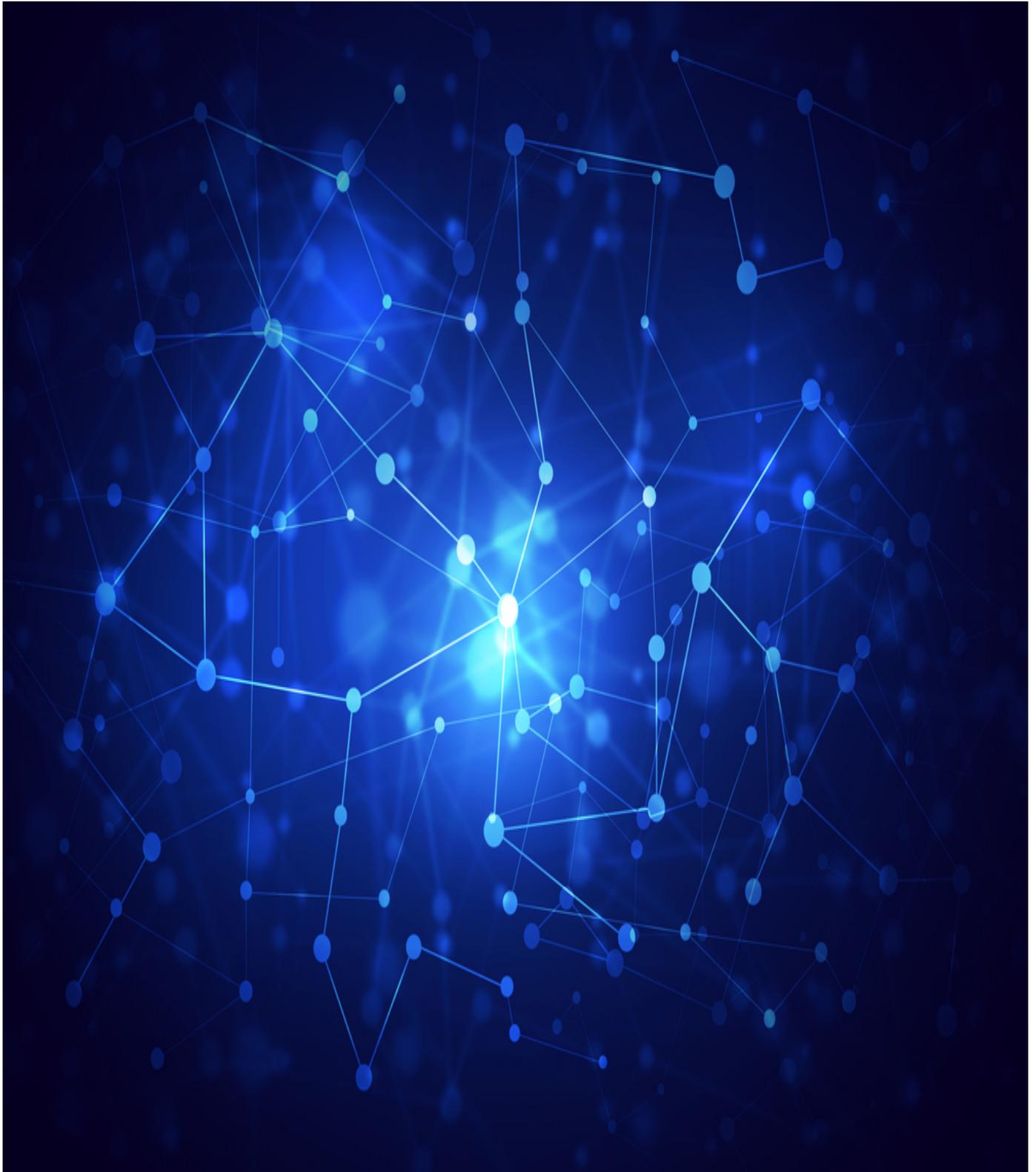


# Brain Stretchers

## Connections - 1



# Brain Stretchers

## Connections - 1

**Facilitator** Diversional Therapist, Lifestyle / Activity Staff or Volunteer

### Objective of Activity

Mental Stimulation and to minimise cognitive decline.

### Capability

Verbal communication skills and ability to share long term memories in a group setting

### Environment

Lounge area

### Equipment

Whiteboard or copies of the connections sheet for each client

### Instructions

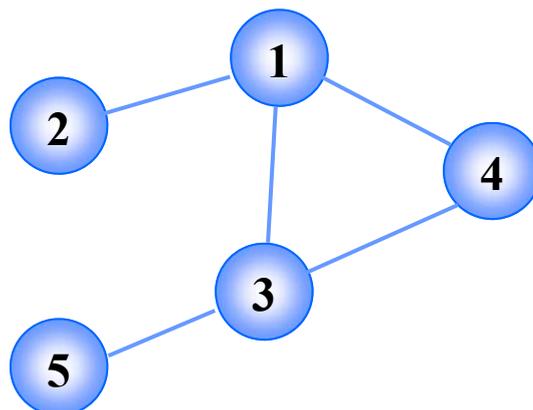
These puzzles are designed to test your powers of concentration, logical analysis and mathematical prowess. To complete the connections, insert the numbers listed in the left-hand column into the circles so that - for any particular circle - the sum of the numbers in the other circles connected to it, adds up to the value given in the right-hand column. See the example below for guidance

Draw the following connection on the white board large enough so the group will see them from the back of the room as well.

Read out the clues and have group call out the answers.

### Example

1 = 9  
2 = 1  
3 = 10  
4 = 4  
5 = 3



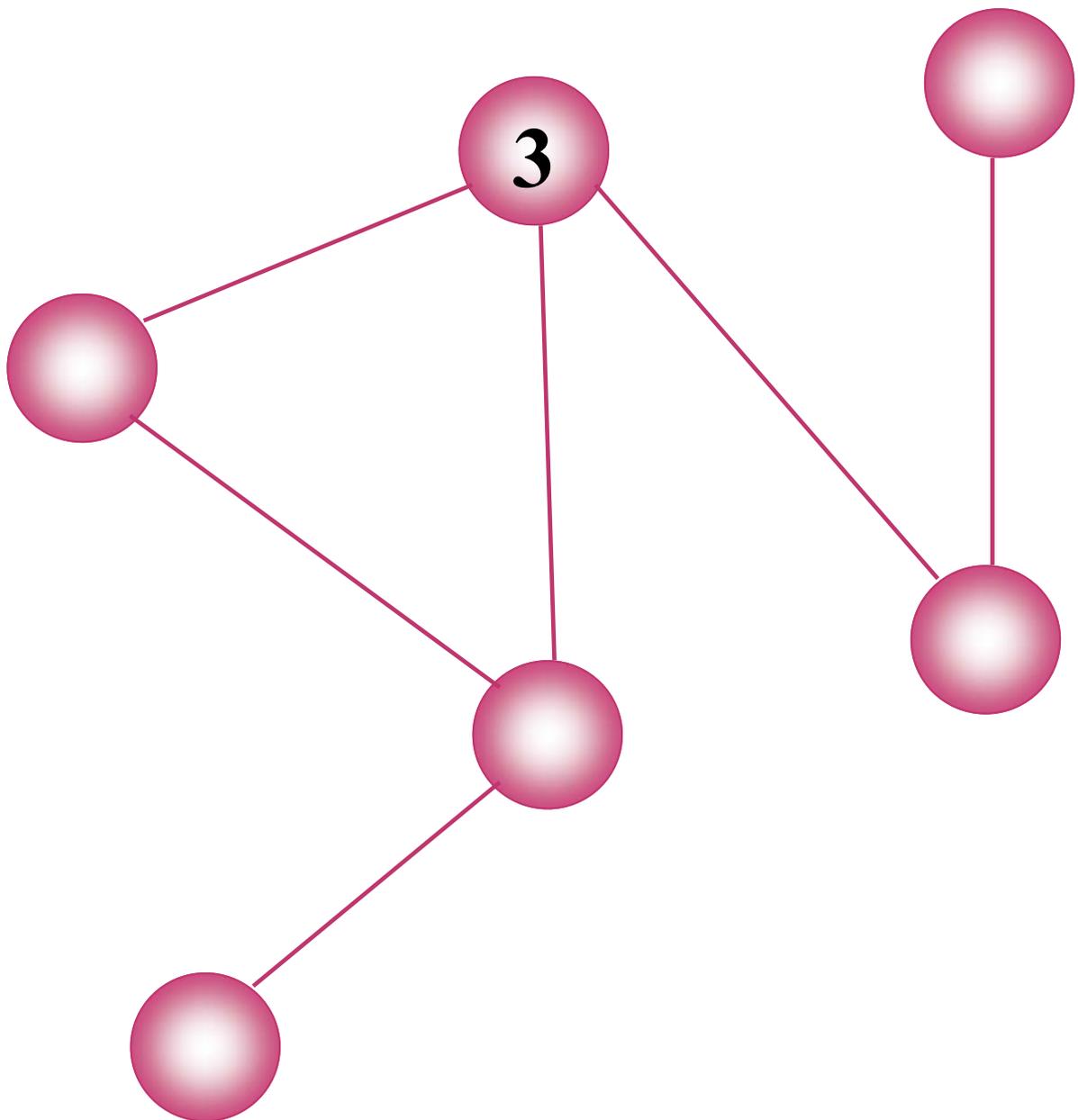
### Difficulty Guide

★ Easy  
★★  
★★★  
★★★★★ Difficult

# Brain Stretchers

## Connections - 1

1 = 8  
2 = 4  
3 = 10  
4 = 5  
5 = 10  
6 = 5



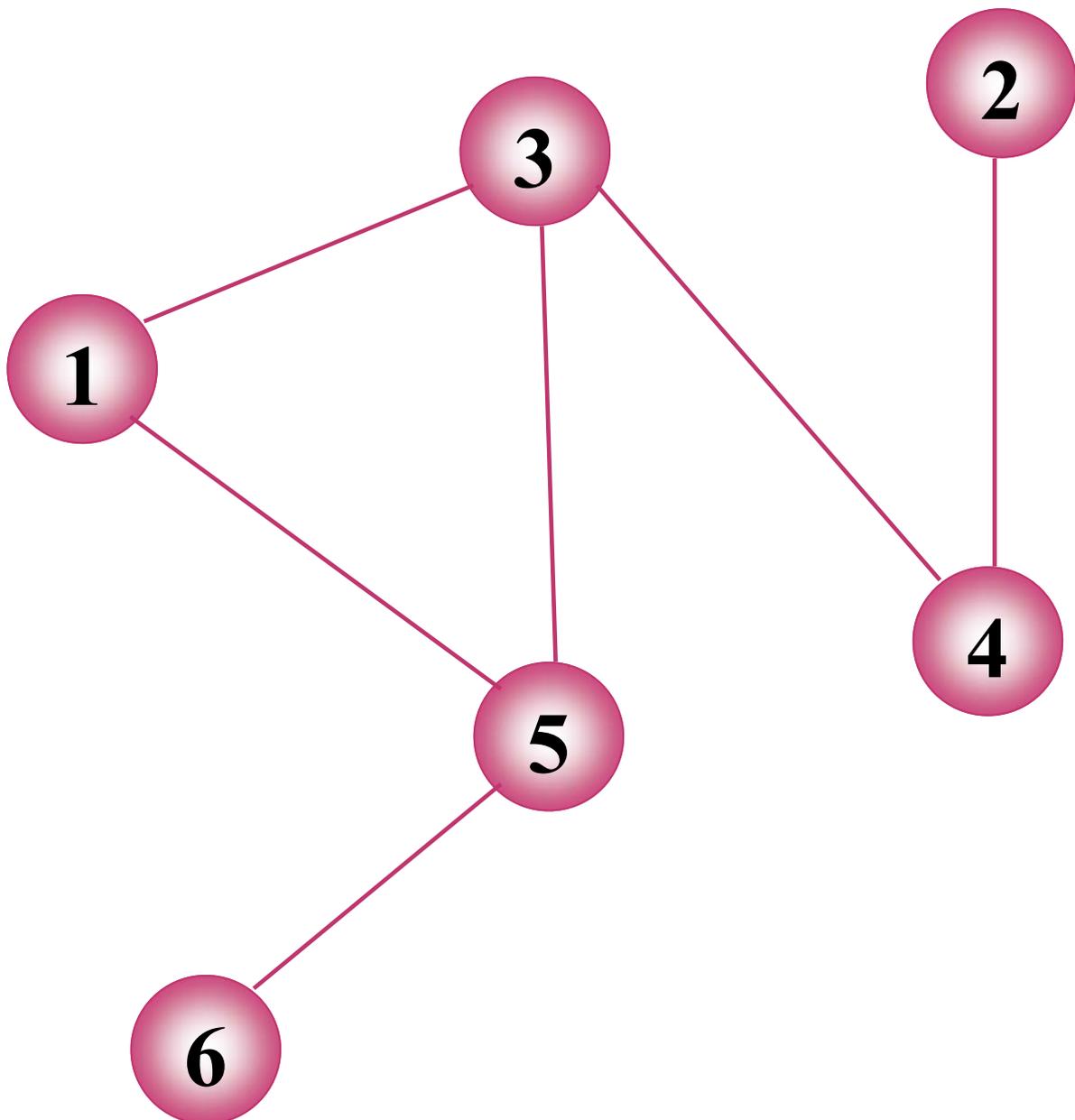
# Brain Stretchers

## Connections - 1

1 = 8  
2 = 4  
3 = 10  
4 = 5  
5 = 10  
6 = 5



Solution



# Brain Stretchers

## Connections - 1

1 = 10

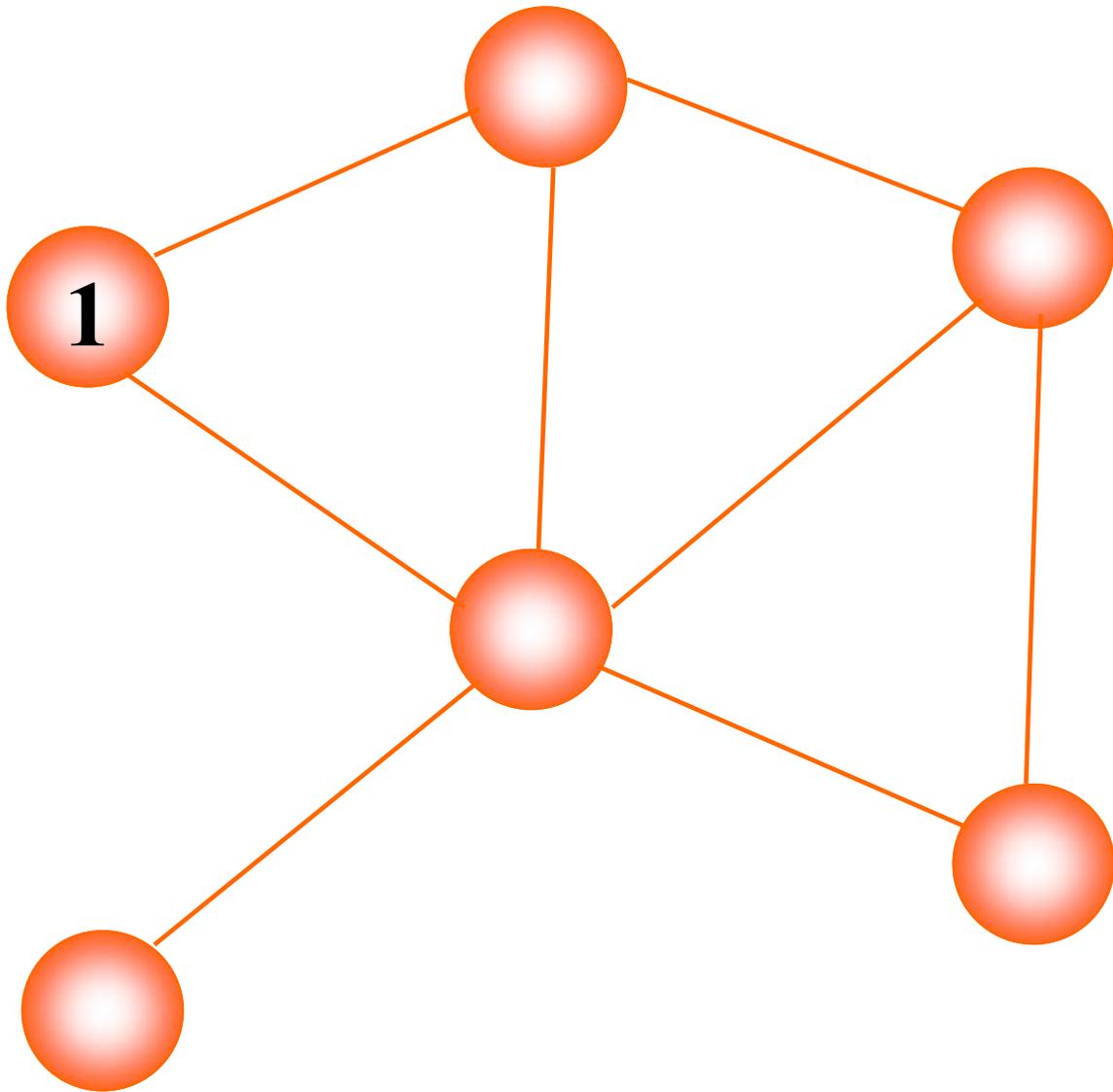
2 = 4

3 = 15

4 = 17

5 = 7

6 = 8



# Brain Stretchers

## Connections - 1

1 = 10

2 = 4

3 = 15

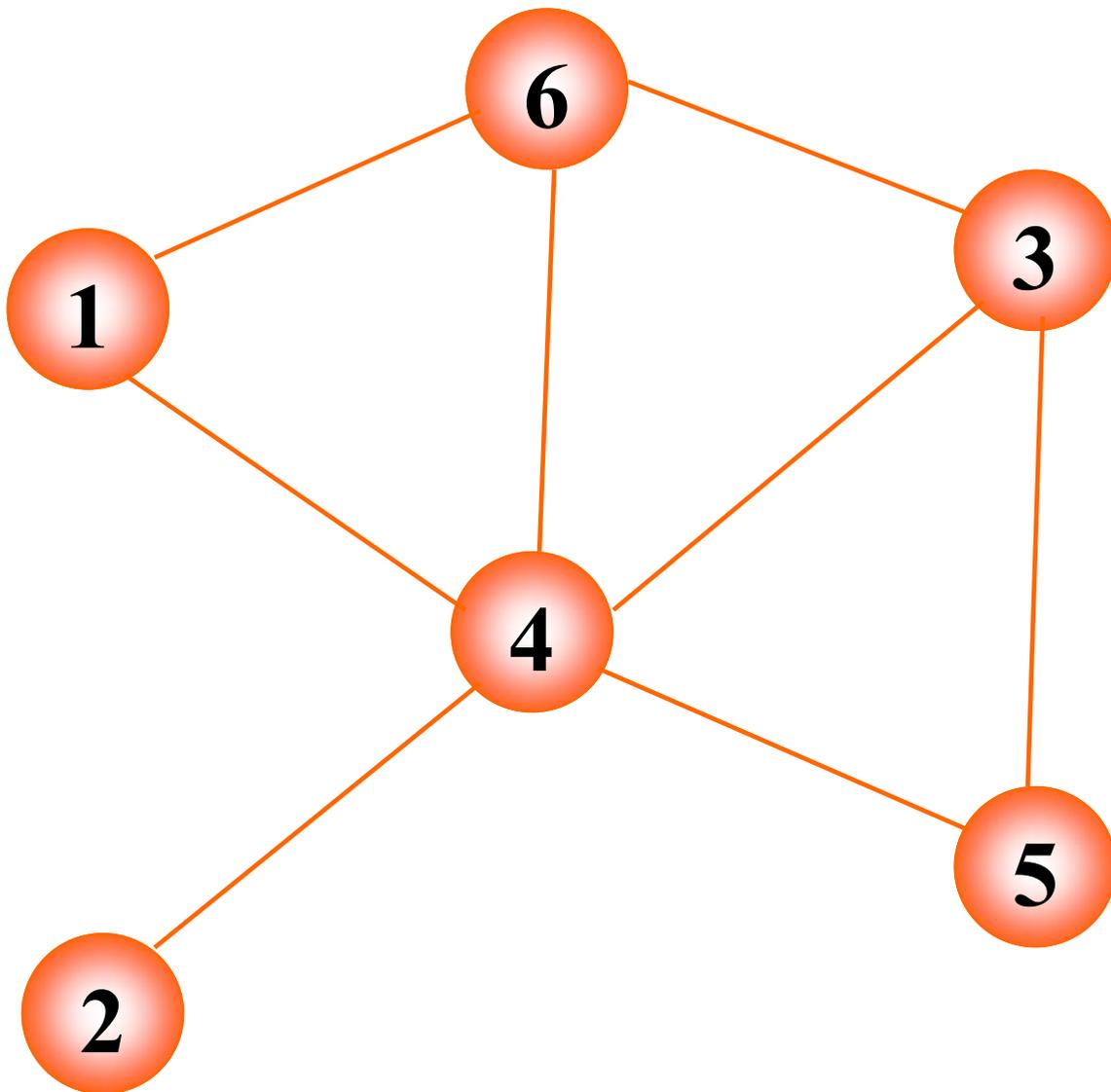
4 = 17

5 = 7

6 = 8



Solution



# Brain Stretchers

## Connections - 1

### Goals of Activity

#### **PHYSICAL:**

- Maintain sitting posture and balance
- Encourage walking to group if ambulant

#### **SENSORY:**

- Maximise the use of auditory and visual skills
- Reduce risk of sensory isolation by utilising senses: hearing and vision

#### **COGNITIVE:**

- Maintain alertness and concentration span and attention skills
- Utilize comprehension and broad thinking skills
- Stimulate residual mental abilities to optimise cognitive functioning
- Promote visualisation skills
- Maintain/build alertness and concentration span
- Prompts past learned skills of a familiar nature
- Stimulate long-term memories

#### **COMMUNICATION:**

- Maintain social interaction and motivation to communicate within the group
- Expression should be encouraged to maintain skills at both a simple and more complex level of communication
- Stimulate and motivate social contact and communication skills, especially relation to the group
- Maintain verbal and non-verbal skills

#### **SOCIAL/EMOTIONAL:**

- Provide an avenue for interaction with fellow residents to promote and maintain social skills
- Promote a sense of belonging, feelings of self-worth and self-esteem, especially on completion of quiz, word or number game
- Peer support and encouragement, self-expression and assistance are provided in an enjoyable group environment
- Reduce risk of social isolation
- Maintain past interests, promote a sense of well-being
- Increase self-esteem with group participation
- Have fun

