



SESI PERKONGSIAN ILMU PPSKR

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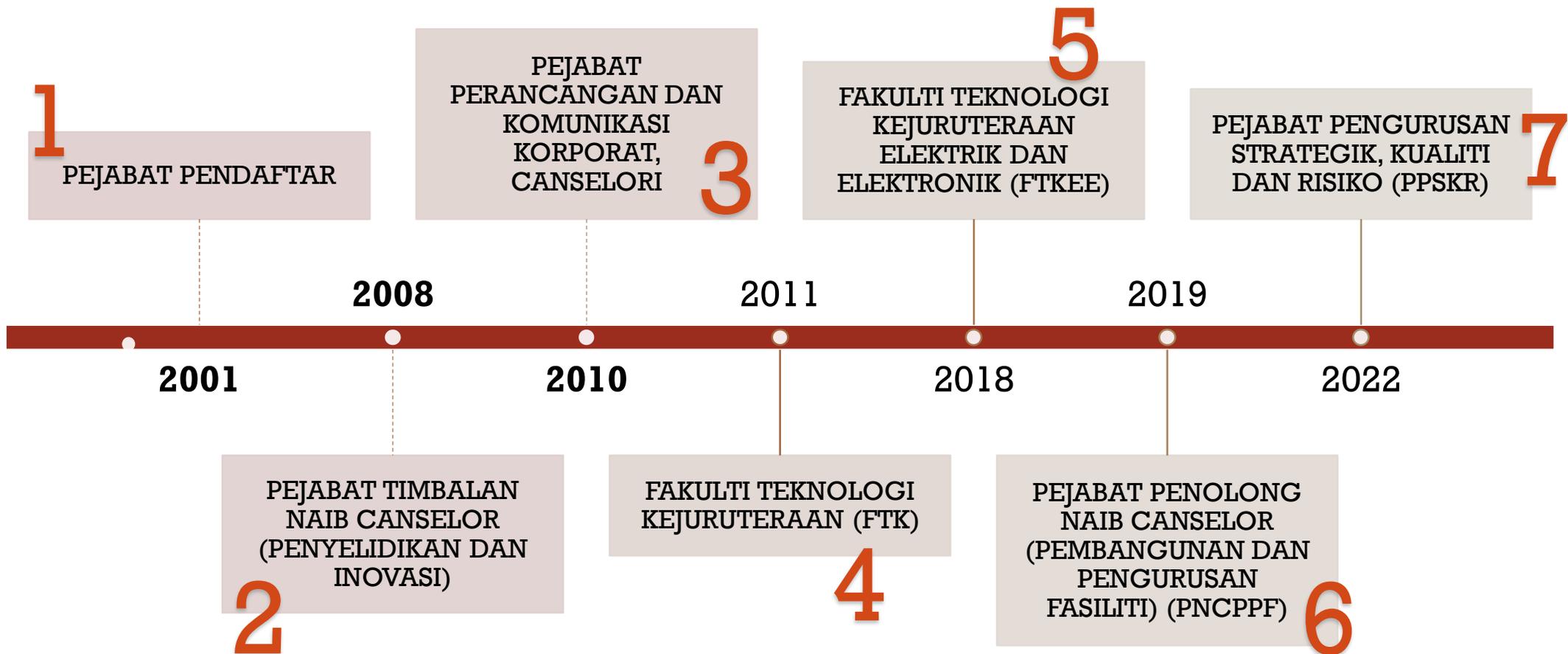
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PENEMPATAN DI UTEM



PERKONGSIAN HARI INI...





WHAT IS 'RIDDLES'?

- Riddles are questions or statements that offer a puzzle to be solved. They often involve critical thinking on the reader's part in order to figure out the answer, and this offers challenging entertainment.
- A riddle is usually **a question or statement that has multiple meanings and that needs to be solved**. Riddles can be thought-provoking or funny brain busters. It is like a puzzle that you are trying to solve
- A riddle is a word puzzle in which one player asks a confusing question, and the other player has to figure out its meaning. Riddles often rely on puns and double entendres – in other words, the key to solving the riddle is to realize that one of the words is being used in a surprising or unexpected way.
- Riddles are sometimes called brain teasers, but this term actually refers to a broader category of thought-based games. Riddles are just one form of brain teaser, alongside crosswords, Sudoku puzzles, and even math problems (when they're set up for fun).
- A riddle is **a puzzle or joke in which you ask a question that seems to be nonsense but which has a clever or amusing answer**.



THERE ARE SEVEN SPECIFIC WAYS THAT PUZZLES ARE GOOD FOR YOUR BRAIN

1. Puzzles Exercise Both Sides of Your Brain

The two hemispheres of your brain control different functions. The left side of your brain controls analytic and logical thinking and the right-side controls creativity. When you are working on puzzles, you are engaging both sides and giving your brain a real mental workout.

2. They Improve Your Memory

Working on puzzles reinforce the connections between our brain cells – and form new ones – so they are a great way to improve short-term memory. We use memory in the process of completing a jigsaw puzzle when we remember shapes, sizes, and pieces and visualize where they fit in. Studies have shown that the growth of new brain connections that are formed to help reduce the amount of brain damage in Alzheimer's patients.



3. They Improve Your Problem-Solving Skills

The ability to solve problems and think critically is useful in almost any life situation and puzzles help us develop these skills. Since puzzles require us to take different approaches to solve them, we learn how to work by trial and error, formulate and test theories, and how to change tracks if not successful according to *USA Today*.

4. They Improve Visual and Spatial Reasoning

You need to be able to look at individual parts of a jigsaw puzzle, or available spaces in a crossword puzzle and figure out how to fit the pieces or words into their space. If done regularly, according to *USA Today*, this will improve your visual and spatial reasoning skills and that translates into being a better driver and can make you a Tetris-like packer (especially when loading your car to take a college-age child to school).

5. They Enhance Your Mood

One of the brain benefits of puzzles is that they increase the production of dopamine, a neurotransmitter that regulates mood, memory, and concentration. Dopamine is released with every success as we solve the puzzle. No wonder puzzles are so much fun!



6. They Lower Your Stress Levels

Puzzles invigorate our brains, but they are also very relaxing. While we are concentrating on how to solve the puzzle, our minds are only on one task and that encourages our brains to go into a meditative state. This leads to a better mindset and better stress coping skills.

7. They can Improve Your IQ Score

Since puzzles can improve our memory, concentration, vocabulary, and reasoning skills it doesn't take a rocket scientist to see that they also raise our IQs. A [study](#) at the University of Michigan showed that doing puzzles for at least 25 minutes a day can boost your IQ by 4 points.



SEKADAR HIBURAN :

KOMPILASI TEKA TEKI DI TIK TOK –NAZIFA NIZAM



TERIMA KASIH

