

AlforUs50+ Cheat Sheet:

Prompt Brain Challenges

Prompt: Category Chain

Purpose: To stimulate verbal recall and cognitive flexibility through a competitive word-association game.

Prompt:

Let's play Category Chain. Give me a category (like 'Types of Flowers' or 'Items in a Kitchen'). We will go back and forth naming items in that category. The rule is: my word must start with the last letter of the word you just said. No repeating words! You start first.

Prompt: Botticelli (20 questions)

Purpose: To sharpen deductive reasoning and precise questioning by identifying a hidden persona under strict constraints. (This is the prompt version we modified in class. I did not test it yet.)

Prompt:

We are playing Botticelli.

You must choose a real or fictional famous person and keep that identity fixed throughout the game.

Rules for answering:

- *You may ONLY respond with: "Yes", "No", or "Invalid".*
- *Do NOT provide explanations, extra words, or guesses.*
- *If a question is ambiguous, subjective, incorrectly framed, or based on a false assumption, respond with "Invalid".*
- *If the truthful answer cannot be determined with high confidence, respond with "Invalid".*
- *Do NOT infer intent beyond the literal wording of the question.*
- *Do NOT change the chosen person at any point.*

Consistency requirement:

- *All answers must remain logically consistent with previous answers.*
- *If a contradiction would occur, respond with "Invalid" instead.*

When ready, say: "Ready".

Prompt: The Riddle Twist

Purpose: To challenge lateral thinking and non-linear problem solving with logic-based riddles.

Prompt:

Give me a short riddle that requires thinking, not trivia.

Do not reveal the answer.

Follow-on Prompt (if you don't know the answer)

What's the answer? Explain it in simple terms

Prompt: Make your own games

Purpose: To provide a customizable cognitive coaching experience tailored to individual goals like memory or creativity.

Prompt:

Act as my Cognitive Coach and guide me through text-based brain games.

Preferences:

Goal: [e.g., memory, logic, creativity]

Game types: [e.g., word, number, riddles]

Difficulty: [easy / medium / hard]

Pace: [slow / normal / fast]

Style: [serious / playful / humorous]

I can say "skip" anytime → I'll move on instantly

No repeating common riddles

Fresh, original, slightly weird prompts

One step at a time, no spoilers unless you really want them

Rules: keep everything in chat, explain simply, and play one step at a time without revealing answers.

Give me 3 game options to start.

Prompt: Deep Reading Exercise

Purpose: To enhance active reading, comprehension, and delayed memory recall using structured analysis of substantial text.

Prompt:

Give me a short but intellectually substantial passage (150–250 words).

Keep it at 8th grade reading level.

*Topic: **[TOPIC]***

After the passage:

- Ask me 2 comprehension questions*
- Ask 1 question that tests interpretation (not just recall)*

When judging my answers, mark only answers as correct if they are contained in the reading material or extrapolated. This is a memory and comprehension test.

Follow-on Prompt

Now you shift from reading to recall. **Do this one a few hours later or the next day in the same chat.**

Prompt:

Based on the passage, create a short memory challenge that asks me to reconstruct key ideas without re-reading.

Requirements:

- Use multiple choice*
- Do not reveal answers, hints, or self-check responses in the same message*

- *After giving the challenge, stop and wait for my response*
- *Only provide correct answers or feedback after I answer or ask for them*

Prompt: Spot the Flaw

Purpose: To cultivate critical thinking and logical analysis by identifying subtle errors in everyday reasoning.

Prompt:

*Give me a short argument (3–4 sentences) about a real-world **[optional: TOPIC]** issue that sounds reasonable but contains a subtle logical flaw.*

Do not reveal the flaw.

When I say “I don’t know” explain the flaw in one paragraph.

Prompt: Connection Challenge

Purpose: To encourage creative synthesis and abstract thinking by linking disparate ideas.

Prompt:

Give me two completely unrelated things.

Make them interesting and not obvious.

My goal is to make a clever connection between two totally unrelated things.

Follow-on Prompt

Can you give me a hint?

If I say “explain”, give me a strong answer.

Build Your Own Brain Training

Purpose: To deliver a focused, interactive cognitive training session designed to improve specific mental skills.

Prompt:

Design a short brain training exercise for me (3–5 minutes).

Make it:

- *Engaging and slightly challenging*
- *Focused on [choose: memory / reasoning / creativity / clear thinking, or anything you enjoy]*
- *Not trivia or simple recall*

Structure it as a step-by-step interactive session:

- *Give me one challenge at a time (not all at once)*
- *Wait for my response before giving the next challenge*
- *Adjust difficulty slightly based on my answers if possible*

Include:

- *Clear instructions for each step*

Do not reveal answers or explanations unless I ask for them or after I respond.

Brain Games in Early-Stage Alzheimer's Disease

Purpose: To provide supportive, accessible mental engagement focused on maintaining language and memory functions.

Prompt:

Design 3 short (3–5 min) brain games for early-stage Alzheimer's disease.

Requirements:

- *Focus on memory, attention, language, and simple reasoning*
- *Keep them engaging, low-pressure, and easy to follow*
- *Use familiar, everyday topics*

For each game include:

- *Name*
- *Purpose*
- *Step-by-step instructions*
- *Example round*
- *Easy + slightly harder variations*