

Size Range and Shape

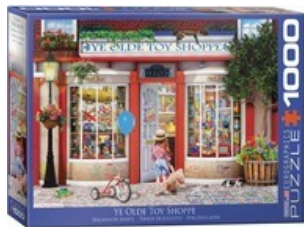
Jigsaw puzzles range from 24 pieces up to as large as 2000 pieces. Some jigsaw puzzles are round or shaped like an animal or butterfly



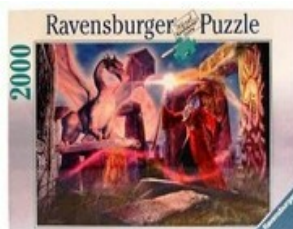
24pieces



500 pieces



1000 pieces



2000 pieces

Enquiries:

Casino

Graham Place, Casino

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Monday—Friday 10am-5.30pm

Saturday 9am—12 Noon

Kyogle

Stratheden Street, Kyogle

Ph: 6660 0240

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Tuesday—Friday 10am—5.30pm

Saturday 9am—12noon

Evans Head

Woodburn Street, Evans Head

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Monday—Friday 8.30am to 4.30pm

Saturday

9.30am—12 noon

Coraki

Phone/Fax 6660 0230

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**Richmond
Upper Clarence
Regional
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**JIGSAW PUZZLE
COLLECTION**

**Adults and
Children's**

**Bringing the library
and community
together
one piece
at a time**

Benefits of doing Jigsaw Puzzles

When you think of puzzles, you usually think of a hobby, a way to pass the time and relax. The truth is in addition to having fun, they also have numerous health benefits. From improving your memory and mood, helping children in their skill development, to preventing major illness in the elderly.

When you work on a puzzle you are doing more than fitting pieces together. Jigsaw puzzles stimulate many different parts of the brain, making them beneficial for all manner of mental processes.



Mental exercise

Doing puzzles can be considered a **complete brain exercise** since it exercises both the right and left sides. The right is in charge of creativity, emotions and intuitive thinking and the left is the logical, objective and methodical side. When you do a puzzle both sides must communicate and work together, increasing cognitive function.

Greater attention to detail

When solving a puzzle, especially if the pieces are very similar, it is crucial to pay attention to details. You need to train your eyes to find the small differences in colours or shapes to help complete the image.



Improve Memory

Strengthens neural connections and increases the generation of new connections. This increases mental speed and thought processes. When you exercise the part of the brain in charge of storing this information it helps to maintain and improve short-term memory.

Help with problem solving



To solve the puzzles you take different approaches to try to solve a problem, since it is a trial and error test. You also learn the value of formulating theories, testing hypotheses and changing your perspectives when something doesn't go as planned. These skills can be transferred to work, making you more innovating in problem solving, more critical thinking and better adaptive skills.

Increased Productivity

When you are happier and less stressed, it is easier to focus. When your concentration improves, your productivity skyrockets. If you're having trouble staying focused on your studies or work, consider taking a short break to do a puzzle to rest your brain. Many work places are beginning to include puzzles in their resting areas. The puzzles help people disconnect from work for a few minutes and come back refreshed and ready to start again.



Better Mood

Solving puzzles has a great benefit, it increase brain production of dopamine. This is responsible for regulating mood and optimism. It also effects learning, memory, concentration and motivation. Dopamine is released every time we do a puzzle and even every time we put a piece in the right place. This encourages us to continue to do so and challenge ourselves.

Jigsaw Puzzles available on the Library Catalogue



Trex on the prowl
Finding Dory
Coral reef
Dinosaurs
FX Superglide
Funny Farmyard Friends



Route 66 Museum
Sloth shaped
Owl shaped
Great Barrier Reef coral
Prestige



Bathing Tiger
Enchanted Spring
Rainbow Cottage
Village Collage
Santorini The Greek Islands
Garden Shed
Sidewalk Cafes - Portugal
Indian Pacific - Journey Beyond



Australia
Flower Show
Merlin's Labor
Pirate Ships
Romantic Paris