

<p>M R A W</p>	<p>WASH</p>	<p>C DEN TAL</p>
<p>Father Father Father Father</p>	<p>C ← L A S S</p>	<p>WATER</p>
<p>WINGSWINGSWINGS WINGSWINGSWINGS WINGSWINGSWINGS WINGWAITINGWING WINGSWINGSWINGS WINGSWINGSWINGS WINGSWINGSWINGS WINGSWINGSWINGS</p>	<p>MARK HEAD</p>	<p>B B ? <del>B B</del> ?</p>



Recognising these patterns or “strategies” will give you the practice and confidence to take on the second challenge.

### **Challenge Number 2....**

Once you are a confident puzzle-solver, you can try your hand at becoming a puzzle-maker!

The last few pages of this book contain nothing but blank boxes. They are there for you (or should I say UUUU) to display your creative talents as you draw your own puzzles to enjoy and share with others.

Why not form a **Quizzler’s Club** and challenge others to create puzzles that will stump even the best puzzle - solver you know.

You may even like to involve your teachers - they may even allow a few minutes each day for sharing the best puzzles.

What-ever happens ...

***Happy puzzling!***



## A NOTE TO STUDENTS

How can you have fun and exercise your brain at the same time? Solving puzzles - that's how!

Quizzles are designed to challenge you and extend the way you think in a way that is both relaxing and enjoyable. While you work through the puzzles, you are really training your brain to work quicker and better.

How clever is that?

There are really two challenges for you to face as you work through this book.

### **Challenge Number 1.....**

First of all there are lots of puzzles for you to solve. As you discover solutions for each puzzle, try to take a “mental note” of how you solved each one.

See if you can work out what it was that helped you discover the solution. Was it something to do with

- how the letters were arranged?
- where words were placed in the box?
- whether some words were hidden in other words?
- some other clever trick?

You will probably see patterns emerging the more puzzles that you do. Soon your brain will start to look for these patterns, sometimes without you even knowing it.



# INTRODUCTION

While most of us are well aware of the benefits of regular exercise in maintaining a healthy body, some people are surprised to find out that our brains need a regular workout too!

Unfortunately, for most of us the ability to think flexibly and creatively does not come naturally. All is not lost, however! With practice, it is possible to enhance our thinking abilities. By regularly exercising our grey matter we can improve our ability to remember, to see relationships and to make connections between concepts and ideas.

**Quizzes** are designed to provide the stimulation required by the brain to think better. What's more - the puzzles are both challenging and fun as well!

Solving **Quizzes** requires that we practise our analytical thinking skills. As we closely examine each puzzle to discover a cleverly disguised, everyday saying or commonly heard expression, we become more and more familiar with the puzzle format. Our brain starts to find connections with similar puzzles solved beforehand.

It is as if we have somehow trained our brain to search for particular clues or “keys” that help us to quickly arrive at solutions. Sounds interesting - doesn't it? Remember, practice makes perfect so why not give your brain a work-out now?

***Happy puzzling!***

