# What's the purpose of a brain teaser game?

Brain teaser games provide exercise for the brain. The brain needs to be exercised just like other muscle or organ in the body. The brain needs stimulation to create new nerves and pathways. So cater brain teaser games to the level of focus and patience of the individual.

Brain games should be fun and whenever possible, work both sides of the brain. The left side of the brain manages logic, language, computations, linear thought, analysis, and sequencing of information. The right side of the brain focuses on creativity, imagination, intuition, feelings, and visualization.

Brain games encourage creativity, imagination, and daydreaming, all of which keeps the brain active, stimulated, and engaged. This stimulation is essential for seniors and can help to retain memory, improve attention span, and enhance and maintain language skills.