**Brain Food**

**Target Audience:** 3rd-5th grade

**Description:** “Brain Food” is a curriculum that focuses on critical thinking skills as well as youth’s ability to set up their own challenge game and work within a group. This curriculum also includes directions for each game, as well as the game board itself.

**Format:** Each of these sessions can be presented in one class period from 45-60 minutes.

- **Session 1:** Strategy Games  
  Youth will play Dots, The Snake, SOS, Four in a Row, and Fox & Hounds.

- **Session 2:** Spatial Orientation  
  Youth will play Crucible, Sprouts, Crosswalk, Magic Square and Maxey.

- **Session 3:** Math Games  
  Youth will play Wari, Congklak, Tac-Tix, Nim/Supernim, and Mancala.

- **Session 4:** Chase & Capture Games  
  Youth will play Six-Man Morris, Nine-Man Morris, Octotrap, Coyote & Chickens, and Reversi.

- **Session 5:** Word Games  
  Youth will play Ghost, Madword, Backwards & Forewards, Wordles and Categories.

- **Session 6:** Deductive Logic Games  
  Youth will play 20 Questions, Mystery Box, Human Shuffle, Bagels and Oilers.

The “Brain Food” curriculum and activity kit can be borrowed for one month.