



MADHAV INTERNATIONAL SCHOOL

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7 MAJOR BENEFITS OF SOLVING PUZZLES

1. Puzzles Exercise Both Sides of Your Brain

The two hemispheres of your brain control different functions. The left side of your brain controls analytic and logical thinking and the right-side controls creativity. When you are working on puzzles, you are engaging both sides and giving your brain a real mental workout.

2. They Improve Your Memory

Working on puzzles reinforce the connections between our brain cells – and form new ones – so they are a great way to improve short-term memory.

3. They Improve Your Problem-Solving Skills

The ability to solve problems and think critically is useful in almost any life situation and puzzles help us develop these skills. Since puzzles require us to take different approaches to solve them, we learn how to work by trial and error, formulate and test theories, and how to change tracks if not successful.

4. They Improve Visual and Spatial Reasoning

You need to be able to look at individual parts of a jigsaw puzzle, or available spaces in a crossword puzzle and figure out how to fit the pieces or words into their space. If done regularly, this will improve your visual and spatial reasoning skills and that translates into being a better driver.

5. They Enhance Your Mood

One of the brain benefits of puzzles is that they increase the production of dopamine, a neurotransmitter that regulates mood, memory, and concentration. Dopamine is released with every success as we solve the puzzle. No wonder puzzles are so much fun!

6. They Lower Your Stress Levels

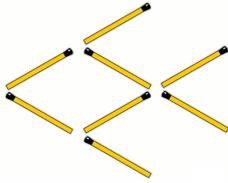
Puzzles invigorate our brains, but they are also very relaxing. While we are concentrating on how to solve the puzzle, our minds are only on one task and that encourages our brains to go into a meditative state. This leads to a better mindset and better stress coping skills.

7. They can Improve Your IQ Score

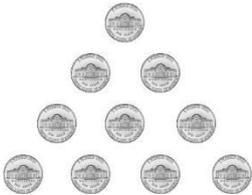
Since puzzles can improve our memory, concentration, vocabulary, and reasoning skills it doesn't take a rocket scientist to see that they also raise our IQs. A study at the University of Michigan showed that doing puzzles for at least 25 minutes a day can boost your IQ by 4 points

Utilise your valuable time by solving puzzles with your parents

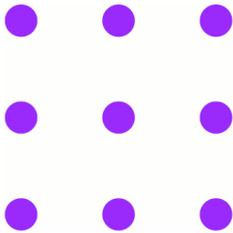
1. Move only three sticks and make the fish to swim in the opposite direction.



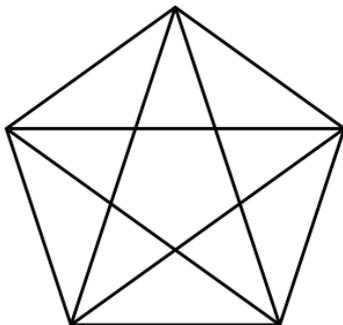
2. Move only three coins and turn the triangle upside down.



3. Join all the dots using four straight lines and without lifting your pencil.

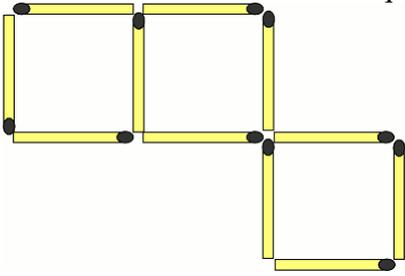


4. How many triangles are there?

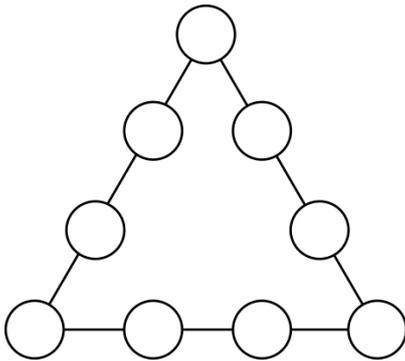


5. A gardener planted 10 trees in five rows. Each row had four trees in it. How did he do this?

6. Move 3 matches to show 2 squares.



7. Put the numbers from 1 to 9 in the circles so that the sum of the numbers on each side of a triangle is the same.



8. Farmer Brown and Farmer Green were ruminating one day on the fence between their farms. Farmer Brown says, "You know I was just thinking. If you gave me one of your cows, then we would have the same number of cows." Farmer Green replies, "If you gave me one of your cows, then I would have twice as many as you!"

How many cows does Farmer Brown have and how many cows does Farmer Green have?

9. I have more than two animals at home. All of them are dogs, except for two. All of them are cats, except for two. All of them are hamsters, except for two. What kinds of animals and how many of each animal do I have?

10. A brick weighs one kilogram plus half of the brick. What is the weight of one brick?

11. How many legs are on the bus, not counting the driver?

1. There are 7 girls on a bus.
2. Each girl has 7 backpacks.
3. In each backpack, there are 7 big cats.
4. For every big cat there are 7 little cats.

12. A milkman has an 8-liter container full of milk, and also two empty containers that measure 5 liters and 3 liters. He needs to deliver 4 liters of milk to a customer.

The milkman has no other spare containers and no way to mark any containers. He does not want to pour milk away. How will he measure the 4 liters of milk?

13. In which meaning $1070 = 1110$?

14. Which number replaces the question mark?



15. A family I know has several children. Each boy in this family has as many sisters as brothers but each girl has twice as many brother as sisters. How many brothers and sisters are there?