

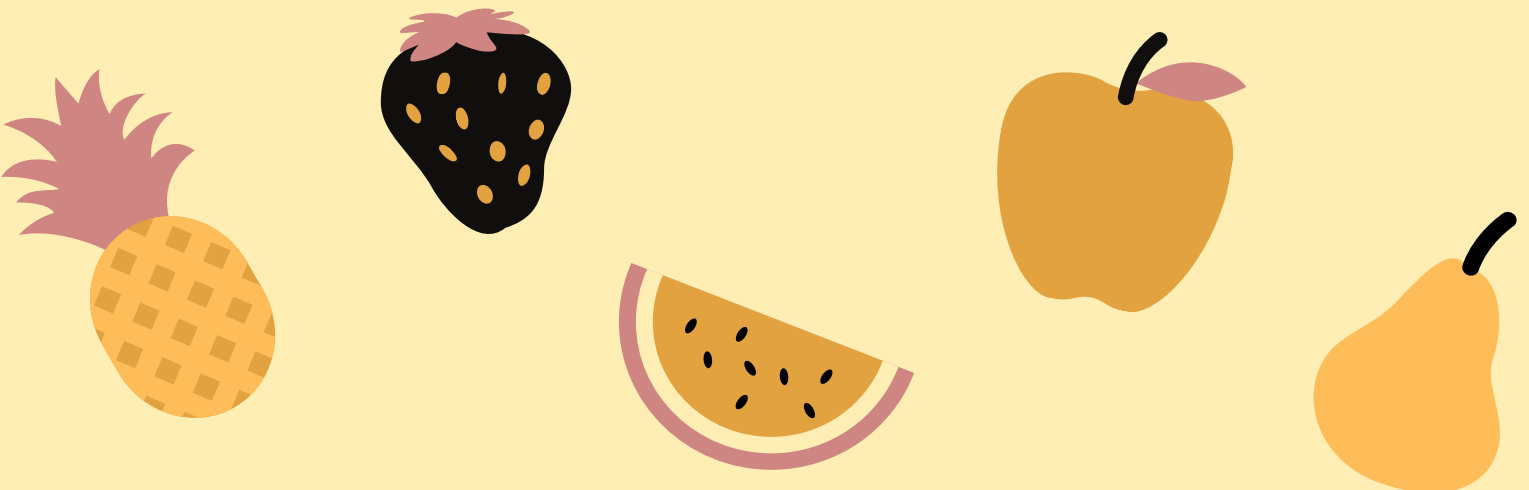
Cognitive Activities



Here are examples of activities to increase cognitive skills

Fruit Shape Matching

Cut out the fruits at the bottom and paste it accordingly in the basket below.



Positive adjectives Word Search

B	T	F	A	N	T	A	S	T	I	C	V
E	Y	N	Y	H	E	L	P	F	U	L	F
A	N	O	E	M	E	Y	R	X	A	X	B
U	I	E	V	I	T	I	U	T	N	I	i
T	M	A	D	A	T	Q	D	K	P	H	W
I	C	S	F	I	D	A	V	L	X	P	D
F	A	Q	C	L	L	O	P	J	V	R	E
U	L	A	R	A	K	I	R	D	J	J	T
L	M	S	S	Y	I	X	G	A	R	A	I
U	R	W	G	O	N	S	B	E	B	D	C
P	A	D	V	L	D	F	X	M	N	L	X
S	U	O	R	E	N	E	G	H	R	T	E



Adorable

beautiful

Calm

diligent

Excited

Fantastic

generous

helpful

intuitive

kind

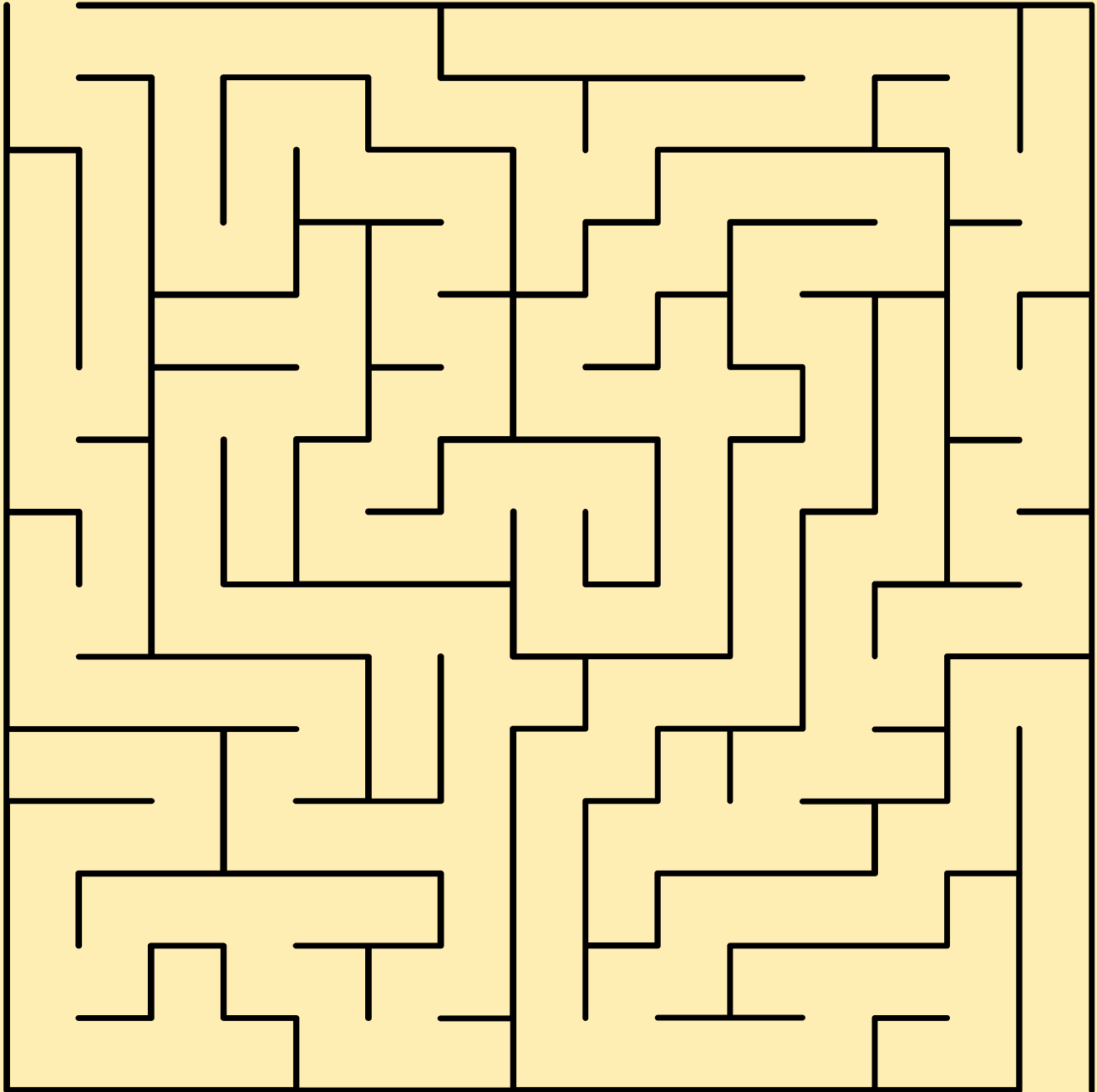
loyal

patient

make it home



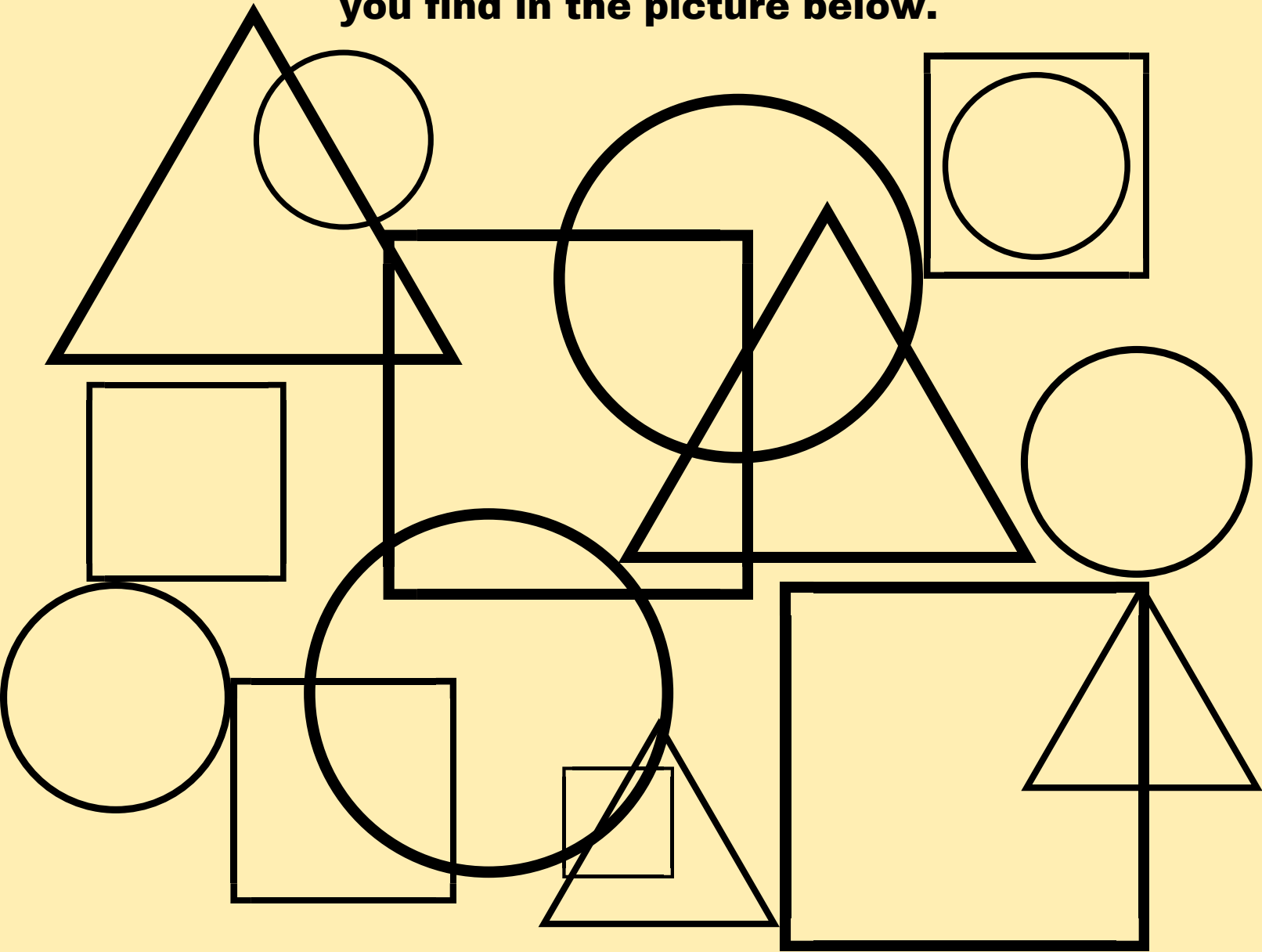
My friend is lost and needs to find their way back home! Can you help them?



Shape Identification

Exercise

Instructions: how many circles, squares, and triangles can you find in the picture below.



Triangles:_____

Circles:_____

Squares:_____

Counting Game

Look at the shapes



Write the color

circle	
square	
star	
triangle	
rectangle	

let's count

circle	
square	
star	
triangle	
rectangle	

Working Memory and Attention Worksheet

I'd like you to please look through each row in the sequence and see how fast you can circle the pair of characters when a number comes first and cross out the pair of characters (x) when the letter comes first. Continue until you reach the last image on the last row. Note your time and try to beat your record.

Rules: 1. O when number comes first

2. X when letter comes first

3K 1R Q1 C5 3J

4V M8 5V G9 2U

G1 R5 4P 6E X7

L3 2W W7 V6 3J

K4 4S Y2 6F 5V

4F 8N D1 X9 N6

Record your times below:

1st time: _____

Date: _____

2nd time: _____

Date: _____

3rd time: _____

Date: _____

4th time: _____

Date: _____

5th time: _____

Date: _____

6th time: _____

Date: _____

7th time: _____

Date: _____

8th time: _____

Date: _____

9th time: _____

Date: _____

10th time: _____

Date: _____

balloon breathing brain break



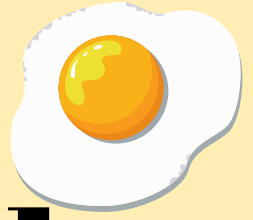
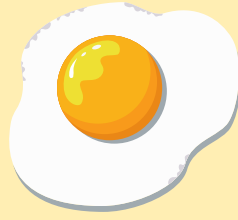
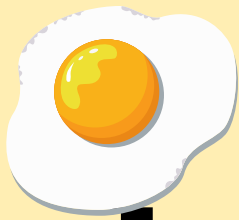
Think of your belly as a balloon

Inhale

Place your hands on your belly and breathe in slowly through your nose. Feel your belly, abdomen and chest expanding out like a balloon. Hold your breath for 2 seconds

Exhale

Open your mouth and slowly blow all the air out of your lungs, as if deflating your imaginary balloon. Repeat this exercise five times or until you are calm



Word scramble

With the letters below, scramble them to make as many words as possible. Write the words you find in the spaces below.

b	a	c	k	t	o
s	c	h	o	o	l

Letter Mix-up!

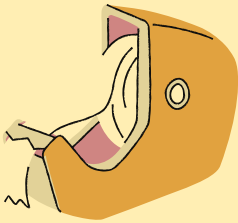
Unscramble the letters to spell the words correctly



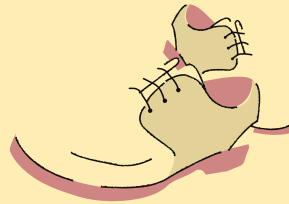
c k l c o



o l b e g



a t p e



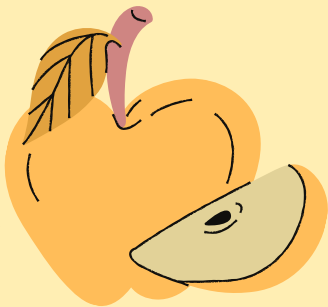
s o e s h



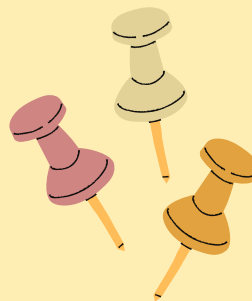
n t a i p



a l e d m



p l p e a



s i p n