



happyneuron

Cognitive Exercise Workbook for

Memory

ANSWER KEY

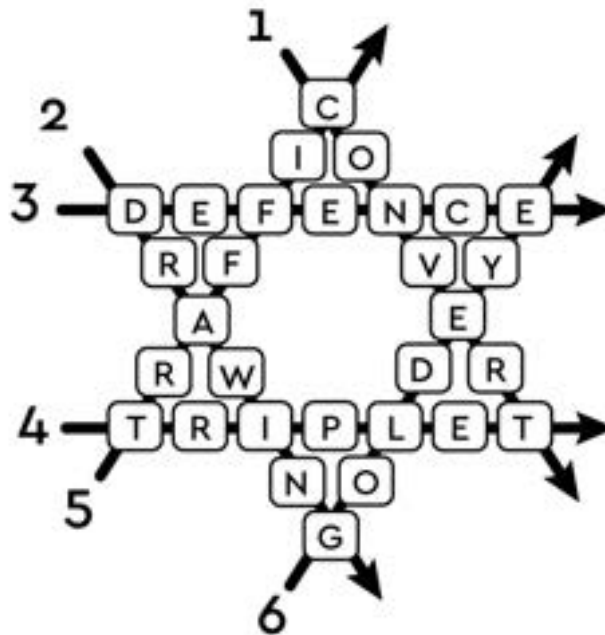


01
week

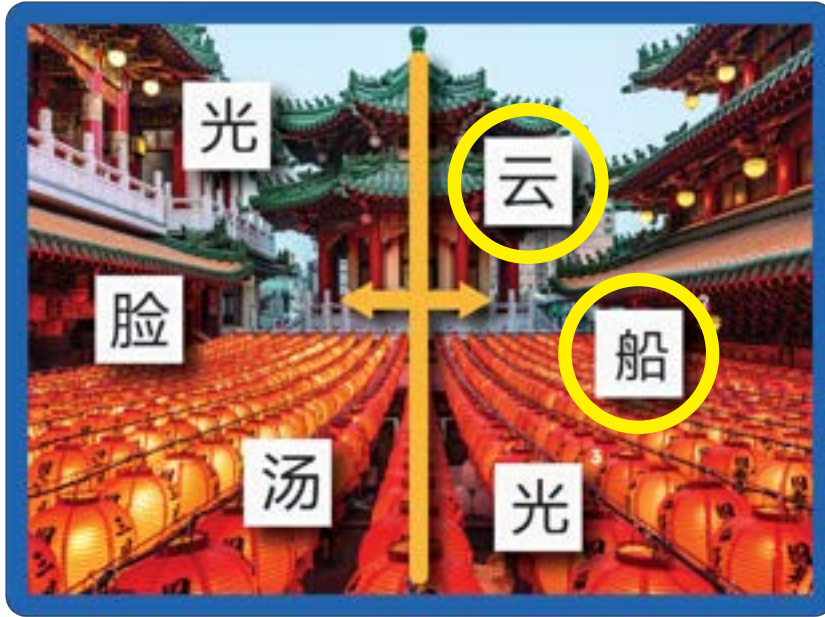
Page 17 - Hurray for Change

H → 1 → I → 4 → J → 7 → M → 9

Page 18 - Writing in the Stars



Page 21 – Displaced Characters



Page 22 – Decipher

DARING IDEAS ARE LIKE CHESSMEN MOVING FORWARD; THEY MAY BE BEATEN, BUT THEY MAY START A WINNING GAME.

Page 23 – Splitwords

Locker, Paper, Classroom, Pencil, Principal, Teacher

Page 24 – Root It Out

Suggestions:

C:

Chicago
Canberra
Charlotte
Copenhagen
Cannes
Cairo
Cambridge

L:

Lambertville
Lawrence
Lexington
Little Rock
Lisbon
London
Lima

I:

Indianapolis
Istanbul
Incheon
Ibiza
Independence
Inglewood
Iowa City

H:

Houston
Hempstead
Honolulu
Hangzhou
Helsinki
Hamburg
Hanoi

02
week

Page 30 – Embroidery

SOURDOUGH

ISLAND

Page 31 – What's the Word?

DANCE, HUNGRY, BREAK, RABBIT

Page 32 – Displaced Characters



Page 38 – Lexicon

ZIPPER, TOOTHBRUSH, MOUSE, ZIPPER

Page 39 – Root It Out

Suggestions:

F:

Faroe Islands
Fiji
Finland
French Polynesia
France

S:

Spain
Samoa
Senegal
Serbia
Saudi Arabia

A:

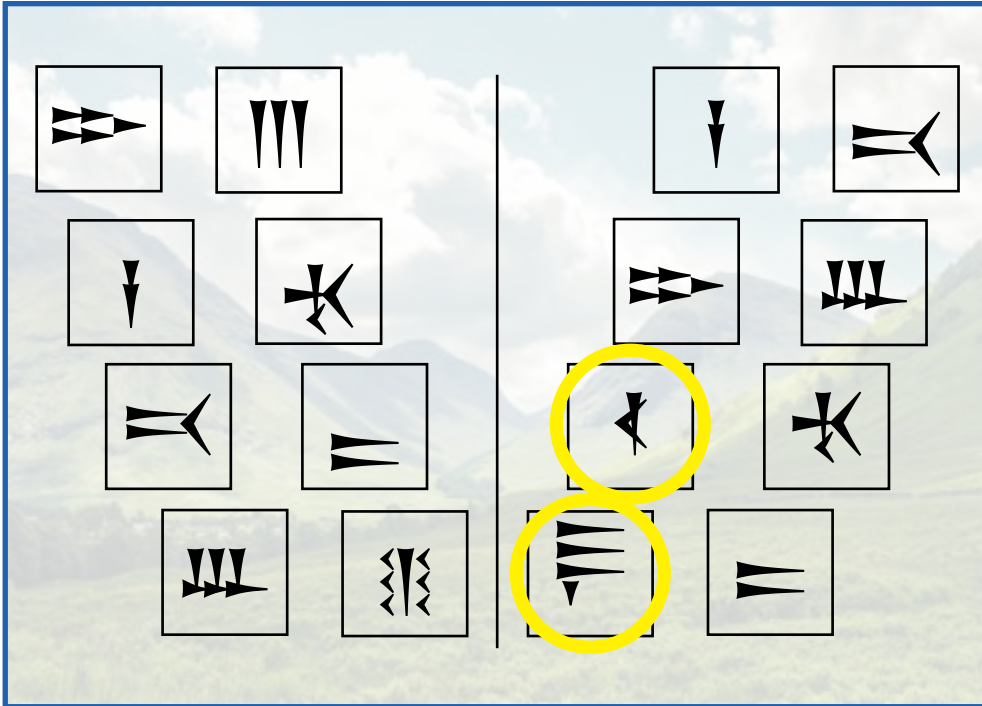
Afghanistan
Argentina
Albania
Armenia
Australia

M:

Macau
Malaysia
Madagascar
Mali
Martinique

03
week

Page 43 – Displaced Characters



Page 45 – This Story Is Full of Blanks

Blank A: A
Blank B: B
Blank C: A
Blank D+E: C
Blank F: A
Blank G: D

Page 46 – Embroidery

SEASONING

Page 50 – What Doesn't Belong?

What is the category of the words? **Underwater**

Which words do not belong? **Iguana, Monkey, Toucan**

For the words that do not belong, what category do they belong to? **Land animals**

What words could you substitute?

Suggestions: Clownfish, Lobster, Coral, Plankton

Page 53 – What's the Word?

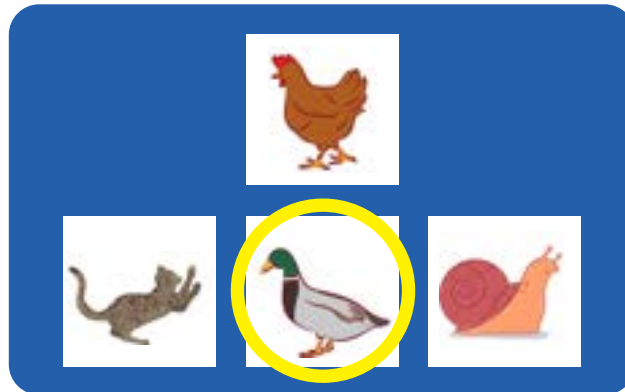
COOKING, RUNNING, JUGGLE, BALANCE

0
week **4**

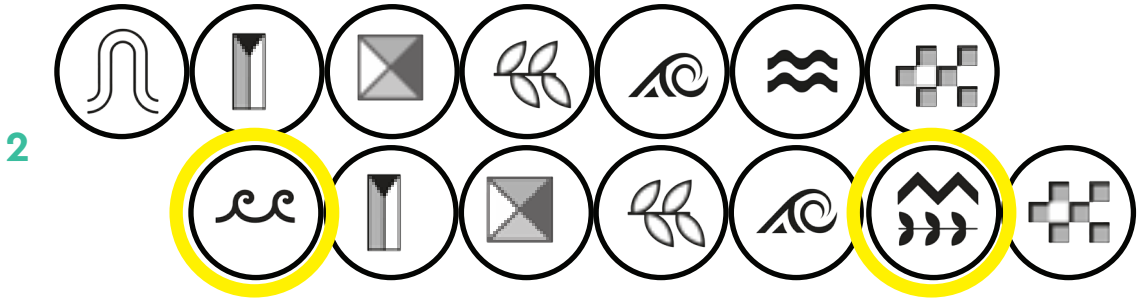
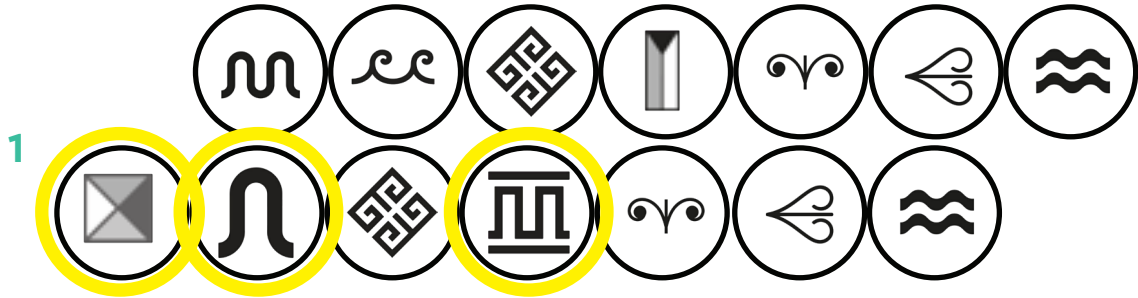
Page 57 – What's the Word?

EATING, CHOCOLATE, GARDEN, DECORATE

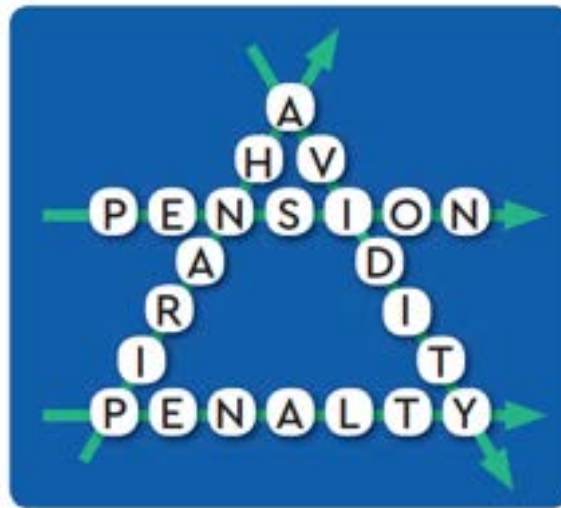
Page 58 – Shapes and Colors



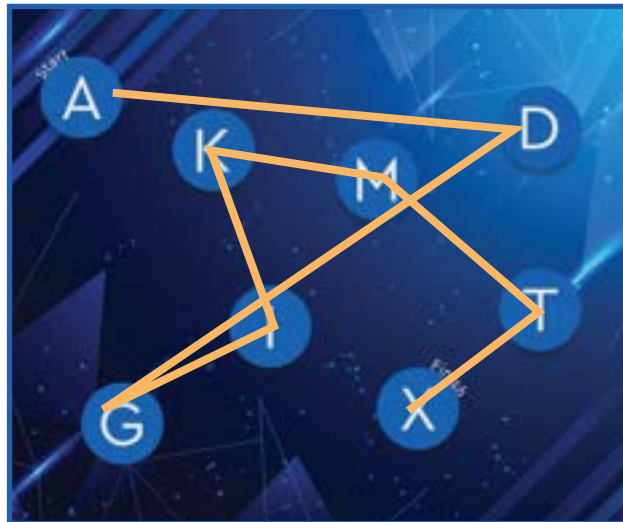
Page 59 - Ancient Writing



Page 60 – Writing in the Stars



Page 61 – Hurray for Change

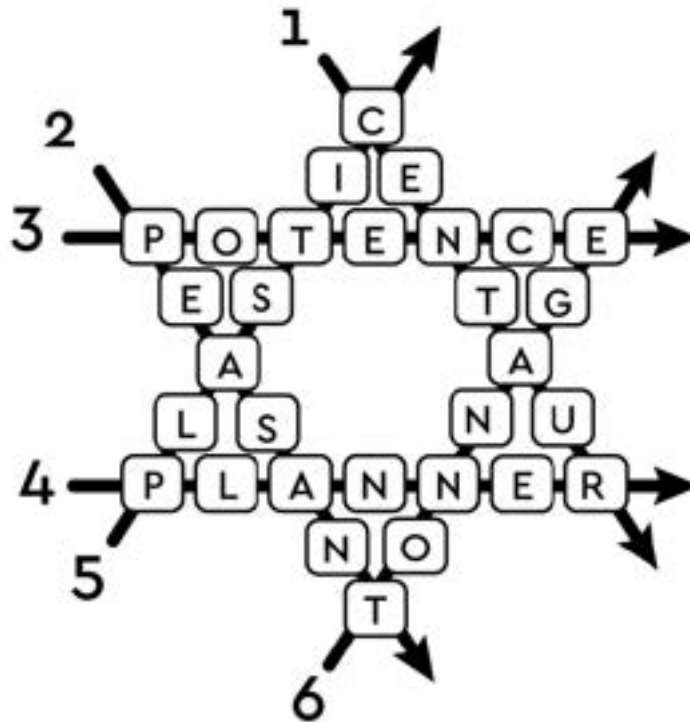


Page 62 – Embroidery

GIFTWRAP

RESOLUTION

Page 63 – Writing in the Stars

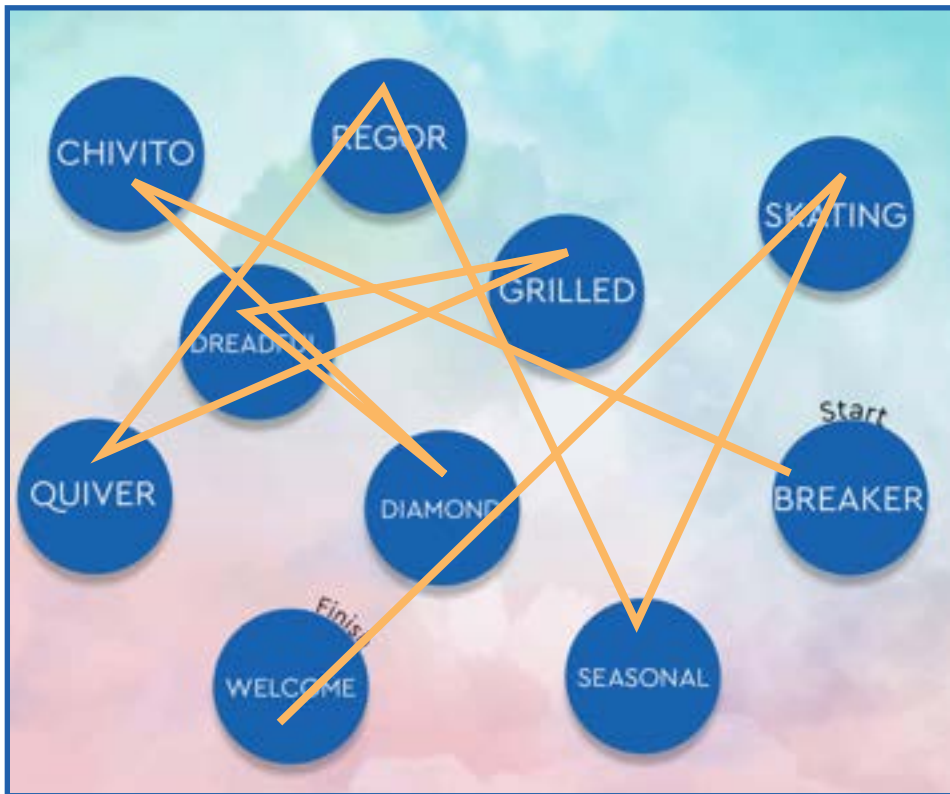


05
week

Page 71 - Decipher

AS A CHILD I ASSUMED THAT WHEN I REACHED
ADULTHOOD, I WOULD HAVE GROWN-UP
THOUGHTS.

Page 72 - Hurray For Change



Page 75 – This Story is Full of Blanks

collect, souvenirs, misses, reminisce

Page 76 – What Doesn't Belong?

Lima, Moscow, Khartoum, Osaka, Sydney

(These are cities, the rest of the words are countries)

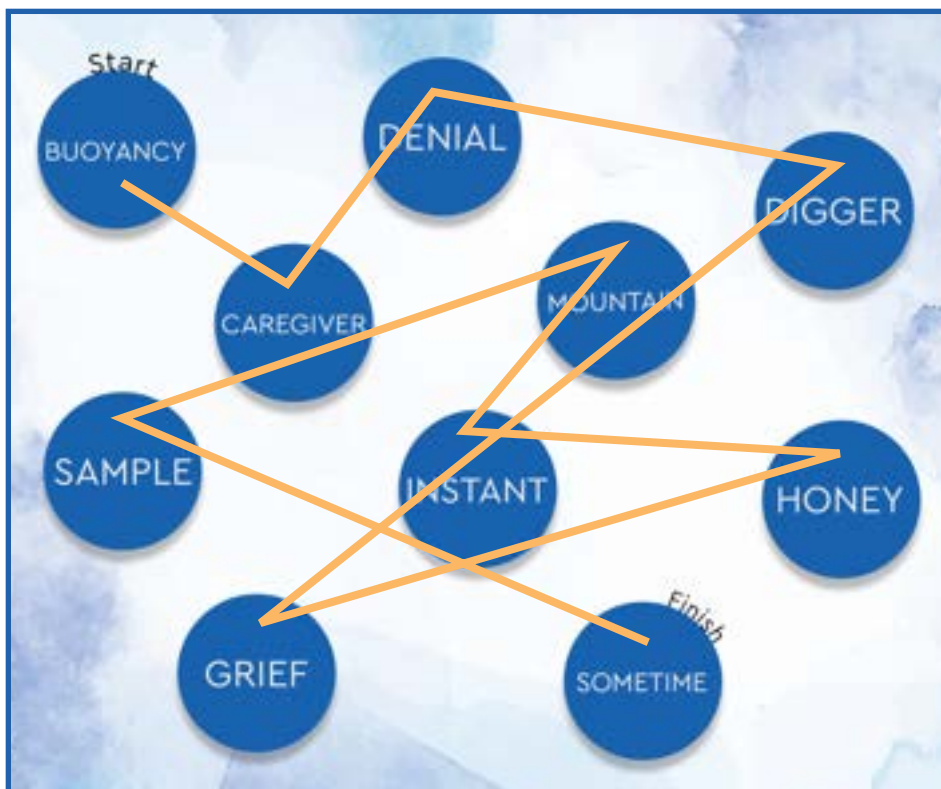
06
week

Page 83 – Embroidery

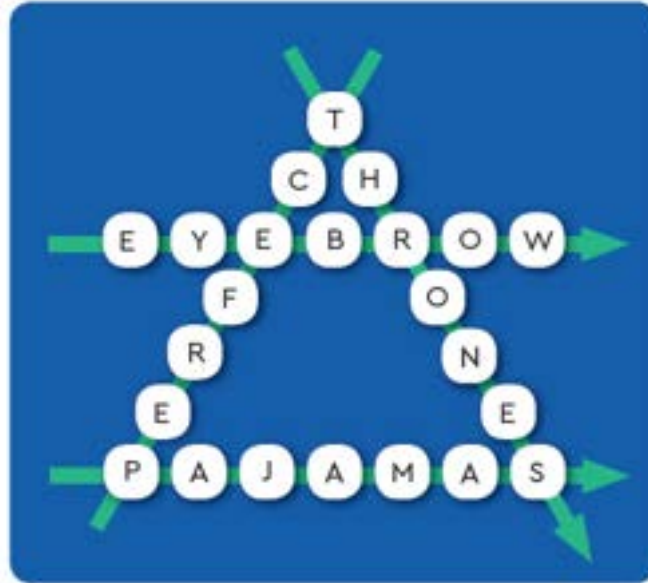
ALMONDS

BARBECUE

Page 84 – Hurray For Change



Page 85 – Writing in the Stars



Page 86 – This Story is Full of Blanks

excited, shining, ocean, sand, wait

Page 87 – Splitwords

Mushroom, Creatures, Branch, Canopy, Leaves, Shade

Page 88 – Secret Files

Party planning – Buy paper plates, Decorate, Make a playlist, Set the table, Arrange flowers

Yard work –

School tasks - Take notes

Work tasks – Go to a meeting, Lunch with coworker, Call a client

Winter activities –

Summer activities – Surf, Beach volleyball, Swim, Go to the beach, Boogie board, Make sand castles

Page 90 – Lexicon

SHIRT, BAGEL, SANDWICH, BIKE, SNAIL, PUMPKIN,
NAPKINS, EGG

07
week

Page 95 – Root It Out

Suggestions:

SN (Winter):

Snow
Snowball
Sneezing
Snowman
Snug

BE (Food):

Bechamel
Belly
Beef
Beets

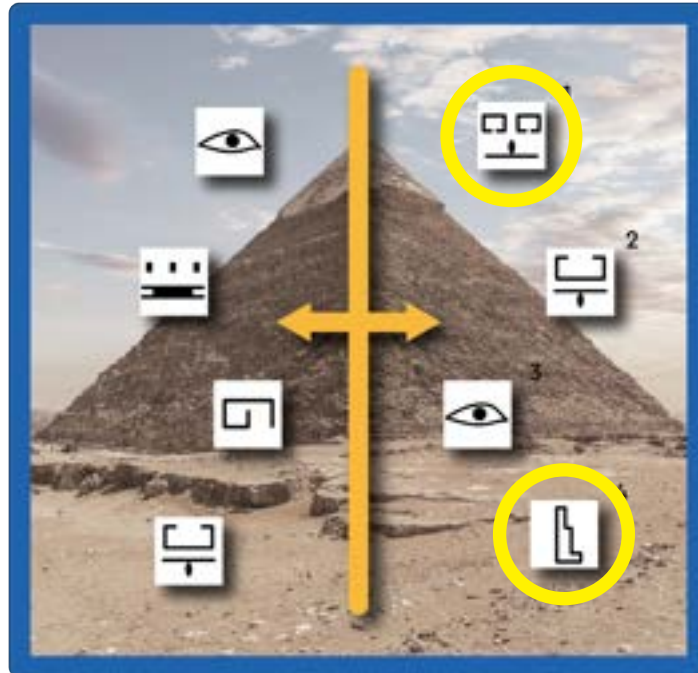
LA (Nature):

Lake
Lava
Land
Landscape
Landform

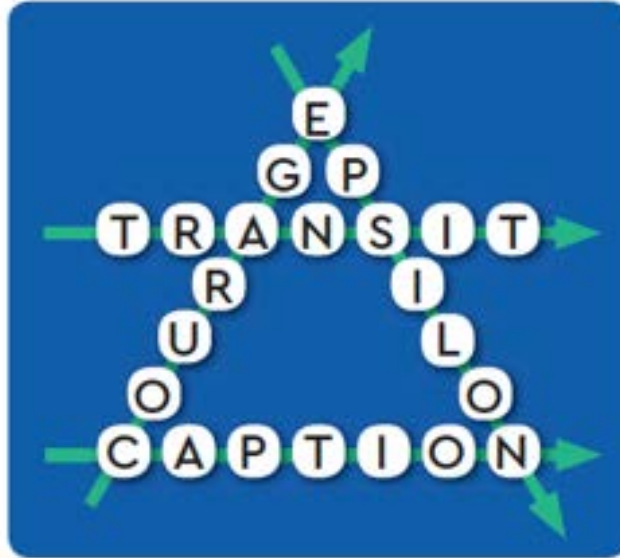
HI (Travel):

Hills
Highway
Hiking

Page 96 – Displaced Characters



Page 99 – Writing in the Stars



Page 100 – Embroidery

FIREWORKS

SMILES

Page 103 – Decipher

WE DIDN'T START THE FIRE. IT WAS ALWAYS BURNING SINCE
THE WORLD'S BEEN TURNING.

0
week

8

Page 108 – What Doesn't Belong?

What is the category of the words? **Bathroom items**

Which words do not belong? **Shovel, Ice pick, Road salt, Mittens, Snowplow**

For the words that do not belong, what category do they belong to? **Winter items**

What words could you substitute?

Suggestions: Hand towel, Makeup, Mirror, Razor, Shaving cream

Page 109 – This Story is Full of Blanks

bought, has, planning, vegetable, deck, cannot

Page 110 – Decipher

**THE EMOTION THAT CAN BREAK YOUR HEART IS SOMETIMES
THE VERY ONE THAT HEALS IT.**

Page 111 – Splitwords

Backpack, Blackboard, Projects, Homework, Assignment,
Chalk, Teacher, Student, Textbook, Lesson

Page 112 – Root It Out

Suggestions:

HO:
Hope
Hold
Howl
Hover

DA:
Dance
Dare
Dabble
Date

RU:
Rustle
Run
Rub
Rust

SP:
Spell
Speak
Spare
Spoil

Page 114 – Seize the Keyword

1. squealed
2. opened
3. is
4. had
5. bought
6. smiled
7. saw
8. meant

Page 116 – What Doesn't Belong?

What is the category of the words? **Animals**

Which words do not belong? **Lily, Sunflower, Tulip, Rose**

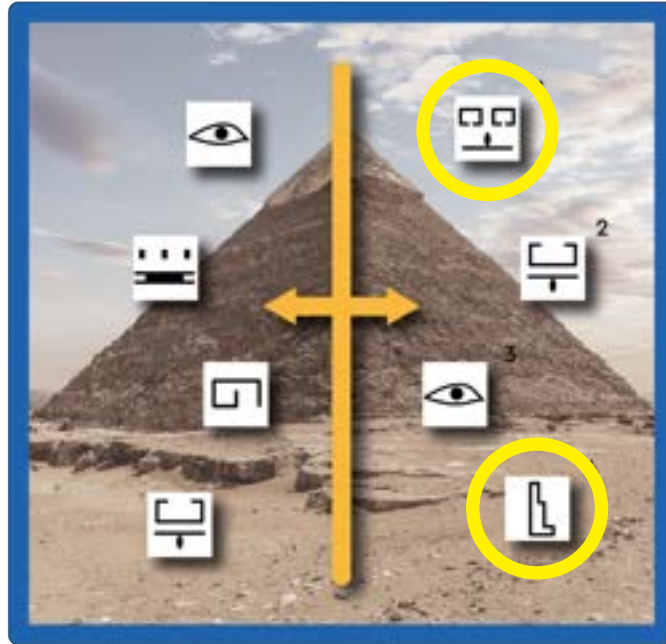
For the words that do not belong, what category do they belong to? **Land animals**

What words could you substitute?

Suggestions: Clownfish, Lobster, Coral, Plankton

09
week

Page 121 – Displaced Characters



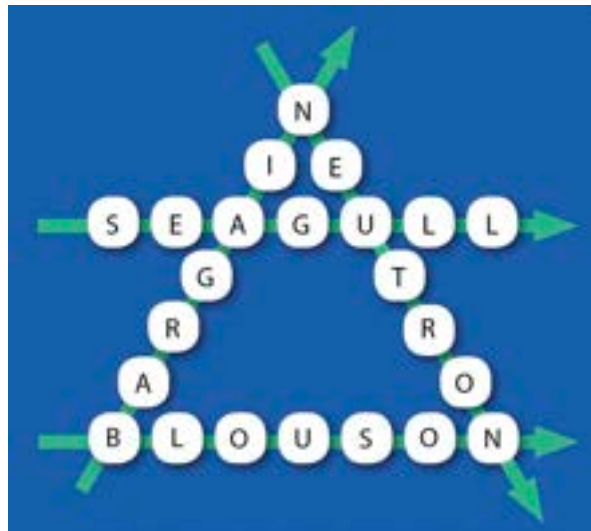
Page 122 – Embroidery

SEAHORSE, DOLPHIN, OCTOPUS

Page 123 – Hurray For Change



Page 124 – Writing in the Stars



Page 125 – Splitwords

Airplane, Cruise, Suitcase, Passport, Getaway, Souvenir,
Rental, Destination, Hotel, Vacation

Page 126 – Secret Files

Teacher – Turn in homework, Ace a math test, Get tutoring help,
Write a book report, Attend an assembly

Friend - Attend a wedding, Go out for dinner, Go to a party, Plan
a vacation, Go swimming

Coworker – Collate a report, Hire a new person, Buy office
supplies, Attend a conference, Discuss promotions

Page 127 – This Story is Full of Errors!

Sandy tried to explain that love wasn't like pie. There isn't a set number of slices to be given out. Love is something that is infinite. There isn't less to be given to one person if you want to give more to another. There is plenty of love to go around, if people want to be generous with who they love then everyone could be loved. Sandy believed that the pie example was wrong, because love does not disappear after a set amount was given out. She tried to explain this, but it fell on deaf ears.

10
week

Page 133 – Root It Out

Suggestions:

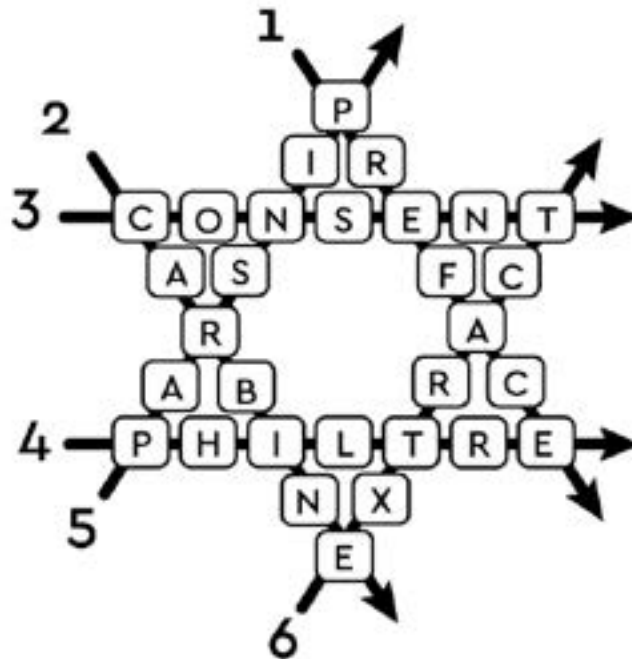
FR:
Frigid
Freezing
Frozen
Frightened
Free

CR:
Creepy
Crazy
Cruel
Cringe-worthy
Crafty

CH:
Cheerful
Chaste
Choppy
Chipper
Chosen

BL:
Blue
Bloody
Blasé
Bleak
Bleary

Page 134 – Writing in the Stars



Page 135 – Embroidery

CLIMBING

DISHWASHER

Page 136 – Splitwords

Fumble, Touchdown, Linebacker, Score, Tackle, Huddle,
Defense, Blocking, Cornerback, Quarterback

Page 137 – Decipher

SOME PEOPLE WITHOUT BRAINS DO AN AWFUL
LOT OF TALKING

Page 138 – Root It Out

Suggestions:

RU:	SL:	FI:	CA:
Run	Slay	Fix	Care
Rub	Slide	Filter	Catch
Rush	Slow	Fib	Cast
Rust	Sleep	Find	Call

Page 139 – Embroidery

CRANBERRY

11
week

Page 143 – Displaced Characters



Page 144 – Secret Files

School

Desk
Chalkboard
Computers
Erasers
Notebook
Paperweight

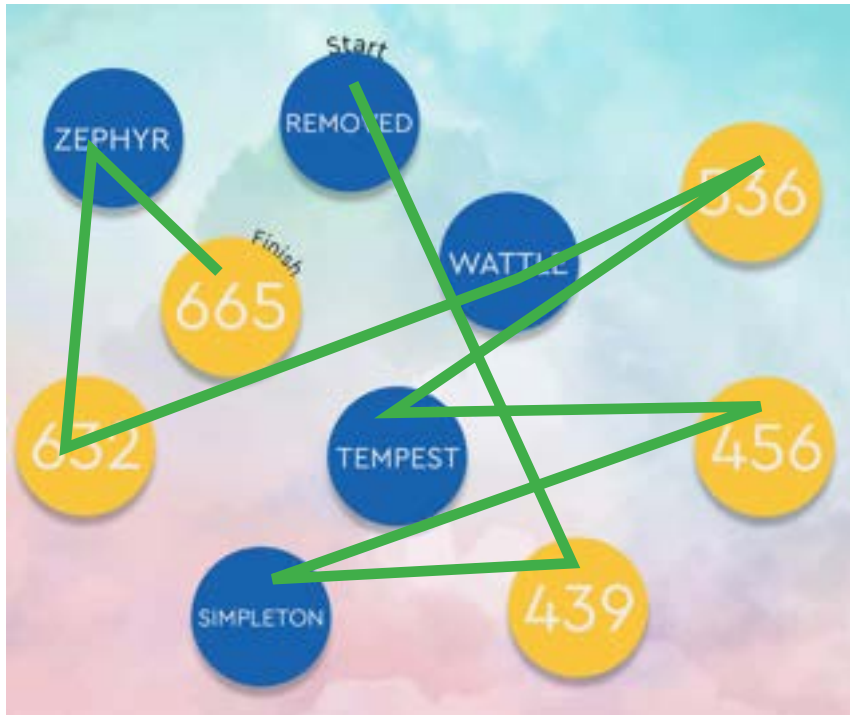
Hardware store

Tape measure
Wrench
Hammer
Level
Pegboard

Grocery store

Spices
Soup cans
Frozen aisle
Baked bread
Ice pops
Meatloaf mix

Page 147 – Hurray For Change



Page 147 – Decipher

BUT FEELINGS CAN'T BE IGNORED, NO MATTER
HOW UNJUST OR UNGRATEFUL THEY SEEM.

Page 149 – Splitwords

Sweaters, Blankets, Coffee, Puzzle, Fireplace,
Slippers, Scarves, Cookies

Page 150 – Embroidery

Knife, Fork, Spoon

Page 151 – This Story is Full of Errors!

Philadelphia is a new city, dating back to 1682. The city of Philadelphia is found in the state of Pennsylvania. The city is home to to the famous Liberty Bell, which is a large bell with a crack in it. Sometimes, tourists visiting Philadelphia may stop to try local cuisine such as a Philadelphia cheesesteak. One cannot leave Philadelphia without visiting the Philadelphia Museum of Art and taking a photo with the Rocky statue.

12
week

Page 155 – Secret Files



Afraid
Panicky
Flabbergasted
Fearful
Stupefied
Astonished



Adoring
Infatuated
Enamored
Amazed
Smitten



Saddened
Dismayed
Dispirited
Discouraged
Disheartened

Page 156 – Embroidery

Vanilla, Chocolate, Raspberry

Page 158 – What Doesn't Belong?

What is the category of the words? **States in the US**

Which words do not belong? **Rome, Berlin, Paris, Madrid, Moscow**

For the words that do not belong, what category do they belong to? **European cities**

What words could you substitute?

Suggestions: Connecticut, New York, West Virginia, Georgia, Oklahoma

Page 159 – Secret Files

Positive

Happy
Joyous
Glad
Elated

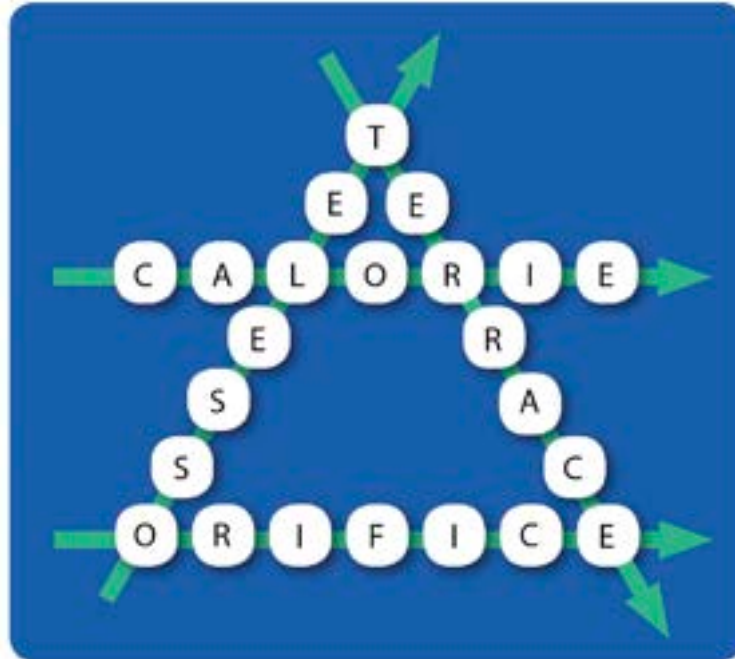
Negative

Sad
Melancholy
Woe
Misery

Neutral

Puzzled
Satisfied
Okay
Content

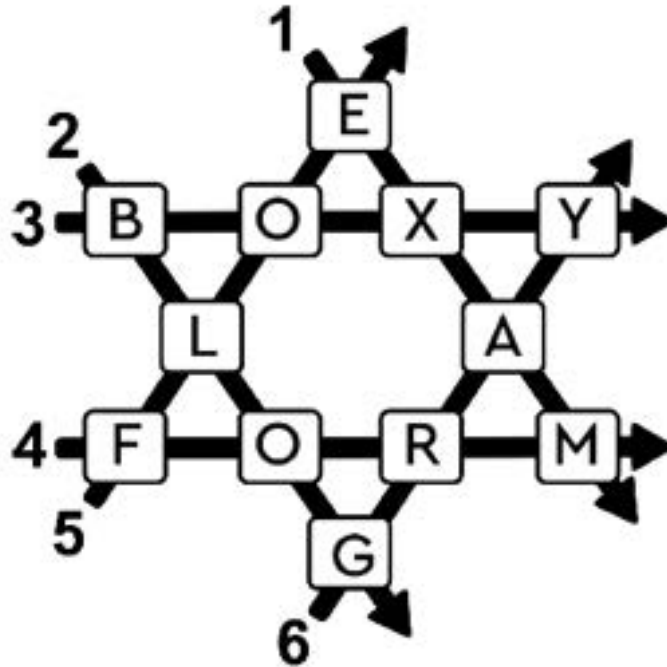
Page 160 – Writing in the Stars



Page 161 – Splitwords

Spatula, Teakettle, Saucepans, Colander,
Refrigerator, Utensil

Page 162 – Writing in the Stars



13
week

Page 169 – Root It Out

Suggestions:

TE:
Terrible
Testy
Terrifying
Tender

JU:
Juicy
Jumpy
Just
Judicious

FR:
Free
Fruitful
Fragile
Frantic

SA:
Sassy
Salty
Safe
Sane

Page 170 – Secret Files

Sports
Baseball
Soccer
Hockey
Lacrosse

**Days of the
Week**
Monday
Friday
Tuesday
Wednesday

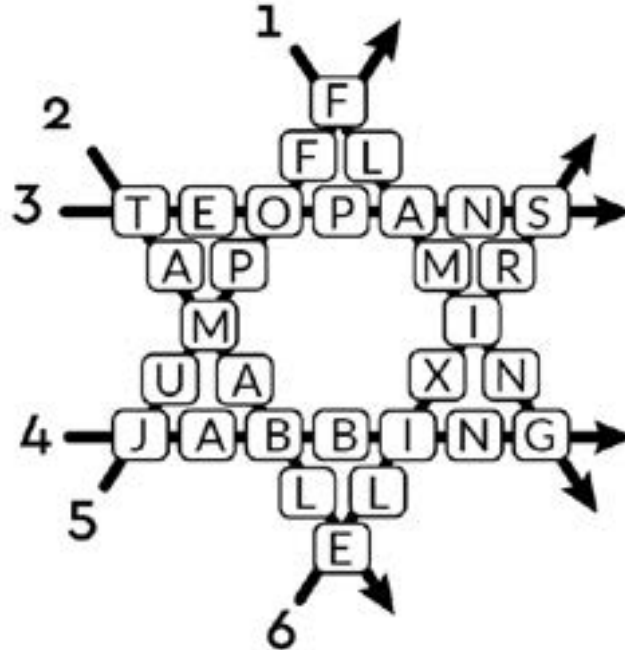
Furniture
Couch
Desk
Stool
Wardrobe

Emotions
Sad
Happy
Excited
Angry

Page 171 – Embroidery

Philadelphia

Page 172 - Writing in the Stars



Page 175 - Root It Out

Suggestions:

ME:
Mean
Meager
Melinated
Mellow

AB:
Able
Absent
Abrasive
Absolute

DA:
Daring
Dashing
Dutiful
Dazzling

CO:
Cool
Cold
Costly
Copper

14
week

Page 180 – Ancient Writing



Page 181 – Decipher

THUNDER ONLY HAPPENS WHEN IT'S RAINING

Page 182 – Embroidery

Seashell, Relaxation, Adventure, Explore

Page 184 – Splitwords

Hoodie, Waistcoat, Trousers, Jacket, Romper, Tracksuit, Beanie, Tunic, Blazer, Sundress, Stocking, Sweater, Khakis, Jumper, Apron, Mittens, Parka, Jeans, Socks, Undershirt

Page 186 – Seize the Keyword

- | | |
|------------|------------|
| 1. changed | 5. started |
| 2. gave | 6. wiggle |
| 3. was | 7. found |
| 4. had | 8. sitting |

Page 187 – Root It Out

Suggestions:

O:	J:	S:	T:
Orlando	Jakarta	Seoul	Tokyo
Oklahoma City	Johannesburg	Sao Paulo	Taipei
Orange	Jacksonville	San Francisco	Tucson
Osaka	Jackson	San Diego	Tallahassee
Oslo	Jaipur	Seattle	Turin

Page 188 – Splitwords

Pound, Flourless , Sponge, Genoise , Biscuit, Butter

Page 197 – Secret Files

Instruments:

Guitar
Piccolo
Bass
Bongo

Months:

February
June
April
July

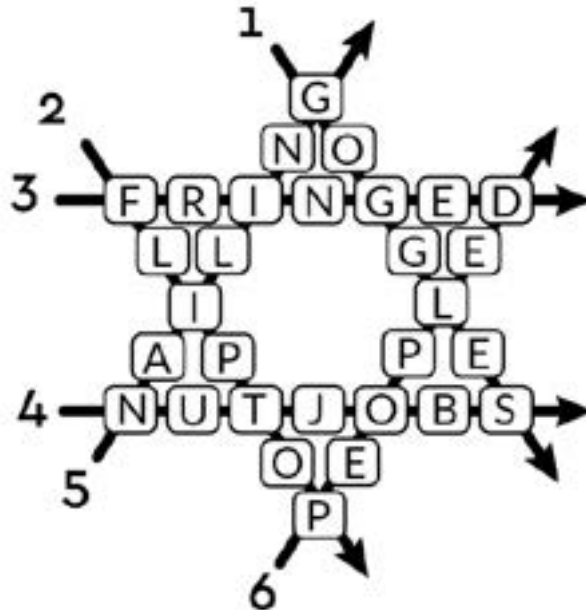
Colors:

Lavender
Orange
Indigo
Magenta

Countries:

Japan
Madagascar
Denmark
Colombia

Page 198 – Writing in the Stars



Page 199 – This Story is Full of Blanks!

sushi, chopsticks, morsel, etiquette, place, do not

Page 200 – Splitwords

Sandwich, Dessert, Salad, Fruit, Napkin,
Utensil, Bottle, Blanket

16
week

Page 209 – Decipher

FEELINGS ARE SOMETHING YOU HAVE;
NOT SOMETHING YOU ARE.

Page 210 – Root It Out

Suggestions:

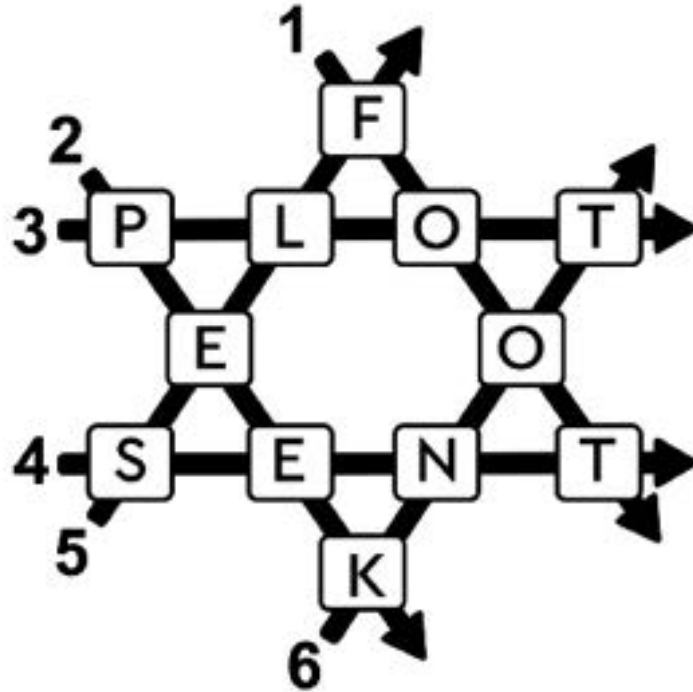
PL:
Plow
Placate
Pluck
Pluralize

TH:
Think
Thank
Throw
Threaten

DE:
Devise
Determine
Deal
Decide

EA:
Eat
Earn
Eavesdrop

Page 213 – Writing in the Stars



Page 214 – Splitwords

Snowboarding, Sledding, Bobsledding,
Curling, Skiing, Crosscountry, Skating,
Hockey, Freestyle, Biathalon

Page 215 – Secret Files

Upset:

Downhearted
Despairing
Sorrowful
Downcast
Miserable

Fine:

Acceptable
Untroubled
Satisfactory
Adequate
Tolerable
Decent

Excited:

Exhilarated
Intoxicated
Thrilled
Animated

Happy:

Carefree
Merry
Jovial
Delighted

17
week

Page 220 -Splitwords

Greetings, Jolly, Cocoa, Reindeer, Presents, Frozen, Jingle, Snowball, Cookie, Blizzard, Eggnog, Season, Candle, Chimney, Party, Tinsel, Carol , Tidings, Merry, Winter

Page 221 – Root It Out

Suggestions:

PL:	HA:	DA:	FA:
Pleasantly	Happily	Dangerously	Faintly
Pluckily	Haphazardly	Dapperly	Famously
Placidly	Hastily	Daintily	Fantastically
Plainly	Hardly	Dazedly	Fawningly

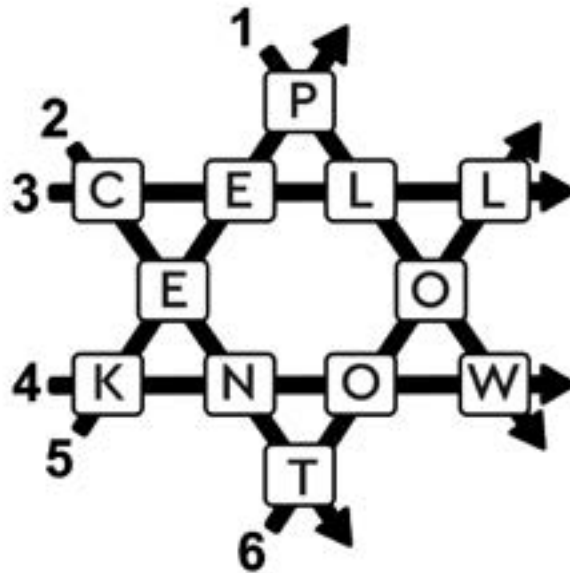
Page 222 – Decipher

CRYING DOES NOT INDICATE THAT YOU ARE WEAK. SINCE BIRTH, IT HAS ALWAYS BEEN A SIGN THAT YOU ARE ALIVE.

Page 223 – Embroidery

GATHERING

Page 224 – Writing in the Stars



Page 225 – Splitwords

Skating, Hockey, Climbing, Fishing, Canoeing,
Sailing, Curling, Hiking

Page 226 – Root It Out

Suggestions:

DE:
Deer
Destiny
Design
Devil
Demeanor

CH:
Chai
Chimpanzee
Child
Chimney
Chicken

WE:
Wedding
Weasel
Web
Well
Weaver

KI:
Kid
Kiss
Kibble
Kin
Kite

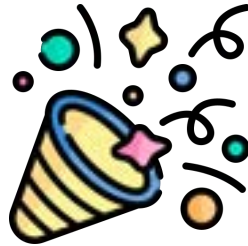
18
week

Page 235 – This Story is Full of Blanks!

paint, watch, marine biology

Page 236 – Decipher

ART ENABLES US TO FIND OURSELVES AND LOSE OURSELVES
AT THE SAME TIME.



You did it!!

You completed the workbook and got the answers!
Congratulations on exercising your cognition and doing
something great for your brain.

Want to try more cognitive activities?
Check out our printable worksheets at:

worksheets.happyneuronpro.com