

COGNITIVE EXERCISES#3



Content developed in partnership with COGWEB®

KEEP It**fun!**

Having an active and varied routine is one way to counteract the effects of a degenerative disease like Parkinson's. It is essential to take care of yourself by weighing yourself regularly, monitoring your blood pressure, doing an adequate amount of exercise and following a balanced diet, but it is also important to exercise your brain. It is recommended that you make this part of your weekly routine.

WE CAN HELP YOU ORGANISE YOUR ACTIVITY SCHEDULE, BUT DON'T FORGET TO ALWAYS CONSULT YOUR DOCTOR



Instructions for the cognitive training exercises

To facilitate your cognitive training, we have prepared ready-to-print worksheets. To do the exercises, you should find a comfortable, quiet environment and have a pencil and eraser with you. Follow the instructions for each exercise provided throughout the worksheet.

HAVE FUN AND KEEPIT**ON**







The following pages must be **printed in colour**. • pages 5, 10, 11 and 12



Memorise the shopping list below.





Without reading the list again, write the items below: You can write them in any order you like.





ATTENTION



Circle the repeated symbol group in the grid below.



ATTENTION

EXERCISE 3

In the text below, **circle** all instances of the letter T.

THE MORNING WEATHER BULLETIN REPORTED THAT THERE COULD BE BAD WEATHER DURING THE WEEKEND. THE FORECASTS ARE OF STRONG WINDS AND HEAVY RAIN, WITH SOME OF THE BUILDINGS NEAR THE RIVER IN DANGER OF FLOODING. PEOPLE WERE ASKED TO AVOID TRAVELLING.

THERESA WAS NOT HAPPY WITH THIS REPORT. THE PREVIOUS WEEK, SHE HAD MADE PLANS TO GO FOR A WALK TO THE VILLAGE CENTER WITH HER SISTER-IN-LAW. WITH THIS CHANGE OF PLANS, THERESA ENDED UP STAYING AT HOME WATCHING TELEVISION INSTEAD. A NEW SITCOM WAS ON, AND IT SEEMED VERY FUNNY.



EXECUTIVE FUNCTIONS



Note the following grid. Below the grid there are lists of words grouped by number of letters. Fill in the blanks with those words, taking into account the number of letters, as shown in the example.

	R	0	0	Μ

2 letters	3 letters	4 letters	5 letters	6 letters
То	Rat	Room	Oaths	Orbits
No	See			Combat
Не	RoR			Browse
	Mob			Ribbon
	War			





Remember the shopping list you had to memorise?

Write the items below, in any order you like.



ATTENTION

EXERCISE 5

Find and circle the sequence below in the grid. The sequence may be as it is or reversed.







Memorise the following picture.



LANGUAGE

EXERCISE 7

Form as many words as you can using the following syllables.

MA MI KE CA DI CE





Do you remember the picture you had to memorize? Check it below.







CALCULATIONS

EXERCISE 8

Solve the following arithmetic operations:







Remember the shopping list you had to memorise?

Write the items below, in any order you like.



ATTENTION

EXERCISE 9











Memorise the color sequence below.



EXECUTIVE FUNCTIONS

EXERCISE 11



Pay attention to the traffic light. Whenever the light is green, you must circle, in the set of arrows on the right, the same arrow as the one on the left side of the traffic light. Whenever the light is red, mark the arrow pointing in the opposite direction.













MEMORY

EXERCISE1



Remember the shopping list you had to memorise? Write the items below, in any order you like.

1	
2	
3	
4	
5	
6	



DIARY





Exercise1

Bread, Oranges, Onions, Pepper, Water, Butter

Exercise 2



Exercise 3

THE MORNING WEAT HER BULLETIN REPORTED THAT THERE COULD BE BAD WEATHER DURING THE WEEKEND. THE FORECASTS ARE OF STRONG WINDS AND HEAVY RAIN, WITH SOME OF THE BUILDINGS NEAR THE RIVER IN DANGER OF FLOODING. PEOPLE WERE ASKED TO AVOID TRAVELLING.

THERESA WAS NOT HAPPY WITH THIS REPORT. THE PREVIOUS WEEK, SHE HAD MADE PLANS TO GO FOR A WALK TO THE VILLAGE CENTER WITH HER SISTER-IN-LAW. WITH THIS CHANGE OF PLANS, THERESA ENDED UP STAYING AT HOME WATCHING TELEVISION INSTEAD. A NEW SITCOM WAS ON, AND IT SEEMED VERY FUNNY.



Exercise 4

		R	0	0	Μ
С		I		А	
Ο	R	В	I	Т	S
Μ	0	В		Н	Е
В	R	Ο	W	S	Е
Α		N	0		
Т	0		R	А	Т

Exercise 5





Exercise 6



Exercise **7** (possible answerexamples)







Exercise 9

20382910427	71544639910
5 6 8 1 4 5 2 9 3 6	6 5 5 8 2 0 3 8 0 2 3
4 2 3 0 9 2 3 1 4 2	51802856541
93471098253	0 2 9 5 8 2 7 9 9 1 7





Bial

Exercise 11





This information is not meant to replace clinical or medical examinations, nor is it conducive to a clinical judgement on the recommendation or risks of a given procedure for each person with Parkinson's disease. Please consult your doctor for personalised medical advice.