Two Heads are Better than One

Workbook

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Local Extension Councils Cooperating
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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

ComParrot
by Bonnie J. Malcolm

Can you spot 12 differences between these pictures?

Activity Two: State “Two” State

________________________________
________________________________
________________________________
________________________________
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_______________________
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________________________________

Solution: 1. Carpenter’s side pocket is missing. 2. Light bulb in lamp is missing. 3. Drawer handle is missing. 4. Chest pocket is longer. 5. Top of hat is colored in 6. Drawer on lamp is colored in. 7. Front nut is colored in. 8. Hole in board has moved. 9. Screwdriver handle has moved. 10. Screwdrivers have moved.
Activity Three: Double Trouble

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

20

11
Spot the Differences

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  
Hall & Oats

“Hello darkness my old friend”  
Ben & Jerry

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

1886 gothic novella  
Sonny & Cher

“Wherefore art thou”  
Lucy and Ethel

Corridor and whole grains  
Lone Ranger and Tonto

Gangster couple  
Batman & Robin

“Critic’al about movies  
Simon & Garfunkel

Guess who’s coming to dinner  
Siskel & Ebert

German fairy tale  
Laurel & Hardy

The greatest show on earth  
Dr. Jekyll & Mr. Hyde

The dynamic duo  
Barack & Michelle

“I’ve got you babe”  
Sanford & Son

“Say goodnight Gracie”  
Tracy & Hepburn

Clayton Moore & Jay Silverheels  
Barnum & Bailey

44th and first lady  
The Blues Brothers

“She’s a little bit country”  
Burns & Allen

A “ball” of fun & her closest friend  
Donny & Marie

Chicago siblings, Jake and Elwood  
Hansel & Gretel

Cherry Garcia & Chunky Monkey  
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.

<table>
<thead>
<tr>
<th>spend</th>
<th>stop</th>
<th>wood</th>
<th>house</th>
</tr>
</thead>
<tbody>
<tr>
<td>ink</td>
<td>sea</td>
<td>drop</td>
<td>ring</td>
</tr>
<tr>
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<td>strong</td>
<td>box</td>
<td>knot</td>
</tr>
<tr>
<td>news</td>
<td>man</td>
<td>coat</td>
<td>change</td>
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<td>house</td>
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<td>shell</td>
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</tbody>
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References and Additional Reading


Source of Spot the Differences puzzles: [www.comparrotpuzzles.com](http://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