



## **Relational Training Exercises You Can Do On the Move**

The latest science shows that *Relational Training Systems* can help improve a wide range of mental abilities, including overall intelligence, as measured by IQ tests. We are the scientists who helped to make this discovery and develop the first publically available relational training system known as *SMART* (strengthening mental abilities with relational training).

This document provides an outline of some of the exercises that you can do to accompany your online SMART training. They are not a substitute for this training, but they can help to boost your training when you are on the road, sitting in a waiting room, or on the bus. You can print out this document and take it with you wherever you go for easy access.

You can do these exercises with kids in the car while on a long journey. Why not treat it like a family quiz that will actually help to make your kids smarter.

We have divided the exercises into quiz games that get more complex as you progress. Try them for a few minutes every day. The more slowly you work through these exercises the better. We would suggest you try just a few levels of each quiz each day, a few times per week to get the most benefit. You can also make up your own questions to help others or your kids. In each case we give suggestions as to how you can do this.

There is no time limit to the quiz. Take your time in trying to work out the answer to each question. In fact, we do not even provide the answers here. To get training, feedback and assistance in solving the kinds of puzzles presented in these exercises, you need to sign up and take the SMART training at [RaiseYourIQ.com](http://RaiseYourIQ.com)

**We hope you enjoy these exercises, and we are sure they will help to boost your mental ability.**

Treat this like a quiz. Remember, there is no time limit. It is better if you can work these answers out in your head.

### Exercise 1

To make up your own questions, simply insert other words from different languages in the place of the foreign language words we use here.

#### Level 1

“Manzana” is the Spanish word for Apple. What is an Apple in Spanish?

#### Level 2

“Madra” is the Irish word for the French word “Chien”. “Chien” is the French word for the English word “dog”. What is a “dog” in Irish?

#### Level 3

“Coche” is the Spanish word for the English word “Car”. “Car” is the English word for the Swedish word “Bil”. “Bil” is the Swedish word for the Italian word “auto”. What is an auto in Spanish?

#### Level 4

“Car” is the English word for the Swedish word “Bil”. “Car” is also the English word for the Italian word “auto”. “Coche” is the Spanish word for the Italian word “auto”. What is a Coche in Swedish?

## Exercise 2

To make up your own questions, simply insert words standing for different objects with different levels of value in the place of the nickels, dimes and pennies used below. For example you could use foods of different taste value (not so tasty, tasty and really tasty)

### Level 1

If a dime is worth more than a nickel, is a nickel worth more or less than a dime?

### Level 2

If a dime is worth more than a nickel, and a nickel is worth more than a penny, is a nickel worth more or less than a penny?

### Level 3

If an object A is larger than another object B, and B is larger than another object C, and C is larger than another object D, is D less than or more than A?

### Level 4

If an object B is larger than another object C, and an object A is larger than B, and an object D is smaller than object C, is D less than or more than A?

### Exercise 3

To make up your own questions, simply insert other pairs of words with opposite meanings or relationships to each other (e.g., types of weather that are more or less wet than each other).

#### Level 1

I have two dogs, Aaron and Bart. If Aaron is really big and is opposite to Bart, then what is Bart?

#### Level 2

If Jack (who is very tall) is opposite to Paul, and Paul is opposite to Charlie, then what is Charlie like?

#### Level 3

If A is opposite to B, and B is opposite to C; and C is opposite to D, are A and D the same or opposite? What about A and C? If A is really big, then what is D?

#### Level 4

If A is opposite to B, and D is opposite to C, and B is opposite to C, are A and D the same or opposite? What about C and A? If D is hot, then what is A?

## Exercise 4

To make up your own questions, simply insert different months, or days of the week, or people's birthdays.

### **Level 1**

If Tuesday comes before Thursday, does Thursday come before or after Tuesday?

### **Level 2**

If Tuesday comes before Thursday, and Thursday comes before Friday, does Friday come before or after Tuesday?

### **Level 3**

Imagine that we give each day of the week a color label. If blue day comes before red day, and red day comes before purple day, does purple day come before or after blue day?

### **Level 4**

Imagine that we give each day of the week a color label. If blue day comes before red day, and red day comes before purple day, and yellow day comes after purple day, does yellow day come before or after blue day?

## Exercise 5

To make up your own questions, simply insert different category labels and names of category members (e.g., trees and types of trees, flowers and types of flowers).

### Level 1

If a broad bean is a type of bean, is a bean a type of broad bean?

### Level 2

If an Alsatian is a type of dog, and a dog is a type of mammal, is an Alsatian a type of mammal? Is a mammal a type of Alsatian?

### Level 3

If an object A is a type of object B and an object B is a type of object C, then is an object A a type of object C?

### Level 4

If a broad bean is a type of pulse and a pea is a type of pulse, is a broad bean a type of pea? (This is a tricky question. We cannot know the answer to this).

## Exercise 6

To make up your own questions, insert different emotions and locations (such as “in the mall” and “at school”). You should not replace the words “I” and “you”. These are crucial to the exercise.

### **Level 1**

If I am here and you are there, where are you and where am I?

### **Level 2**

If I am here and you are there, and if I was you and you were me, where would you be? Where would I be?

### **Level 3**

If yesterday I felt sad and today I feel happy, and if now was then and then was now, how did I feel then?

### **Level 4**

If I feel sad and you feel happy and if I was you and you were me, and if sad was happy and happy was sad, how would you feel? How would I feel?