

Two Heads are Better than One

Workbook

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United States Department of Agriculture ■
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Common Phrases:

- 1.
- 2.
- 3.
- 4.
- 5.



Brains benefit from:

- ▶ Quality sleep
- ▶ A heart healthy diet
- ▶ Regular exercise (3x week for 30 - 60 minutes)
- ▶ Stress management
- ▶ Intellectual challenge
- ▶ Social engagement

When we are socially engaged, we:

- Feel a connection with others
- Do things together
- Make an effort in the relationship

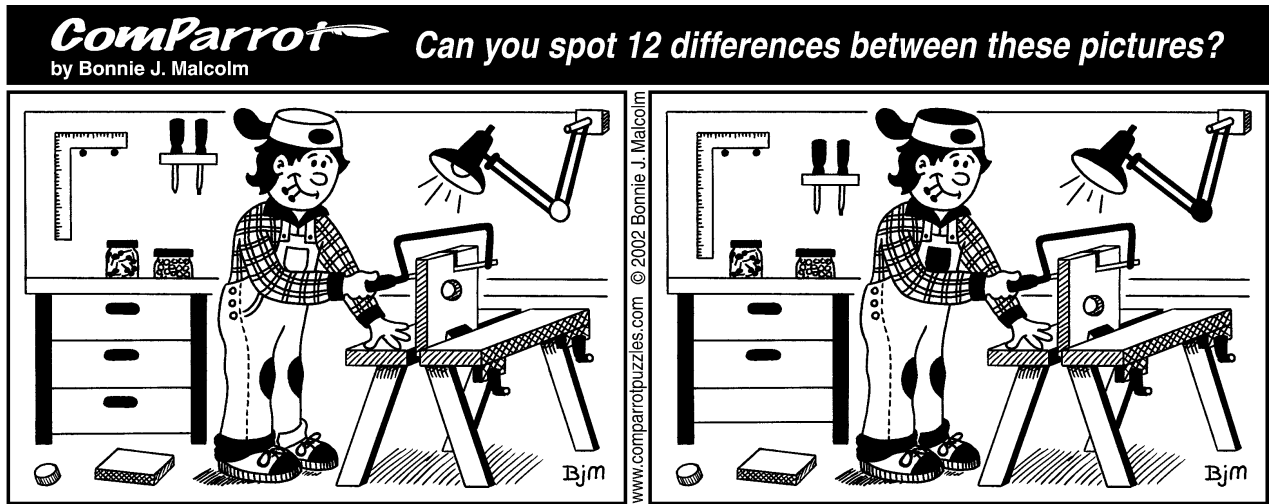
Activity One: Great Minds Think Alike

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____
- 10) _____
- 11) _____
- 12) _____
- 13) _____
- 14) _____
- 15) _____
- 16) _____
- 17) _____
- 18) _____
- 19) _____
- 20) _____

“Observational studies suggest that cognitively stimulating activities may enhance a person’s cognitive reserve.”

*Global Council on
Brain Health*

Spot the Differences



Solution: 1. Carpenter's side pocket is missing. 2. Light bulb in lamp is missing. 3. Drawer handle is missing. 4. Chest pocket is colored in. 5. Top of hat is colored in. 6. Elbow on lamp arm is colored in. 7. Pant cuff is colored in. 8. Hole in board has moved down. 9. Tall jar has moved. 10. Screwdrivers have moved. 11. Bottom drawer is colored in. 12. Carpenter square is longer.

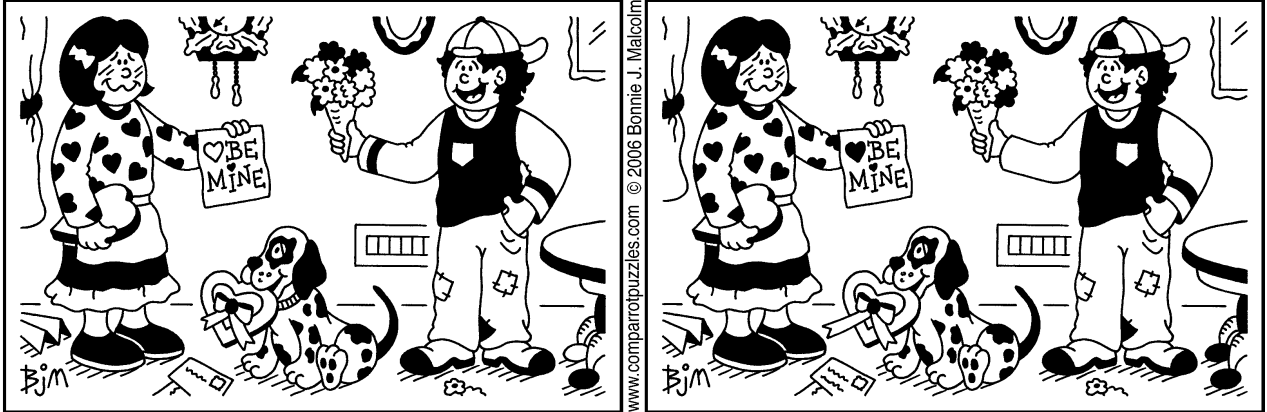
Activity Two: State "Two" State



Spot the Differences

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?



Solution: 1. Opening appears on back of boy's cap. 2. Dog's collar is missing. 3. Stripe on boy's shirt sleeve is missing. 4. Extra writing on envelope on floor. 5. Leg on table is colored in. 6. Flower in bouquet is colored in. 7. Heart on card is colored in. 8. Pocket on shirt has moved. 9. Mirror frame is taller. 10. Curtain is shorter. 11. Top of table is shorter. 12. Ribbon on heart is longer.

Activity Three: Double Trouble

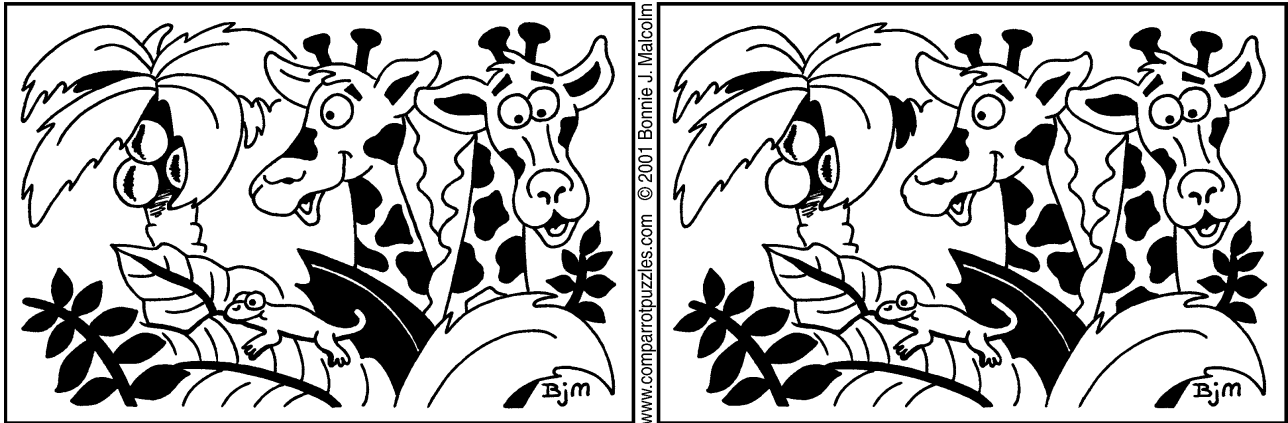
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Spot the Differences

ComParrot by Bonnie J. Malcolm *Can you spot 12 differences between these pictures?*



Solution: 1. Top tree leaf removed. 2. Nose line on left giraffe removed. 3. Shadow on lower left coconut removed. 4. Leaf vein below gecko removed. 5. Ear line on left giraffe removed. 6. Bottom spot on right giraffe colored in. 7. Small leaf at right of tree colored in. 8. Horn on right giraffe moved. 9. Spot on left giraffe removed. 10. Branch on left side shorter. 11. Gecko tail longer. 12. Gecko eye missing.

What do you do to stay connected with others?

- 1. _____
- 2. _____
- 3. _____

“The weight of evidence suggests that social engagement helps maintain thinking skills and slows cognitive decline in later life.”

Global Council on Brain Health

Activity Four: Famous Pairs

Slapstick comedians in bowler hats

“Hello darkness my old friend”

“This is the big one! I’m coming Elizabeth!”

1886 gothic novella

“Wherefore art thou”

Corridor and whole grains

Gangster couple

“Critic”al about movies

Guess who’s coming to dinner

German fairy tale

The greatest show on earth

The dynamic duo

“I’ve got you babe”

“Say goodnight Gracie”

Clayton Moore & Jay Silverheels

44th and first lady

“She’s a little bit country”

A “ball” of fun & her closest friend

Chicago siblings, Jake and Elwood

Cherry Garcia & Chunky Monkey

Hall & Oats

Ben & Jerry

Bonnie & Clyde

Sonny & Cher

Lucy and Ethel

Lone Ranger and Tonto

Batman & Robin

Simon & Garfunkel

Siskel & Ebert

Laurel & Hardy

Dr. Jekyll & Mr. Hyde

Barack & Michelle

Sanford & Son

Tracy & Hepburn

Barnum & Bailey

The Blues Brothers

Burns & Allen

Donny & Marie

Hansel & Gretel

Romeo & Juliet

Activity Five: It Takes Two

A compound word is a combination of two or more words together to develop a new word. Pick a word from the box on the left and combine it with a word from the box on the right to create a compound word. Words from each box may only be used once. Write the compound words on the lines provided.

| | |
|-------|--------|
| spend | stop |
| ink | sea |
| short | strong |
| news | man |
| gum | house |
| ear | turn |
| court | point |
| guide | pop |
| slip | stock |
| pen | hand |
| hard | shell |

| | |
|--------|--------|
| wood | house |
| drop | ring |
| book | knot |
| box | change |
| coat | table |
| thrift | well |
| pile | watch |
| line | fish |
| print | corn |
| power | knife |
| worthy | blank |

| | |
|-----|-----|
| 1. | 12. |
| 2. | 13. |
| 3. | 14. |
| 4. | 15. |
| 5. | 16. |
| 6. | 17. |
| 7. | 18. |
| 8. | 19. |
| 9. | 20. |
| 10. | 21. |
| 11. | 22. |

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Source of Spot the Differences puzzles: www.comparrotpuzzles.com

Developed by: Molly Hofer & Cheri Burcham, Family Life Educators - 2018

"Mentally stimulating activities that incorporate social engagement and a purpose in life combine many different elements that have been shown to be beneficial for brain health."

—Global Council on Brain Health

