



Olympic Backyard Brain Activities for Family/Friends

By: Jan Fair / A No-Brainer Minute

During the Olympics in the summers of 2012, 2016 & 2020, my columns focused on **brain-boosting "Olympics" inspired activities** to do with family & friends. And now we are again loving the Olympics. So here are more brain games **especially** for families & friends **with kids**.



Secret Handshake

- Start by **shaking hands**.
- Then one person **adds a gesture** (*like tickling the other person's palm*).
- **Repeat** the handshake.
- Now the other person **adds** to it (*like flapping elbows, spinning around or doing a high-5*).
- Continue by **taking turns** adding gestures.
- **Practice** until you both know the handshake.
- **Have fun** with it in front of family & friends.



Memory "Match" Game

- Make **20** copies of the same **DESIGN** on 8 1/2" x 11" paper.
- Make a list of **10 summer Olympic SPORTS**. (*Archery, Boxing, Rowing, Tennis ...*)
- Write one **sport name** & draw it's **picture or symbol** on **two** (2) sheets of 8 1/2" x 11" paper.
- **Repeat** for other 9 sports.
- Make 20 "tiles" by putting a **DESIGN** & a **SPORT back-to-back** in a plastic sleeve.
- **Place** tiles with **SPORT name face down** in random order.
- Players take turns **flipping over 2 of the tiles**. If the tiles **don't match** then the tiles are flipped back. **If tiles match** then the player gets to **keep** the tiles.
- **WINNER** is one who has the **most tiles** after all are matched.



Mental Minutes "Paris Olympics"

1. In one minute, name words associated with **Paris & France**.
2. Make an **alphabetical** list.
*Arc de Triomphe,
Breads (baguette, batard, boule),
Champs-Élysées, ...*

A No-Brainer Pick

DIY Backyard GAMES
by Colleen Pastoor

13 Projects to Make for Weekend Family Fun; How to Build Your Own Giant Jenga, Dice, Memory, Ring Toss, & More for Barbecues, Reunions & Block Parties

Jan Fair is a writer, consultant & public speaker who has published over 40 books **PLUS** the **No-Brainer Brain Games** series. Sign up for her **FREE** newsletter at www.JanFair.com

**AUGUST
2024**

