

HOW TO PLAY

MIND STRETCHERS consists of sets of questions in five different categories:

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| Basic. | page 2 |
| Memories. | page 6 |
| Opinions. | page 10 |
| Imaginings. | page 14 |
| Challenge. | page 17 |

Here are some suggested ways to use these questions. Choose one or combine.

1. MIND STRETCHERS are designed to encourage verbal participation and provide light-hearted mental stimulation. Any approximate answer, or even an "I don't know," is acceptable. Give players the option to pass on a question and either ask another player to answer or to pick another card.
2. Use questions from just one set at a time or pick several from each set. The Basic set is the most simple and was designed for success by any group of verbal participants.
3. Questions can be answered by individuals or by teams. The leader can read the questions to a group and ask anyone to volunteer to give an answer or the leader can go around the room one by one, picking the question to fit each individual's ability to answer. In team play, anyone on a team can answer the question. This works well if the group is very diverse in abilities, with some unable to actively participate. For competition, give a point to a team when it answers a question. Teams could be as small as two or three people.
4. The leader can ask a question of an individual and after that person has had an opportunity to answer, the question can be opened up for more suggestions from anyone in the group.
5. Questions can be chosen at random from the book to initiate a discussion. The Basic set is a good warm-up, with the Memories, Opinions, Imaginings, and Challenge sets full of intriguing discussion questions.
6. The leader can pick several questions from different categories and write each one on a 3" x 5" index card. (Use different colored cards for different categories.) Player can then choose a card and answer. For a musical version, place question cards in a tambourine and pass around the group while music is playing. When the music stops, the person holding the tambourine can pick a card and answer the question.
7. Use any of the above ideas for an intergenerational activity. For very young children (pre-school) and for adults with dementia, the Basic set will probably work the best. Choose questions that are appropriate for the level of both groups.