

Ready for More Brain Games?

Cognitive training can help you improve your brain function in day-to-day activities. In a 2002 study, cognitive training in speed and reasoning helped older adults to improve their everyday functional abilities, and the improvement lasted over 2 years after training ended (Ball et al., 2002). There are several good websites with brain games that will help you to improve your memory, mental speed and reasoning skills:



www.brainhq.com BrainHQ's exercises work out your attention, memory, brain speed, people skills, navigation, and intelligence. There are hundreds of levels of exercises. Each one automatically adapts to your skill level so that you're always training at your "threshold"—the right level for your brain to make real improvements.



www.lumosity.com Lumosity is a subscription service that provides you with brain games specifically selected to help you train in the areas where you want to improve. It evaluates your progress and helps you track your achievements.



www.brainmetrix.com Ready for a challenge? Brain Metrix provides free online games designed to challenge different cognitive domains. You can select games from concentration, memory, or brain fitness.



www.positscience.com PositScience offers free membership to a variety of challenging activities focused on particular cognitive skills, with several different levels of difficulty. They also have subscription service that allows access to a wider variety of games.



www.aarp.org/health/brain-health/brain_games

Try the AARP website for a wide variety of games. Their section labeled "Brain Games" especially focuses on building better cognitive skills.



www.freerice.com FreeRice provides free online games in subjects like vocabulary, language learning, and mathematics. Even better: FreeRice partners with the United Nations World Food Programme to donate food worldwide every time you play.



www.sporcle.com If you're looking for trivia games, Sporcle.com is the place for you. This website holds a huge variety of user-designed trivia quizzes, ranging in subjects from science to languages to history and geography.