

Dyslexia Brain Quest

A fun, no-pressure printable activity game

This game is designed to explore words, sounds, memory, patterns and sequencing without speed, scoring pressure or embarrassment. There is no timer. Players can read independently, have the questions read aloud, use a finger or ruler to track text, write answers, point, circle, cut out cards or answer verbally. Using support is part of the game.

How to play

Work through the quests in any order. Each completed quest earns a star simply for taking part. There is no penalty for changing an answer or asking for a clue. For younger players or anyone who finds the page visually busy, cover the activities below the current question with a blank sheet of paper.

★ My name: _____ ★ Date: _____

QUEST 1 — Spot the Pattern

Circle the word that does **not** belong in each group.

1.	light	night	right	rain
2.	cake	lake	make	look
3.	play	stay	day	dog
4.	boat	coat	goat	book

Bonus: What did the other three words have in common? _____

QUEST 2 — Build a Word

Choose a beginning or ending to make a real word. More than one answer can sometimes work — that is part of the fun.

___shine	sun	run	fun
rain___	bow	bag	bit
___light	day	dog	cup
play___	ground	green	glass

Make your own joined word: _____ + _____ = _____

QUEST 3 — Sound Detective

Say the words aloud or ask someone to read them. Circle the two that sound most alike at the end.

cat	hat	car
tree	bee	train
moon	spoon	mouse
fish	dish	five

QUEST 4 — Memory & Focus

Look at each line for as long as you need. Cover it, then say or write what you remember. There is no 'right' amount to remember.

A. RED DOG 7

What did you remember? _____

B. STAR BLUE CUP 4

What did you remember? _____

C. TRAIN 2 GREEN MOON KEY

What did you remember? _____

Try a strategy: group the items, say them aloud, make a tiny story or picture them. Which strategy helped?

QUEST 5 — Put It in Order

Number each set 1–4 in the order that makes sense to you.

Getting ready to go out	___ Put on shoes	___ Get dressed	___ Leave the house	___ Find what you need
Making toast	___ Eat it	___ Put bread in toaster	___ Add topping	___ Toast pops up
Sending a message	___ Press send	___ Read/check it	___ Write or dictate it	___ Decide who it is for

QUEST 6 — Which One Is Different?

There can be more than one sensible answer. Pick one and explain your thinking — your reason matters more than matching somebody else's answer.

apple	orange	banana	broccoli
bus	train	car	pillow
pencil	pen	crayon	shoe
Monday	Tuesday	Friday	January

My reason: _____

QUEST 7 — Letter Detective

Look carefully rather than quickly. Circle every target letter. Use a ruler, finger or blank paper to track the line if that helps.

Find every b: d b p b q d b p b d

Find every p: q p b d p q p b d p

What helped you scan the line? _____

QUEST 8 — Word Treasure Hunt

Find and circle the hidden word inside each longer word.

sun	sunshine
rain	rainbow
play	playground
book	notebook
day	daylight
room	bedroom

QUEST 9 — Make Your Own Challenge

Create a puzzle for somebody else. You can make a rhyme, an odd-one-out group, a sequence or a hidden-word challenge.

My challenge:

Answer / clue:

QUEST 10 — My Strategy Star

The final quest is not about spelling. Tick or circle the strategies that helped you today.

☐ I took my time	☐ I said words aloud
☐ I asked for a clue	☐ I covered part of the page
☐ I used my finger/ruler	☐ I broke the task into steps
☐ I changed an answer	☐ I asked someone to read
☐ I found my own strategy	☐ I kept going when it felt tricky

My favourite activity was: _____

Something I discovered about how I learn: _____

Brain Quest complete ★

There is no score to beat. The aim was to notice patterns, experiment with strategies and find ways of working that feel useful. Asking for support, slowing down and trying a different route all count as successful problem-solving.

Space to Breathe Therapy

Answer & Support Guide

This page is for the adult, facilitator or player who wants to check the structured questions. It is deliberately separate so the activity pages can remain exploratory.

Quest 1: 1 rain; 2 look; 3 dog; 4 book. The other words share the displayed ending/rhyme pattern.

Quest 2: sunshine; rainbow; daylight; playground. The open-ended activity can have any genuine joined/compound word.

Quest 3: cat/hat; tree/bee; moon/spoon; fish/dish.

Quest 4: There is no minimum score. Focus on discovering a memory strategy rather than measuring capacity.

Quest 5: Accept logical sequences and discussion. A suggested order is: get dressed → find what you need → put on shoes → leave; bread in toaster → toast pops up → add topping → eat; decide recipient → write/dictate → read/check → send.

Quest 6: Suggested answers are broccoli, pillow, shoe and January, but accept another answer when the player can explain a coherent rule.

Quest 7: Four b letters and four p letters. Do not turn this into a timed visual test.

Quest 8: Each target word appears directly within the longer word shown.

Quest 9: Open activity. Let the player become the puzzle designer.

Quest 10: No correct answer. Reinforce useful strategies rather than speed or independence from support.

Important: This printable game is an engagement and confidence-building resource. It is not a dyslexia screening or diagnostic assessment and should not be used to judge reading age, intelligence or severity of dyslexia.