



Word Puzzles & Games For Cognitive Exercise

What is Cognitive Exercise?

Cognitive exercise is *challenging activity done regularly* that stimulates your brain. There are many activities 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 Exercise Includes Word Puzzles & Games

Examples of word puzzle and game exercises:

- Crossword Puzzles
- Word Search Puzzles
- Scrabble

Examples of free word puzzles and game exercises to do on your own:

- https://www.gets.com/crossword_puzzles.htm → Here, you can complete free crossword and word search puzzles that can be done online or printed and completed.
- <https://api.razzlepuzzles.com/cryptogram> → Here, you decipher letter sequences into words, phrases, & messages.

Examples of free word puzzles and games exercises to do with others:

- <https://playscrabble.com/> → Here, you make words using letter tiles for points.
- <https://wordlegame.org/> → Here, you have six tries to figure out 5-letter words.



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Resource:

National Aging Institute, NIH (2017). Participating in Activities You Enjoy- More Than Just Fun and Games.

Retrieved August 7, 2023 from:

<https://order.nia.nih.gov/sites/default/files/2017-11/participating-in-activities-you-enjoy-tip-sheet.pdf>