

# Mindful of Word Searches: The Benefits of Puzzles

Y	A	Z	A	J	R	V	S	B	Q	U	V	N	R	V	C	H
S	Z	V	D	C	R	I	E	C	O	W	S	T	A	I	L	X
A	F	C	O	Y	R	Y	G	P	Y	S	E	N	T	S	L	B
Q	V	O	U	A	L	E	T	R	U	Y	W	V	E	H	A	T
R	U	R	B	Y	U	P	S	Y	B	S	Z	S	G	Q	V	H
G	I	N	L	I	L	I	B	C	E	Q	R	V	P	Q	N	X
O	O	H	E	V	N	I	Z	E	E	A	K	S	A	E	R	U
O	N	U	D	F	B	G	N	Z	L	N	L	V	R	R	L	H
S	I	S	O	N	O	K	T	L	L	I	T	U	M	Y	E	O
E	Q	K	G	U	F	T	I	I	A	A	F	M	E	L	R	A
B	K	S	S	F	N	P	R	T	H	E	R	A	O	K	L	R
O	F	X	I	N	R	V	E	C	S	M	O	Q	S	O	V	F
N	G	T	W	E	K	S	K	U	O	Y	Z	L	E	H	N	R
E	S	E	T	L	R	C	O	H	T	G	U	R	X	H	C	O
L	A	A	A	O	I	M	L	D	A	Q	P	T	I	F	R	S
P	C	W	H	K	Y	L	K	E	D	P	O	Y	I	J	G	T
R	J	L	A	P	A	E	Y	W	O	Q	J	W	K	E	V	A

# Activity, Time and Materials

## ACTIVITY:

Individuals will find words in a word search puzzle. After finding the words, the participants will learn about the words' cultural context within the folklore and folk art of the Northern Great Plains. Two word search puzzles are provided: one based on weatherlore, and a second one that includes a general range of folklore-related words.

## TIME:

The time will vary from individual to individual, depending upon the participant's abilities, timeframe, and whether or not the participant chooses to read into the cultural context of the featured words.

## MATERIALS:

- Pencils or pens
- Photocopies of the word search puzzles herein (for the visually impaired, enlarge the photocopies)
- The book *Sundogs and Sunflowers: Folklore and Folk Art of the Northern Great Plains*

**“THREE PLAGUES” (LONELINESS, BOREDOM,  
HELPLESSNESS):**

For the individual, the working of the puzzles is intended to address boredom, while reading into the cultural context of the puzzles’ answers will allow for the individual to make a personal connection. The working of the puzzles in a small group is intended to address loneliness, while reading into the cultural context of the puzzles’ answers is intended to stimulate further conversation and sharing between group members. This is especially true given that folklore often serves as common ground for people to connect.

**ASSOCIATED MEDICAL STUDY:**

Regular participation throughout life in mentally stimulating activities is theorized to encourage brain cells to develop rich connections that may help prevent them from damage and cause new brain cells to grow. These new cells may keep the person healthy and mentally alert as other cells die due to diseases such as Alzheimer’s, thus delaying the onset of symptoms.

*--Netzer, William J., Ph.D. “Doing Crossword Puzzles May Help Delay Alzheimer’s Onset” [a review of Dr. Hall’s study]. The Alzheimer’s Information Site (website), Fisher Center for Alzheimer’s Research Foundation at Rockefeller University, last modified January 5, 2010.  
<http://www.alzinfo.org/articles/prevention-and-wellness-7/>*

# Activity Plan

## SESSION 1:

(The time will vary from person to person, depending upon the participant's abilities, timeframe, and whether or not the participant chooses to read about the cultural context of the featured words.)

1. Provide copies of the word search puzzles and answers to those who wish to try them. Explain that further information and the cultural context of the featured words in the word searches can be found in the book *Sundogs and Sunflowers*. Encourage the use of the book, make it available, and let participants know where it can be found.

2. If the word search puzzles are worked by a group, have someone within the group read the cultural and folkloric information associated with each word. Read the information either while working on the puzzles or upon the puzzles' completion.

# Find the Words Associated with Weatherlore

Y	A	Z	A	J	R	V	S	B	Q	U	V	N	R	V	C	H
S	Z	V	D	C	R	I	E	C	O	W	S	T	A	I	L	X
A	F	C	O	Y	R	Y	G	P	Y	S	E	N	T	S	L	B
Q	V	O	U	A	L	E	T	R	U	Y	W	V	E	H	A	T
R	U	R	B	Y	U	P	S	Y	B	S	Z	S	G	Q	V	H
G	I	N	L	I	L	I	B	C	E	Q	R	V	P	Q	N	X
O	O	H	E	V	N	I	Z	E	E	A	K	S	A	E	R	U
O	N	U	D	F	B	G	N	Z	L	N	L	V	R	R	L	H
S	I	S	O	N	O	K	T	L	L	I	T	U	M	Y	E	O
E	Q	K	G	U	F	T	I	I	A	A	F	M	E	L	R	A
B	K	S	S	F	N	P	R	T	H	E	R	A	O	K	L	R
O	F	X	I	N	R	V	E	C	S	M	O	Q	S	O	V	F
N	G	T	W	E	K	S	K	U	O	Y	Z	L	E	H	N	R
E	S	E	T	L	R	C	O	H	T	G	U	R	X	H	C	O
L	A	A	A	O	I	M	L	D	A	Q	P	T	I	F	R	S
P	C	W	H	K	Y	L	K	E	D	P	O	Y	I	J	G	T
R	J	L	A	P	A	E	Y	W	O	Q	J	W	K	E	V	A

*(Enlarge copy for the visually impaired.)*

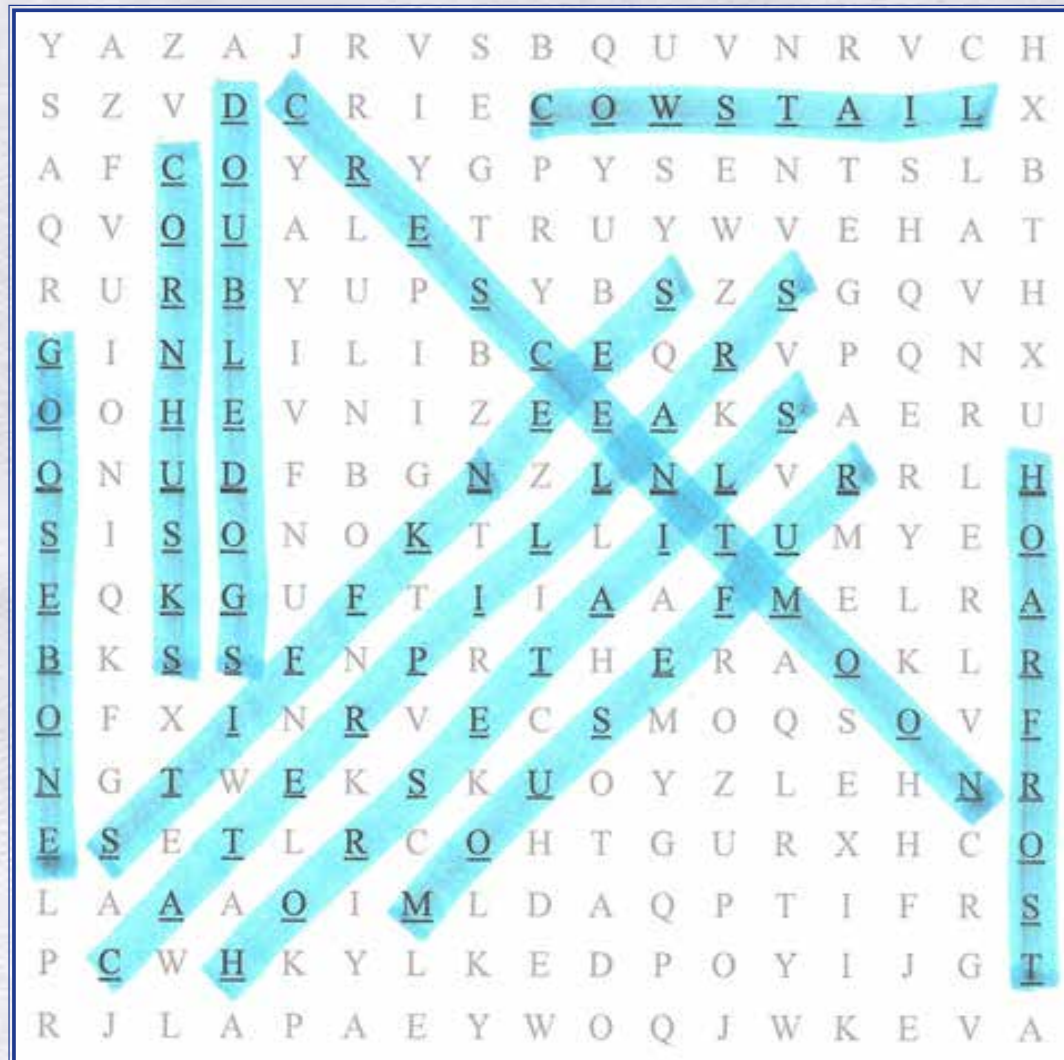
# Weatherlore Words

The featured words to be found are related to the weatherlore of the Northern Great Plains. The cultural and folkloric context with regard to these words can be found on the associated page numbers in the book *Sundogs and Sunflowers: Folklore and Folk Art of the Northern Great Plains*. This contextual information can serve as fun points of discussion and reminiscence.

- |                            |                              |
|----------------------------|------------------------------|
| 1. Goose Bone<br>page 90   | 6. Hoarfrost<br>page 99      |
| 2. Mouse Fur<br>page 90    | 7. Stiff Knees<br>page 99    |
| 3. Caterpillars<br>page 91 | 8. Crescent Moon<br>page 100 |
| 4. Corn Husks<br>page 93   | 9. Cow's Tail<br>page 102    |
| 5. Double Dogs<br>page 94  | 10. Horsetails<br>page 105   |

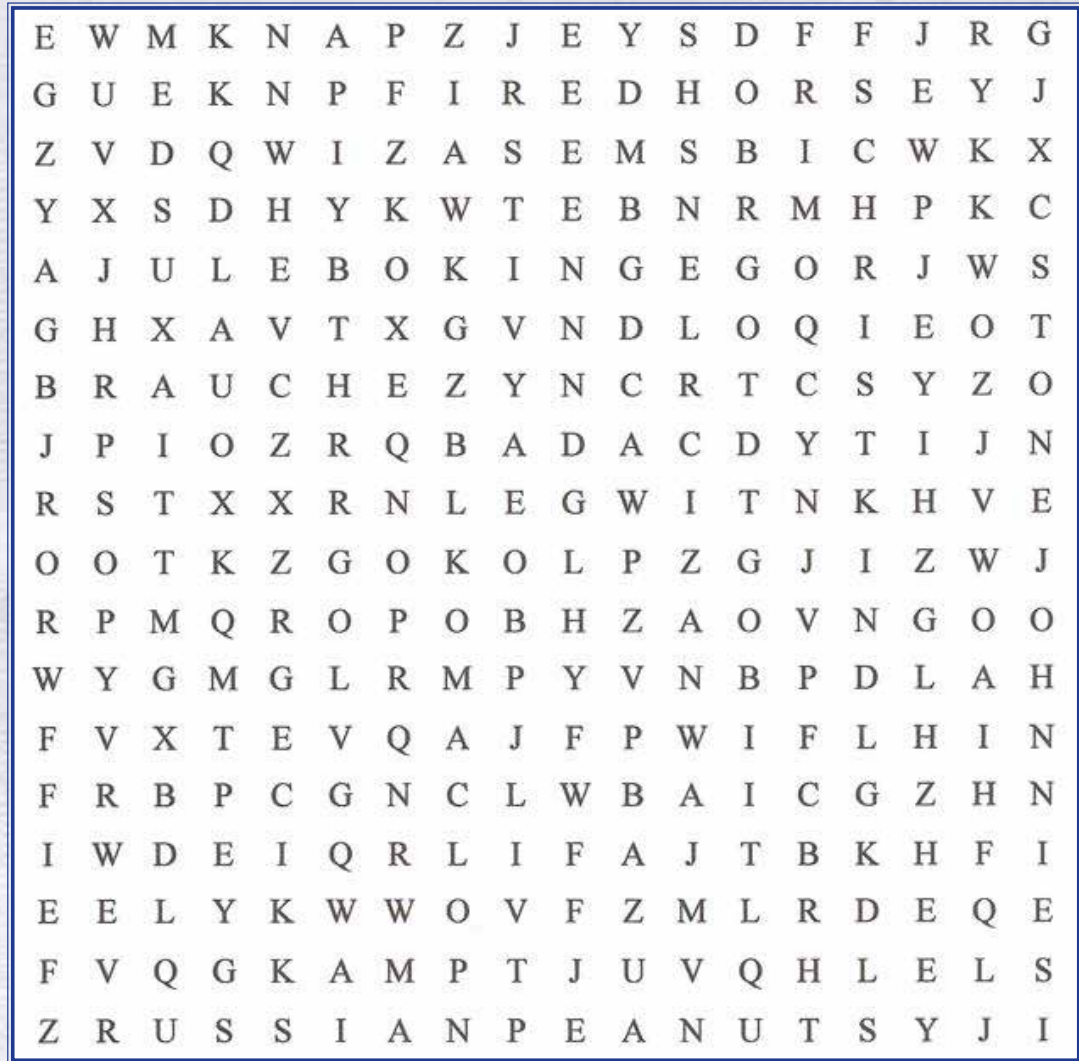
*(Enlarge copy for the visually impaired.)*

# Location Key for Weatherlore Words



*(Enlarge copy for the visually impaired.)*

# Find the Words Associated with Folklore



*(Enlarge copy for the visually impaired.)*



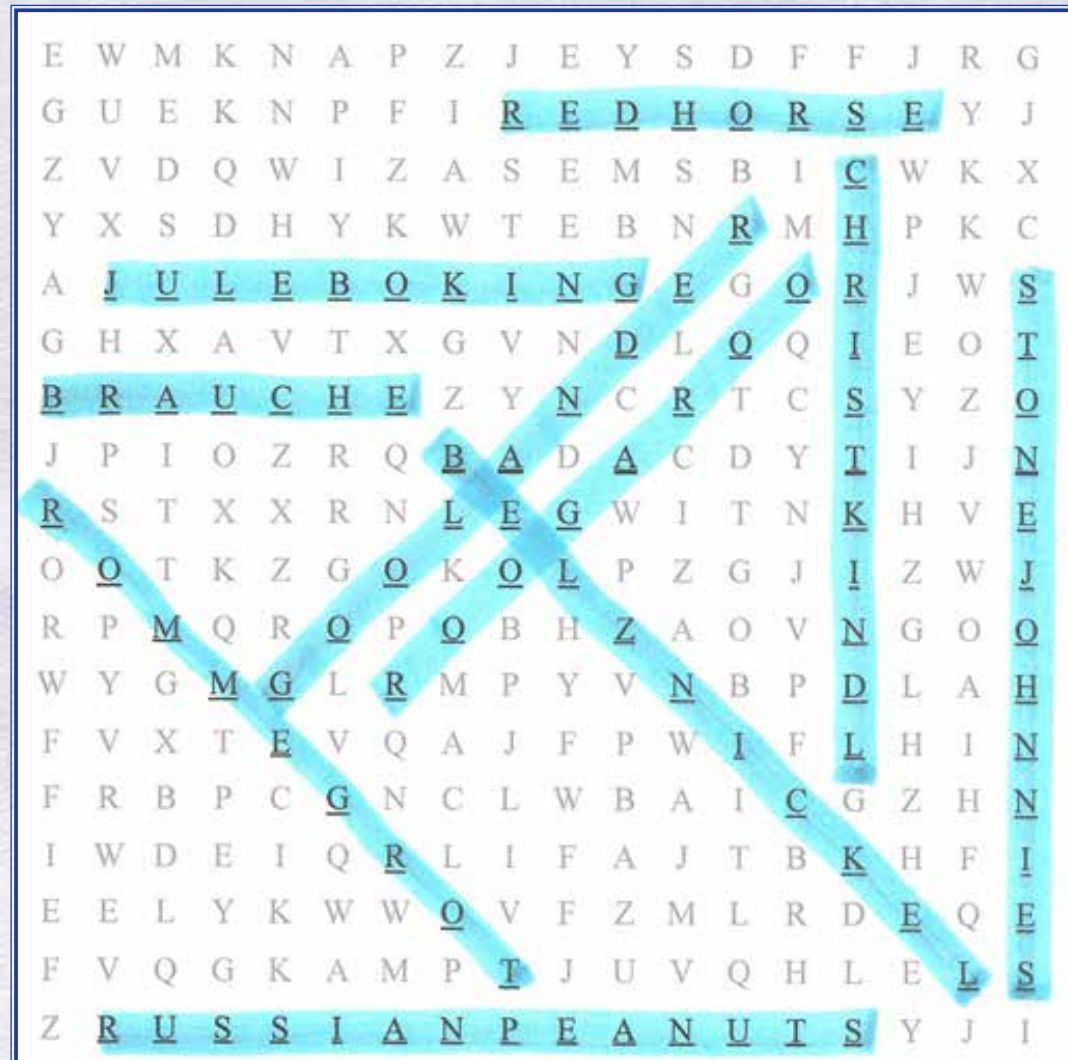
# Folklore Words

The featured words to be found are related to a general range of folklore from the Northern Great Plains. The cultural and folkloric context with regard to these words can be found on the associated page numbers in the book *Sundogs and Sunflowers: Folklore and Folk Art of the Northern Great Plains*. This contextual information can serve as fun points of discussion and reminiscence.

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| 1. Stone Johnnies<br>page 151       | 6. <i>Juleboking</i><br>page 215 |
| 2. <i>Rømmegrot</i><br>page 168     | 7. Goolander<br>pages 236-237    |
| 3. <i>Brauche</i><br>pages 174, 178 | 8. Redhorse<br>page 243          |
| 4. <i>Belznickel</i><br>page 214    | 9. <i>Roogaroo</i><br>page 276   |
| 5. <i>Christkindl</i><br>page 214   | 10. Russian peanuts<br>page 280  |

*(Enlarge copy for the visually impaired.)*

# Location Key for Folklore Words



*(Enlarge copy for the visually impaired.)*

### **AUTHOR • TROYD GEIST:**

Troyd is the state folklorist with the North Dakota Council on the Arts who is charged with encouraging the preservation and continuation of folk and traditional arts, heritage, and culture. He holds a Master of Arts degree in Sociology/Anthropology from North Dakota State University, and has participated in and conducted projects involving the impact of folk art and folk traditions on personal health and well-being. Those efforts include traditional storytellers working with fetal alcohol research and prevention programs, Bell's palsy as viewed and treated in traditional cultures, familial Alzheimer's disease tracking using anthropological methods, and the use of culturally infused narrative and traditional music for guided imagery. He directed the original *Art for Life* pilot project in 2001-2003, which measured the effects of long-term folk arts and artist interaction on combating the negative impact of the "Three Plagues" (loneliness, boredom, and helplessness) that many residents in elder care facilities experience. Subsequently, he developed the *Art for Life Program*. With Dr. Timothy J. Kloberdanz, Troyd co-edited, co-compiled, and co-authored the book *Sundogs and Sunflowers: Folklore and Folk Art of the Northern Great Plains*.

*(Word searches created by Troyd Geist, North Dakota Council on the Arts.)*

These materials, including images, are copyright of the North Dakota Council on the Arts, 2017.