

# 10 intellectual games to keep your mind sharp

The brain is like a muscle - it grows with practice! There are many options for intellectual games. To exercise your brain while having fun, try these games. They can improve your mental and physical focus.

People of all ages use brain training games to improve their mental state and prevent brain aging. Brain training games can help improve attention levels, memory, response time, logic skills and other aspects of cognitive function if played for long periods of time.

The brain is like a muscle - it grows with practice! There are many options for intellectual games. To exercise your brain while having fun, try these games. They can improve your mental and physical focus.

## Sudoku



Sudoku is a number sorting game that relies on short-term memory. To complete a Sudoku puzzle, you have to look ahead and judge the results - if you put a 6 in this box, that number must be an 8 and this number must be a 4, etc. This type of planning helps improve short-term memory and concentration.

You can play Sudoku online, on an app, or on paper. Look for regular Sudoku in the newspaper, buy a book with a collection of puzzles, or download the free app for your phone or tablet.

Sudoku puzzles come in different levels of difficulty. When you first start, play easy games until you learn the rules. If you're playing on paper, use a pencil!

## Lumosity

Lumosity is one of the oldest brain and mental fitness programs. You can sign up for a free account to play 3 games per day or choose a subscription service for additional incentives. Either way, you can track your results and improvements.

A recent study found that participants who played Lumosity exercises for 15 minutes a day, at least 7 days a week for 3 weeks, improved their concentration and motor speed. You can play Lumosity via the website or download the Lumosity app on iOS and Android.

## Puzzle



Crosswords are a classic brain training game that not only approaches verbal language but also memory from many aspects of knowledge. There are many ways to solve crosswords, both online and offline.

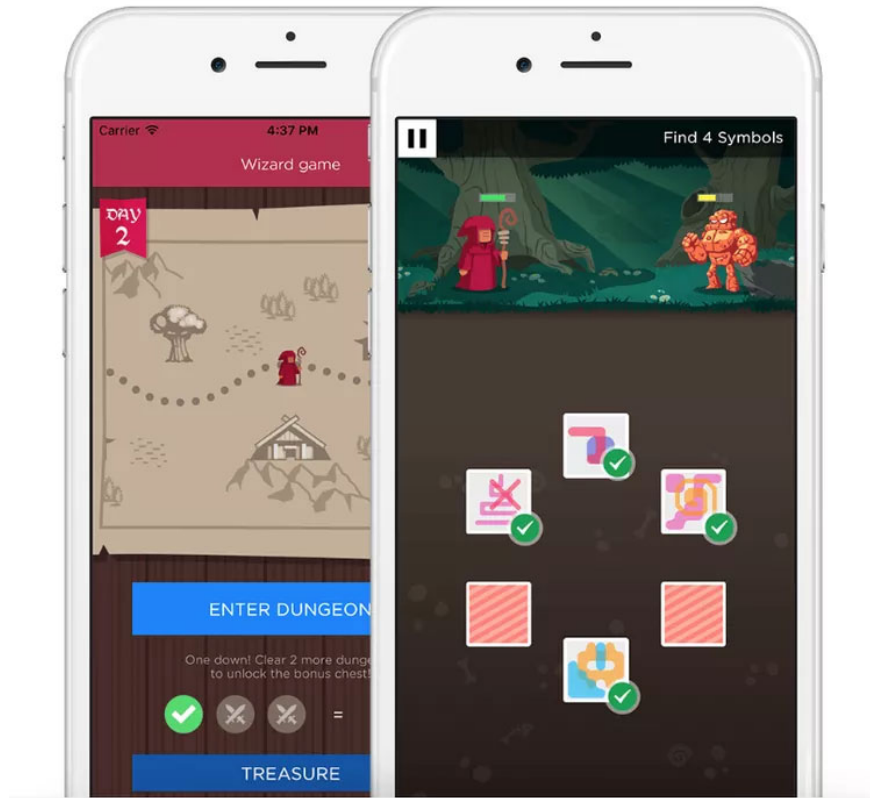
You will also find many options for crosswords online or through free apps. The AARP website offers free daily crosswords to everyone, whether you're a member of the group or not.

## Elevate

Game Elevate focuses on reading, writing, speaking, and arithmetic, and you can customize your training program to focus on any area you like. Like most brain games, you can track your progress to see how your skills are improving.

You'll need to download an app to play Elevate's 35 different brain-training games, which feel highly educational. The app is free (with in-app purchases), and both the iOS and Android versions have tens of thousands of five-star reviews.

## Peak



Peak is another mobile option (available for iOS and Android), offering brain games to help you focus, train your memory, problem-solve, mental agility, and more. more cognitive ability. If you are competitive, you can show off against other users. The app is free to use, but a subscription unlocks more features.

## Happy Neuron

Happy Neuron divides its games and activities into five important brain regions: Memory, attention, language, executive function and visual/spatial. Like Lumosity, it personalizes training to suit you, tracks your progress, and the games are based on scientific research.

You have to pay a monthly subscription fee to use the site, and its simplified app version is only available for Android users. However, Happy Neuron offers a free trial so you can see if you like the method.

## Braingle

< Previously TRY A BRAIN TEASER!

Quiet, Please! Rebus

This list of words reveals a person. Can you figure out who it is?

Ptarmigan  
Aisle  
Dossier  
Depot  
Column  
Lime  
February

Show Answer

Subscribe and Follow  
Get Daily Teaser Via Email

Claiming to have the world's largest collection of brain teasers, Braingle's free website offers more than 15,000 puzzles, games and other brain teasers as well as an online community of enthusiasts. You can even create your own puzzles to effectively train your brain. Braingle has a variety of offerings, including optical illusions, cryptography as well as trivia quizzes.

## Queendom

Queendom has thousands of personality tests and surveys. It also has a rich collection of "brain tools" - including logic, verbal, spatial and math puzzles; trivia quizzes; and aptitude tests - for you to train and test your brain. If you want to save results and scores, you will need a free account. Some tests only give you free rapid results and charge for full reports.

## Brain Age Concentration Training



Brain Age Concentration Training is a brain and mental training system for the Nintendo 3DS system. It includes a large number of games to hone your concentration, memory, calculation and other brain skills. It's fun, portable and challenging. Brain Age is also available for Nintendo Wii U, but not for Switch, Nintendo's most up-to-date gaming system.

## My Brain Trainer

My Brain Trainer calls itself an online "brain gym." It has a similar format, although less stylish, than Lumosity and Happy Neuron. My Brain Trainer is also cheaper; The 3-month subscription fee is the same as the price of one month for other services. An annual subscription is an even bigger savings. You can also challenge for free.

This website is full of games, puzzles and many other challenges designed to improve your mental health. The website recommends 10 minutes of brain training twice a day for best results. It also has a basic training program that claims to improve your mental speed.

## Wordle



# Wordle



This web-based puzzle game from The New York Times became popular in early 2022 and now has millions of users worldwide. The premise is simple: Users have 6 tries to guess a 5-letter word. Wordle's combination of problem-solving challenges and easy-to-use interface gives you a satisfying workout for your mind.

You finished reading the article "**10 intellectual games to keep your mind sharp**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.