This paper explores the development of mental mathematics systems and discusses their practical applications and use as educational games in the classroom. The four systems mentioned in this paper include the Vedic System, developed by the Aryans and the Trachtenberg System, created by Jakow Trachtenberg during World War II. Also, included are two Chinese contributions: the Abacus method and another from the book "The Nine Chapters on the Mathematical Art." The pros and cons of each method are discussed. Some of the techniques contained in this paper involve simple arithmetic sequences while others involve quadratic equations and matrices. (Received September 23, 2010)