

# INBOUND

DUBAI

VESSEL	ALEXANDRIA	BAHRAIN	BANGKOK	BARCELONA	BREMEN	BUSAN	CHENNAI	CONSTANTA	DELHI	GENOA	GUANGZHOU	HONGKONG	ISTANBUL	KEELUNG	KOPER	NEW YORK	NHAVA SHEVA	NINGBO	QINGDAO	ROTTERDAM	SHANGHAI	SINGAPORE	SOUTHAMPTON	XIAMEN	XINGANG	JEBEL ALI	
WADI ALRAYAN	3-Jul																									22-Jul	
WADI ALRAYAN	10-Jul																										29-Jul
WADI ALRAYAN	17-Jul																										5-Aug
WADI ALRAYAN	24-Jul																										12-Aug
WADI ALRAYAN	31-Jul																										19-Aug
WADI ALRAYAN	7-Aug																										26-Aug
WADI ALRAYAN	14-Aug																										2-Sep
OEL JUMERAH		1-Jul																									3-Jul
OEL JUMERAH		8-Jul																									10-Jul
OEL JUMERAH		15-Jul																									17-Jul
OEL JUMERAH		22-Jul																									24-Jul
OEL JUMERAH		29-Jul																									31-Jul
OEL JUMERAH		5-Aug																									7-Aug
OEL JUMERAH		12-Aug																									14-Aug
MEXICO			3-Jul																								22-Jul
MEXICO			11-Jul																								29-Jul
ALEXANDAR BAY			24-Jul																								12-Aug
ALEXANDAR BAY			31-Jul																								19-Aug
GRASMERE MAERSK			7-Aug																								26-Aug
MEA DUMMY 22			14-Aug																								2-Sep
MCV PAC IBN 14			21-Aug																								9-Sep
MSC INGY				7-Jul																							29-Jul
MSC DIANA				12-Jul																							5-Aug
MSC ELICANE				19-Jul																							12-Aug
MSC FERRE				26-Jul																							19-Aug
MSC SAMAR				2-Aug																							26-Aug
MSC LENI				9-Aug																							2-Sep
MSC ARINA				16-Aug																							9-Aug
CAP SAN LAZARO				1-Jul																							25-Jul
MAERSK SERANGOON				8-Jul																							1-Aug
CAP SAN SOUNIO				15-Jul																							8-Aug
MAERSK SEMBAWANG				22-Jul																							15-Aug
MAERSK GIBRALTAR				5-Aug																							29-Aug
MAERSK KOTIKA				19-Aug																							12-Sep
CAP SAN LAZARO				27-Aug																							19-Sep
YM WELLBEING						11-Jul																					2-Aug
HAMBURG EXPRESS						18-Jul																					9-Aug
AL RIFFA						25-Jul																					16-Aug
TAIMA						12-Aug																					3-Sep
BASLE EXPRESS						15-Aug																					6-Sep
YM WELCOME						22-Aug																					13-Sep
HYUNDAI SINGAPORE						29-Aug																					20-Sep
MOGRAL							5-Jul																				23-Jul
CORAL STAR							12-Jul																				30-Jul
VARADA							19-Jul																				6-Aug
ALS CLIVA							26-Jul																				13-Aug
MOGRAL							2-Aug																				20-Aug
CORAL STAR							9-Aug																				27-Aug
VARADA							16-Aug																				4-Sep
SAFMARINE NAKURU								2-Jul																			27-Jul
MAERSK BINTAN								9-Jul																			3-Aug
SAFMARINE NUBA								16-Jul																			10-Aug
SAFMARINE NAKURU								23-Jul																			17-Aug
MAERSK BINTAN								30-Jul																			24-Aug
SAFMARINE NUBA								6-Aug																			31-Aug
SAFMARINE NAKURU								13-Aug																			7-Sep
MAERSK KYRENIA									6-Jul																		19-Jul
MAERSK KIMI									13-Jul																		26-Jul
SANTA CRUZ									20-Jul																		2-Aug
MAERSK KAMPALA									27-Jul																		9-Aug
MAERSK KIEL									3-Aug																		16-Aug
MAERSK KITHRA									10-Aug																		23-Aug
MAERSK KLAPPEDA									17-Aug																		30-Aug
ATLANTIC WEST										4-Jul																	5-Aug
ATLANTIC WEST										11-Jul																	12-Aug
ATLANTIC WEST										18-Jul																	19-Aug
ATLANTIC WEST										25-Jul																	26-Aug
ATLANTIC WEST										1-Aug																	2-Sep
ATLANTIC WEST										8-Aug																	9-Sep
ATLANTIC WEST										15-Aug																	16-Sep
CMA CGM TIGRIS											6-Jul																22-Jul
APL LE HAVRE											13-Jul																29-Jul
CMA CGM BUTTERFLY											20-Jul																5-Aug
TO BE ADVISED											27-Jul																12-Aug
APL QINGDAO											3-Aug																19-Aug
DS LOTUS											10-Aug																26-Aug
TO BE ADVISED											17-Aug																2-Sep
CMA CGM ALASKA												25-Jul															7-Aug
OOCL EGYPT												1-Aug															14-Aug
TO BE ADVISED												8-Aug															21-Aug
CMA CGM NEVADA												15-Aug															28-Aug
TO BE ADVISED												22-Aug															4-Sep
TO BE ADVISED												29-Aug															11-Sep
TO BE ADVISED												5-Sep															18-Sep
MSC PALOMA													2-Jul														20-Jul
MSC REEF														10-Jul													27-Jul
MSC LONDON														16-Jul													3-Aug

ABOVE MENTIONED ARE TENTATIVE VESSELS AND ARE SUBJECT TO CHANGE. WE OFFER USA IMPORTS FROM CHARLESTON, HOUSTON, LOS ANGELES & NORFOLK. WE ALSO OFFER IMPORTS FROM SHENZHEN, TIANJIN, KUWAIT & KARACHI

# INBOUND

**DUBAI**

VESSEL	ALEXANDRIA	BAHRAIN	BANGKOK	BARCELONA	BREMEN	BUSAN	CHENNAI	CONSTANTA	DELHI	GENOA	GUANGZHOU	HONGKONG	ISTANBUL	KEELUNG	KOPER	NEW YORK	NHAVA SHEVA	NINGBO	QINGDAO	ROTTERDAM	SHANGHAI	SINGAPORE	SOUTHAMPTON	XIAMEN	XINGANG	JEBEL ALI		
MSC TINA													23-Jul														10-Aug	
MSC MIRIAM													30-Jul															17-Aug
MSC OSCAR													6-Aug															24-Aug
MSC ZOE													13-Aug															31-Aug
ALS JUPITER													5-Jul															29-Jul
SEASPAN LUMACO													12-Jul															9-Aug
RIO CADIZ													19-Jul															12-Aug
NAVOS TEMPO													26-Jul															19-Aug
NAVOS LAPIS													2-Aug															26-Aug
ALS JUPITER													9-Aug															2-Aug
SEASPAN LUMACO													16-Aug															9-Aug
MAERSK HIDALGO													1-Jul															24-Jul
MAERSK HONGKONG													8-Jul															31-Jul
MAERSK HANCOI													15-Jul															7-Aug
MAERSK HOUSTON													22-Jul															14-Aug
MAERSK HANGZHOU													29-Jul															21-Aug
MAERSK HORSBURGH													5-Aug															28-Aug
MAERSK HAMBURG													12-Aug															4-Sep
GJERTULD MAERSK													5-Jul															29-Jul
GUNDE MAERSK													12-Jul															5-Aug
GUNHILDE MAERSK													18-Jul															12-Aug
MAERSK ATLANTA													8-Aug															5-Sep
MAERSK DETROIT													15-Aug															12-Sep
MAERSK HARTFORD													22-Aug															19-Sep
MAERSK SELTAR													29-Aug															26-Sep
NORD WINTER																	1-Jul											5-Jul
NORTHERN GENERAL																	7-Jul											12-Jul
XIAMEN																	14-Jul											19-Jul
CEL JUMERBAH																	22-Jul											26-Jul
NORD WINTER																	29-Jul											2-Aug
NORTHERN GENERAL																	5-Aug											9-Aug
XIAMEN																	14-Aug											16-Aug
CMA CGM TIGRIS																		04-Jul										22-Jul
APL LE HAVRE																		11-Jul										29-Jul
CMA CGM BUTTERFLY																		18-Jul										5-Aug
TO BE ADVISED																		26-Jul										12-Aug
APL QINGDAO																		01-Aug										19-Aug
DS LOTUS																		08-Aug										26-Aug
TO BE ADVISED																		15-Aug										2-Sep
APL LE HAVRE																			6-Jul									29-Jul
CMA CGM BUTTERFLY																			13-Jul									5-Aug
TO BE ADVISED																			20-Jul									12-Aug
APL QINGDAO																			27-Jul									19-Aug
DS LOTUS																			3-Aug									26-Aug
TO BE ADVISED																			10-Aug									2-Sep
DS KOI																			17-Aug									9-Sep
CAP SAN LAZARO																					6-Jul							18-Jul
MAERSK SERANGOON																				13-Jul								26-Jul
CAP SAN SOUNIO																				20-Jul								1-Aug
MAERSK SEMBAWANG																				27-Jul								8-Aug
MSC OLIVER																					1-Aug							15-Aug
MSC ISABELLA																					10-Aug							29-Aug
MAERSK KOIKA																					16-Aug							12-Sep
COSCO SHIPPING PLANET																						4-Jul						22-Jul
CSCI INDIAN OCEAN																												29-Jul
COSCO SHIPPING AQUARIUS																												5-Aug
CSCI INDIAN OCEAN																												12-Aug
COSCO SHIPPING AQUARIUS																												19-Aug
CSCI SATURN																												18-Aug
COSCO SHIPPING SOLAR																												2-Sep
BASEL EXPRESS																												8-Jul
YM WELCOME																												19-Jul
YM WELLBEING																												2-Aug
HAMBURG EXPRESS																												9-Aug
AL RIFFA																												16-Aug
EVER DECENT																												26-Aug
CSL SOPHE																												1-Sep
MAERSK SERANGOON																												1-Aug
CAP SAN SOUNIO																												8-Aug
MAERSK SEMBAWANG																												15-Aug
MAERSK ESSEN																												21-Aug
MAERSK GIBRALTAR																												29-Aug
MARCHEN MAERSK																												4-Sep
MAERSK KOIKA																												12-Sep
YM MILESTONE																												6-Jul
YM COSMOS																												13-Jul
TO BE ADVISED																												20-Jul
NVK ATLAS																												6-Aug
NVK MASCLINITY																												13-Aug
NVK THESEUS																												20-Aug
TO BE ADVISED																												27-Aug
XIN QING HUANG DAO																												17-Aug
XIN XIA MEN																												05-Jul
XIN PU DONG																												12-Jul
XIN TIAN JIN																												16-Aug
XIN LIAN YUN GANG																												19-Jul
XIN QING HUANG DAO																												23-Aug
XIN XIA MEN																												26-Jul
XIN XIA MEN																												31-Aug
XIN XIA MEN																												02-Aug
XIN XIA MEN																												

# OUTBOUND

DUBAI

VESSEL	JEBELALI	ABU DHABI	ALEXANDRIA	AGABA	BAHRAIN	BARCELONA	BEIRUT	CHENNAI	COCHIN	COLOMBO	DAMMAM	DAR ES SALAM	DELHI	FELIXSTOWE	HAMBURG	JEDDAH	KARACHI	KUWAIT	MOMBASA	NEWYORK	NHAVA SHEVA	PORT LOUIS	RYYADH	ROTTERDAM	SHARJAH	SINGAPORE	SOHAR	UMM QASR	
CAP SAN TAINARO	04-Jul	09-Jul																											
MAERSK SENANG	11-Jul	16-Jul																											
MAERSK GUATEMALA	18-Jul	23-Jul																											
MAERSK GENOA	25-Jul	30-Jul																											
MAERSK SEBAROK	1-Aug	06-Aug																											
MAERSK KARLSKRONA	8-Aug	13-Aug																											
MAERSK GUAYAGUIL	15-Aug	20-Aug																											
CAP SAN TAINARO	22-Aug	27-Aug																											
MAERSK KLAIPEDA	06-Jul		22-Jul																										
MAERSK KALMAR	13-Jul		29-Jul																										
MAERSK KYRENIA	20-Jul		5-Aug																										
MAERSK KIMI	27-Jul		12-Aug																										
SANTIA CRUZ	3-Aug		19-Aug																										
MAERSK KAMPALA	10-Aug		26-Aug																										
MAERSK KIEL	17-Aug		2-Sep																										
MAERSK GUAYAGUIL	3-Jul			20-Jul																									
CAP SAN TAINARO	10-Jul			27-Jul																									
MAERSK SENANG	17-Jul			3-Aug																									
MAERSK GUATEMALA	24-Jul			10-Aug																									
MAERSK GENOA	31-Jul			17-Aug																									
MAERSK SEBAROK	07-Aug			24-Aug																									
MAERSK KARLSKRONA	14-Aug			31-Aug																									
OELJUMEIRAH	04-Jul				07-Jul																								
OELJUMEIRAH	11-Jul				14-Jul																								
OELJUMEIRAH	18-Jul				21-Jul																								
OELJUMEIRAH	25-Jul				28-Jul																								
OELJUMEIRAH	01-Aug				04-Aug																								
OELJUMEIRAH	08-Aug				11-Aug																								
OELJUMEIRAH	15-Aug				18-Aug																								
MAERSK KLAIPEDA	06-Jul					01-Aug																							
MAERSK KALMAR	13-Jul					08-Aug																							
MAERSK KYRENIA	20-Jul					15-Aug																							
MAERSK KIMI	27-Jul					22-Aug																							
SANTIA CRUZ	03-Aug					29-Aug																							
MAERSK KAMPALA	10-Aug					05-Sep																							
MAERSK KIEL	17-Aug					12-Sep																							
MAERSK KLAIPEDA	06-Jul					24-Jul																							
MAERSK KALMAR	13-Jul					31-Jul																							
MAERSK KYRENIA	20-Jul					07-Aug																							
MAERSK KIMI	27-Jul					14-Aug																							
SANTIA CRUZ	03-Aug					21-Aug																							
MAERSK KAMPALA	10-Aug					28-Aug																							
MAERSK KIEL	17-Aug					04-Sep																							
VARADA	01-Jul						10-Jul																						
NEYAR	08-Jul						17-Jul																						
VARADA	15-Jul						25-Jul																						
NEYAR	22-Jul						02-Aug																						
VARADA	29-Jul						09-Aug																						
NEYAR	06-Aug						16-Aug																						
VARADA	13-Aug						23-Aug																						
VARADA	01-Jul						07-Jul																						
NEYAR	08-Jul						14-Jul																						
VARADA	15-Jul						21-Jul																						
NEYAR	22-Jul						28-Jul																						
VARADA	29-Jul						05-Aug																						
NEYAR	06-Aug						12-Aug																						
VARADA	13-Aug						19-Aug																						
VARADA	01-Jul						08-Jul																						
NEYAR	10-Jul						19-Jul																						
VARADA	25-Jul						03-Aug																						
NEYAR	07-Aug						16-Aug																						
VARADA	21-Aug						30-Aug																						
NEYAR	05-Sep						14-Sep																						
VARADA	20-Sep						01-Sep																						
CAP SAN TAINARO	04-Jul							05-Jul																					
MAERSK SENANG	11-Jul							12-Jul																					
SANTIA CRUZ	18-Jul							13-Jul																					
MAERSK GENOA	25-Jul							26-Jul																					
MAERSK SEBAROK	01-Aug							02-Aug																					
MAERSK KARLSKRONA	08-Aug							09-Aug																					
SAFIMARINE NYASSA	01-Jul								15-Jul																				
JEPFESIN MAERSK	09-Jul								22-Jul																				
MAERSK BOGOR	10-Jul								29-Jul																				
SAFIMARINE NGAMI	16-Jul								29-Jul																				
SAFIMARINE NYASSA	30-Jul								12-Aug																				
JEPFESIN MAERSK	06-Aug								19-Aug																				
MAERSK BOGOR	13-Aug								26-Aug																				
MAERSK KALMAR	02-Jul									17-Jul																			
MAERSK KYRENIA	09-Jul									24-Jul																			
MAERSK KIMI	16-Jul									31-Jul																			
SANTIA CRUZ	23-Jul									07-Aug																			
MAERSK KAMPALA	30-Jul									14-Aug																			

ABOVE MENTIONED ARE TENTATIVE VESSELS AND ARE SUBJECT TO CHANGE. ALSO HAVE DIRECT SERVICES TO ISTANBUL

# OUTBOUND

DUBAI

VESSEL	JEBELALI	ABU DHABI	ALEXANDRIA	AOABA	BAHRAIN	BARCELONA	BEIRUT	CHENNAI	COCHIN	COLOMBO	DAMMAM	DAR ES SALAM	DELHI	FELIXSTOWE	HAMBURG	JEDDAH	KARACHI	KUWAIT	MOMBASA	NEW YORK	NHAVA SHEVA	PORT LOUIS	RIYADH	ROTTERDAM	SHARJAH	SINGAPORE	SOHAR	UMM QASR
MAERSK KIEL	06-Aug												21-Aug															
MAERSK KITHIRA	13-Aug												28-Aug															
MAERSK KLAPEDA	06-Jul													03-Aug														
MAERSK KALMAR	13-Jul													10-Aug														
MAERSK KYRENIA	20-Jul													17-Aug														
MAERSK KIMI	27-Jul													24-Aug														
SANTA CRUZ	03-Aug													31-Aug														
MAERSK KAMPALA	10-Aug													07-Sep														
MAERSK KIEL	17-Aug													14-Sep														
MAERSK GUAYAGUIL	03-Jul														04-Aug													
CAP SAN TAINARO	10-Jul														11-Aug													
MAERSK SENANG	17-Jul														18-Aug													
MAERSK GUATEMALA	24-Jul														25-Aug													
MAERSK GENOA	31-Aug														01-Sep													
MAERSK SEBARCK	7-Aug														08-Sep													
MAERSK KARLSKRONA	14-Aug														15-Sep													
TENO	3-Jul															11-Jul												
CMA CGM BERLIOZ	10-Jul															18-Jul												
XIN NINGBO	17-Jul															25-Jul												
PAXI	24-Jul															1-Aug												
AMOLIANI	31-Jul															8-Aug												
XIN YAN TIAN	7-Aug															15-Aug												
TENO	14-Aug															22-Aug												
SAXONIA	07-Jul																06-Jul											
BOJANY BAY	10-Jul																13-Jul											
SAXONIA	17-Jul																20-Jul											
BOJANY BAY	24-Jul																27-Jul											
SAXONIA	31-Jul																03-Aug											
BOJANY BAY	7-Aug																10-Aug											
SAXONIA	14-Aug																17-Aug											
MAERSK SARATOGA	8-Jul																	9-Jul										
MAERSK SARATOGA	14-Jul																	16-Jul										
MAERSK SARATOGA	21-Jul																	23-Jul										
MAERSK SARATOGA	28-Jul																	30-Jul										
MAERSK SARATOGA	4-Aug																		6-Aug									
MAERSK SARATOGA	11-Aug																			13-Aug								
MAERSK SARATOGA	18-Aug																				20-Aug							
MAERSK SARATOGA	25-Aug																					27-Aug						
SAFMARINE NYASSA	01-Jul																				13-Jul							
JEPPESSEN MAERSK	09-Jul																				20-Jul							
MAERSK BOGOR	16-Jul																				27-Jul							
SAFMARINE NGAMI	30-Jul																					10-Aug						
SAFMARINE NYASSA	06-Aug																					17-Aug						
JEPPESSEN MAERSK	13-Aug																					24-Aug						
MAERSK BOGOR	20-Aug																					31-Aug						
MAERSK HARTFORD	04-Jul																					04-Aug						
MAERSK COLUMBUS	11-Jul																					11-Aug						
MAERSK DENVER	19-Jul																					18-Aug						
MAERSK KINLOSS	26-Jul																					25-Aug						
MAERSK KENSINGTON	02-Aug																					01-Sep						
MAERSK SENTOSA	09-Aug																					10-Sep						
MAERSK SELETAR	16-Aug																					16-Sep						
MS HAWK	01-Jul																					6-Jul						
MOEN ISLAND	07-Jul																					13-Jul						
MS HAWK	14-Jul																					20-Jul						
MOEN ISLAND	21-Jul																					27-Jul						
MS HAWK	28-Jul																					3-Aug						
MOEN ISLAND	04-Sep																					10-Aug						
MS HAWK	11-Sep																					17-Aug						
MAERSK GUAYAGUIL	3-Jul																					16-Jul						
CAP SAN TAINARO	10-Jul																					23-Jul						
MAERSK SENANG	17-Jul																					30-Jul						
MAERSK GUATEMALA	24-Jul																					6-Aug						
MAERSK GENOA	31-Jul																					13-Aug						
MAERSK SEBARCK	07-Aug																					20-Aug						
MAERSK KARLSKRONA	14-Aug																					27-Aug						
BOJANY BAY	4-Jul																						6-Jul					
SAXONIA	11-Jul																						13-Jul					
BOJANY BAY	18-Jul																						20-Jul					
SAXONIA	25-Jul																						27-Jul					
BOJANY BAY	1-Aug																						3-Aug					
SAXONIA	8-Aug																						10-Aug					
BOJANY BAY	15-Aug																						17-Aug					
SAXONIA	22-Aug																						24-Aug					
MAERSK KALMAR	6-Jul																							5-Jul				
MAERSK KYRENIA	13-Jul																							12-Jul				
MAERSK KIMI	20-Jul																							19-Jul				
SANTA CRUZ	27-Jul																							26-Jul				
MAERSK KAMPALA	03-Aug																							2-Aug				
MAERSK KIEL	10-Aug																							9-Aug				
MAERSK KITHIRA	17-Aug																							16-Aug				
ROBERT RICKMERS	04-Jul																								4-Jul			

ABOVE MENTIONED ARE TENTATIVE VESSELS AND ARE SUBJECT TO CHANGE. ALSO HAVE DIRECT SERVICES TO ISTANBUL

VESSEL	JEBELALI	ABU DHABI	ALEXANDRIA	AOABA	BAHRAIN	BARCELONA	BEIRUT	CHENNAI	COCHIN	COLOMBO	DAMMAMI	DARES SALAMI	DELHI	FELIXSTONE	HAMBURG	JEDDAH	KARACHI	KUWAIT	MOMBASA	NEW YORK	NHAVA SHEVA	PORT LOUIS	RIYADH	ROTTERDAM	SHARJAH	SINGAPORE	SOHAR	UMM QASR	
GSL MANET	10-Jul																								11-Jul				
DIYALA	18-Jul																									18-Jul			
GSL MANET	25-Jul																									25-Jul			
DIYALA	01-Aug																									1-Aug			
GSL MANET	08-Aug																									8-Aug			
DIYALA	15-Aug																									15-Aug			
MSC LA SPEZIA	07-Jul																										16-Jul		
MSC NEW YORK	14-Jul																										23-Jul		
MSC PALOMA	21-Jul																										30-Jul		
MSC REEF	28-Jul																										6-Aug		
MSC LONDON	04-Aug																										13-Aug		
MSC TINA	11-Aug																										20-Aug		
MSC MIRJAM	18-Aug																										27-Aug		
MSC PALOMA	25-Aug																										4-Sep		
AS ROBERTA	4-Jul																											05-Jul	
SONGA NUERNBERG	11-Jul																											12-Jul	
SONGA NUERNBERG	18-Jul																											19-Jul	
SONGA NUERNBERG	25-Jul																											26-Jul	
SONGA NUERNBERG	1-Aug																											02-Aug	
SONGA NUERNBERG	8-Aug																											09-Aug	
SONGA NUERNBERG	15-Aug																											16-Aug	
SONGA NUERNBERG	22-Aug																											23-Aug	
SONGA NUERNBERG	28-Aug																											30-Aug	
SONGA NUERNBERG	5-Sep																											07-Sep	
MV XIAMEN	07-Jul																												9-Jul
GUENTHER SCHULTE	14-Jul																												16-Jul
GUENTHER SCHULTE	21-Jul																												23-Jul
GUENTHER SCHULTE	28-Jul																												30-Jul
GUENTHER SCHULTE	04-Aug																												6-Aug
GUENTHER SCHULTE	11-Aug																												13-Aug
GUENTHER SCHULTE	18-Aug																												20-Aug
GUENTHER SCHULTE	25-Aug																												27-Aug

# 5 Fun Workouts For Your Brain

## 1. Name the Colors

Challenge your ability to stay focused! Quickly say aloud the color each word is printed in, not the word itself. Try it repeatedly to see if you can improve

<b>BLACK</b>	<b>YELLOW</b>	<b>YELLOW</b>
<b>PINK</b>	<b>RED</b>	<b>BLACK</b>
<b>BLUE</b>	<b>BLUE</b>	<b>RED</b>
<b>GREEN</b>	<b>GREEN</b>	<b>PURPLE</b>
<b>BLUE</b>	<b>RED</b>	<b>PINK</b>

## 4. Word World

Find as many words as you can in 3 minutes in the grid below to bolster pattern recognition and mental processing speed. Words can run in any direction—up, down, sideways, or diagonally—as long as each letter touches the next one. For example, you can form the word LARGE by starting with L, moving up to A, going diagonally to R, and so on. Try to beat our score of 25



## 2. List It

Flex your recall power by writing down as many types of animals as you can think of in 1 minute. We got 18. How did you do?

## 3. Scrambler

To test your brain's flexibility, try to make as many words out of the following as you can. Can you find 20 per word?

BALDERDASH  
CACOPHONY  
ONOMATOPOEIA

## 5. 7-Word Story

Test your creativity by writing a short story using only seven words!

Courtesy: prevention