Riddle Me This

- What goes away as soon as you talk about it?
- What has a face and two hands, but no arms or legs?
- What has a bed but never sleeps, runs but never walks, and has a bank but no money?

Riddles and brain teasers are another form of puzzle. Riddles are a type of statement, question or phrase, whose purpose is to make a person think. This type of brain teaser challenges our normal modes of thinking, encouraging us to think in a new way. This keeps our minds stimulated and increases memory power.

True fact - riddles actually can lower stress levels! Being focused on just one task can give your brain cells a chance to relax and can enhance positive feelings.

So, to help your mental health, try out some of these fun riddles: https://parade.com/947956/parade/riddles/

Oh, and what are the answers to the three riddles above? 1. The silence, 2. A clock, 3. A river