Brain Puzzles

Have a go at all the puzzles on this page. Keep your brain focused on these, rather than on worries.

Crack this code to work out what the message says.

This code wheel will help.

VEVIPGSRMT RH
___________
TLRMT GL YV LP

Look for all these unworry terms:
- calm
- unwind
- relax
- unworry
- mindful
- breathe
- laugh
- rest

The words might be across, up, down or backwards.

Wordsearch

TESBCCLAMRG
SCALMATIRN
EEXAXUNNOWO
RXUNWINDHE
WORRELFXH
XALERCOUNT
BRATHOLEA
NUCLAUGHRE
UNWORRYLER
CAMMINDOKB

How many words can you make using the letters of Relaxation?

Only use each letter as many times as it appears in Relaxation. What’s the longest word you can make?