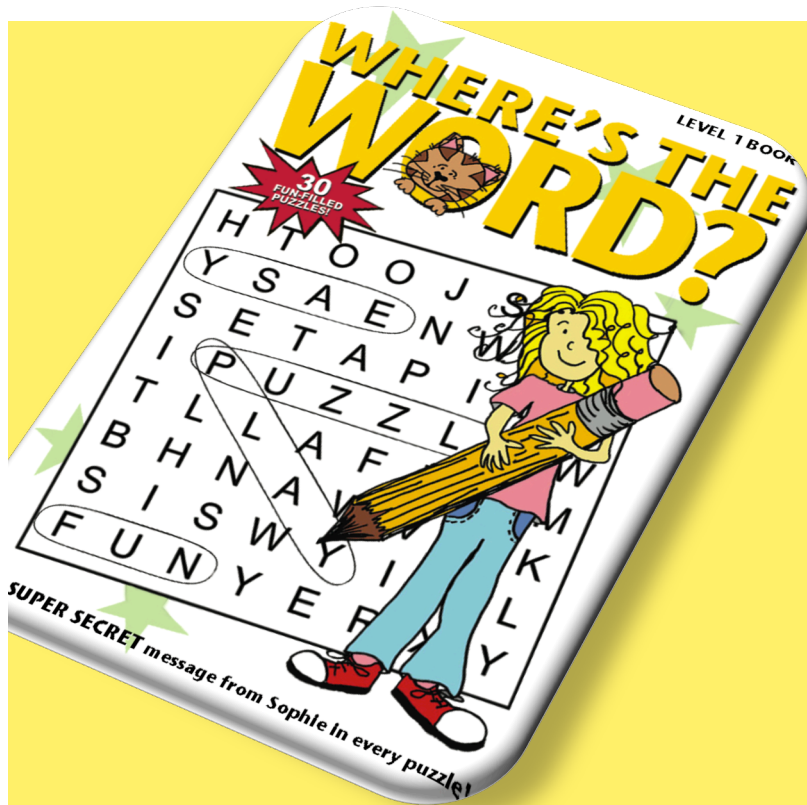


FAB!

ENGLISH

Brainteasers, puzzlers, word searches, crosswords, sudukos, rubik's cube: Why do we they leave us wanting more?



spend hours trying and still not finish what I had started. They were meant for an advanced level, I believe now. It was sometimes disheartening, and off I went to be entertained by some other means.

Now, I spend much more time on puzzles. They are addictive. Puzzles may be one of the most competitive activities out there, because the only person you have to blame for not succeeding is yourself. It's unfortunate by true. You can try to walk away from a puzzle, but you'll return wondering, why can't I do that? After trying and then succeeding, the feeling of winning, even at this simple activity, is unmatched by much else.

The best thing about the *Where's The Word?* series of word search puzzles is, they are even more entertaining than the usual brain teaser. After undergoing the process of finding the words in the grid, there is a *Super Secret* message that has to be deciphered. It brings back memories, for me at least, of the secret message I would send to a friend that no one else could read. If the message was intercepted by a teacher, he or she could learn nothing about that message. I was the first 'Spy Kid'!

Some youngsters may find *The Where's the Word?* puzzles a challenge. Others may wish they were doing something else. There will be still many more who will indeed find them a source of amusement and entertainment. But make no mistake: it's the hidden *Super Secret* message on every single puzzle that will leave you wanting more.

Puzzles: Leave you Wanting More

I will admit it. I've not always been good at puzzles. I had always thought there were so many other interesting things to do – tether ball, any art project, baking, spending time with the dog, Pal, or finding an interesting subject for my photo taking. And it's a shame really, because when I did get a chance to spend time doing a puzzle, I was genuinely entertained. Now, when I think back on it, I believe it was the actual process that would elicit a yawn or two. You see, I could

ERNO RUBIK – famous quotes from the inventor of mechanical puzzles, the most important being the Rubik's Cube (1974)

- "But for me, it was a code I myself had invented! Yet I could not read it."
- "I did not plan to make the Cube."
- "I wanted nothing else than to make the object as perfect as possible."
- "Our whole life is solving puzzles."




Do Solving Puzzles Have Benefits?

There are lots of people who claim puzzles — crosswords, word searches, Sudokus — are simply a form of mindless entertainment. The first thing people often think is, 'Oh, that's easy!' But once you sit down and try one, you may be surprised at how intense the exercise becomes. The best part is, solving puzzles of any kind comes with a lot of benefits. Have a look for yourself!

Puzzles are great because they give you....

- a chance to better your word power and vocabulary
- practice at pattern recognition skills
- inexpensive entertainment
- an appealing way to keep you mentally active and fit
- excellent spelling practice
- a cool way to learn English
- a suitable learning method for a range of learning styles
- the appeal of a solvable problem in a complicated life
- an easy, fun activity you can spend however long you want on it



"A good puzzle, it's a fair thing. Nobody is lying. It's very clear, and the problem depends just on you."

- Erno Rubik -

Word Search puzzles: Why do them?

It's relaxing. A word search puzzle, or any other brain teaser for that matter, helps you to focus on the task in front of you and makes you think about it in a specific, slow, methodical way, step by step, letter by letter. What else is great? There are essentially **no consequences** to what you're doing, so you don't have the needless pressure and stress that is usually associated with acute critical thinking. It's the mental equivalent to taking a stroll down a beach.

It's totally rewarding. Working on a word search puzzle is a series of tiny, yet ultimately **well-earned victories**. It means every time you find a word, there's a feeling of having won, for now. This, at a variable pace — and often you'll spend quite a long time busily circling words — then hit a small breakthrough that creates a rapid cascade of successes. You feel even better when the leftover letters will actually give you a Super Secret message. addictive.

What do children have to say about the *Where's the Word?* series?

"I liked the puzzle, but finding out what Sophie is going to say is the best part."

Annie

"I could do these all day. Every day. All day."

Douglas

"Sometimes I can't find a word. But if I go over it again, it'll be quite easy actually. I don't know why I find it sometimes easily, but other times it seems to have disappeared. That means I try even harder to find it."

Gregory

"I'd like some more please!"

Victoria

"I like the cat. He's lazy and doesn't really want to do much. But he's a good friend. I wish I had a cat or dog. I know he's happy, but I haven't seen him smile in the cartoon. I've seen him look sad sometimes."

Carol Ann

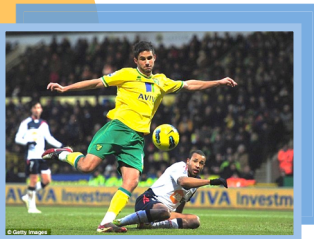
How Can You Stay Mentally Fit? By Solving Puzzles, of course!

Once you do a puzzle, you'll be doing yourself a favor by exercising your brain. There are all kinds of ways to keep your brain in tiptop shape:

- Get in touch with lost talents. These skills can be regained at lightning speed.
- Get interested in the world around you. Read online papers from all over the world!
- Be social and enjoy the company and conversation of family and friends.
- Keep physically active. Join the gym! Get together with a bunch of friends and kick the ball around.
- Try new ways of doing routine activities.
- Take up a new hobby or sport. Learn a new foreign language!
- Get out and about. Visit all the cool attractions in your city, most of which are free!
- Play games like chess, UNO, mahjong, and other board games. Grab a Rubik's cube!
- Solve puzzles! Grab a *Where's The Word?* book and give your brain a little workout. It'll be fun!

Word Search Puzzles: Do They Increase Your Brain Power?

Most people are aware that the brain is a muscle and should keep the mind sharp but using it. The more you use it, the stronger it gets. But what many people haven't grasped is that, just like any other muscle, the brain develops patterns and habits through repeated use. For example, a football player practices shooting at a goal so that he (or she!) can train the muscles in his body to make a perfect goal during a game. As he trains his muscles, the



muscles not only grow, but also develop in a way that makes the player's movements expected and somewhat routine so that during a game, he doesn't have to stop to consider how to kick the ball.

Just as a football player trains muscles to respond in a certain way, brainteasers train the brain to respond in a certain way while uncovering the answer to a challenging problem or while trying to recall a memory. Brainteasers, therefore, are like a football training session, for example; they train the brain to use certain patterns of logic in challenging situations.

Here's the best part: regularly completing brainteasers and riddles is a form of brain training! Neuroscientists have found that while children work at brainteasers and riddles they are engaging the necessary parts of the brain – the same ones that are engaged in high brain activity situations.

By engaging in fun brain teasers, such as *Where's the Word?*, children develop the brain power and habit needed to think more clearly. They train their brains to recognize word patterns and be able to remember these words quite well by practicing logical thinking. Brainteasers, which are generally considered a simple, fun activity, build brain cells and train them to respond in specific ways during certain situations.

Parents will be happy to know that doing a puzzle for just a few minutes each day can help to stimulate their child's brain and lead to enhanced cognition.

There used to be the notion that once a child reached a certain age that the brain was locked in its growth and structure and could not be changed. New research proves this notion wrong. Scientists have found that the brain is dynamic. It continues to change and grow according to the needs and demands put on it.

Many children enjoy print brainteasers because they can actually hunt for, and then write out possible solutions - a Super Secret Message, for example - to the puzzle on the paper. The *Where's the Word?* series is an example of this type.

No matter where you find your source for brainteasers, one thing is for sure: they do work. So, yes, they do increase brainpower, and the best part is, the effects extend well into the future.