



# Jigsaws

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# What are Jigsaws?

## JIGSAWS -

IT'S a puzzle game in which it is required to compose a mosaic of many fragments of a pattern of different shapes.

According to psychologists, putting together puzzles helps develop imaginative and logical thinking, attention, perception, in particular, to distinguish individual elements by color, shape, size. It teaches you to correctly perceive the connections.



# When was it invented?



According to one version, John Spilsbury, a London cartographer and publisher, was the first to invent puzzles around 1760. He made a fascinating puzzle - he sawed a black and white paper geographical map, previously glued on a wooden base, along the lines of the state borders. The map was asked to be reassembled.

# Distribution

In 1909, the first factory production of jigsaw puzzles with staple pieces was opened in the United States.

As a result of the beginning of mass production of jigsaws, puzzles became cheaper, which increased the popularity of the game. Today, the principle of production has not changed much. The motif, printed on cardboard, is cut with a punching machine into many small pieces.



# Why is it

Puzzles are also a great way to relieve stress. They help to relax psychologically and distract from everyday problems. Solving puzzles and searching for solutions immerses the brain in a meditative state.

# popular?

Meditation is useful for developing stress management skills and improving your own productivity. It helps to maintain a positive mood and improve self-esteem.