



Reading Activities For Cognitive Exercise

What is Cognitive Exercise?

Cognitive exercise is *challenging activity done regularly* that stimulates your brain. There are many exercises that you can do to exercise your brain, by yourself and with others, in person and online.

Why is Cognitive Exercise Important?

Exercising your brain can help you maintain or even improve your attention, memory, problem-solving, creativity, and thinking skills no matter what your age. An active brain is a healthy brain!

Cognitive Exercises Include Reading

Examples of reading exercises:

- Reading textbooks with end-of-chapter review questions and answers
- Reading articles, books and stories with review questions and answers
- Reading and discussing newspaper articles and books with others

Where to find free reading exercises to do on your own or with others:

- <https://www.ereadingworksheets.com/free-reading-worksheets/reading-comprehension-worksheets/>

This site has free reading worksheets that can be done online or printed and edited.

- <https://www.k12reader.com/subject/reading-skills/reading-comprehension/>

This site has free reading worksheets that can be done online or printed and edited.

- In addition to having all kinds of reading materials, public libraries and local bookstores often run reading groups.



For more information, please contact Dr. Therese O'Neil-Pirozzi, Lab Director t.oneil-pirozzi@northeastern.edu

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Resource:

National Aging Institute, NIH (2017). Participating in Activities You Enjoy- More Than Just Fun and Games. Retrieved from November 17th, 2020, from <https://order.nia.nih.gov/sites/default/files/2017-11/participating-in-activities-you-enjoy-tip-sheet.pdf>

