

# COGNITIVE EXERCISES #1

**KEEP  
IT ON** *Empowering  
people with  
Parkinson's*

# 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, taking your blood pressure, doing adequate exercise and following a balanced diet, but it is also important to exercise your brain. It is recommended to make this part of your weekly routine.

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

## MONDAY



Cognitive training exercises (1-4)

## TUESDAY



Physical exercise for 30 minutes

## WEDNESDAY



Cognitive training exercises (5-8)

## THURSDAY



Choose low-salt meals and review your diet for the week

## FRIDAY



Cognitive training exercises (9-12)

## SATURDAY



Physical exercise for 30 minutes

## SUNDAY



Record your weight and check your blood pressure. Discuss these with 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 rubber with you. Follow the instructions for each exercise provided throughout the worksheet.

**HAVE FUN AND  
KEEP IT ON**





**Read** the words several times until you can recall them correctly. Try repeating the words aloud over the next few days to exercise your memory.



# MEMORY



Without reading the words again, **write** them below:



1.....  
2.....  
3.....  
4.....  
5.....

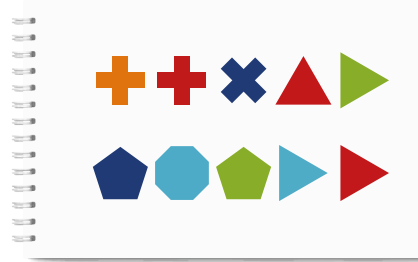
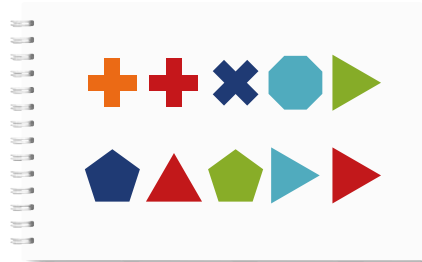


**Find** and **circle** all the even numbers.

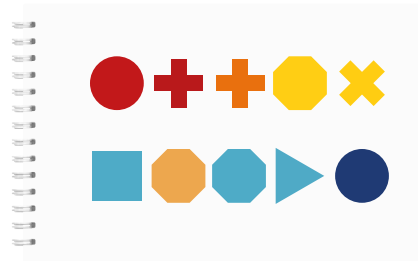
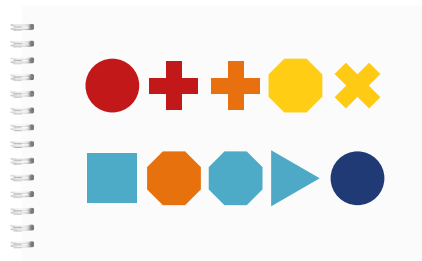
5	7	2	6	1	4	3	9
3	6	9	8	2	6	7	3
5	9	8	2	5	0	7	3
4	7	1	9	6	8	5	2
6	2	0	1	9	5	8	1
0	3	2	4	7	1	6	8
1	7	6	5	4	2	3	4
2	0	8	3	7	1	2	0



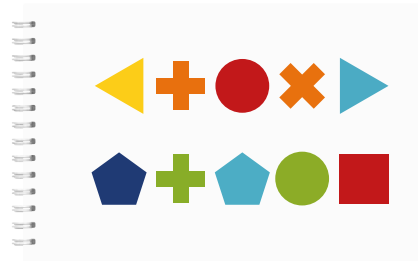
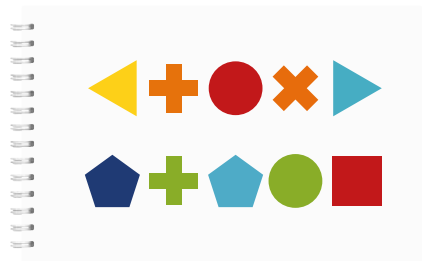
**Compare** the two sets on each row and see if they are Identical or Different.  
**Choose** the correct option.



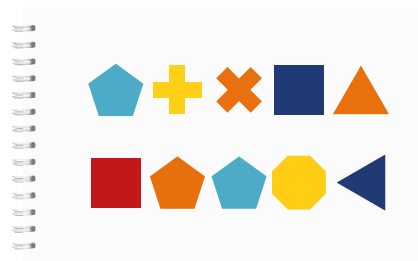
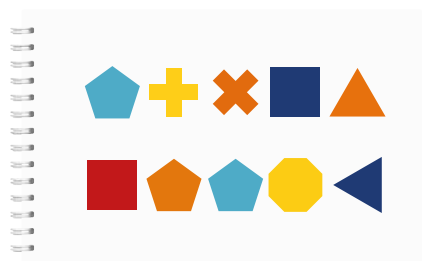
- Identical
- Different



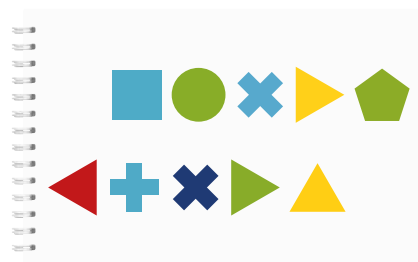
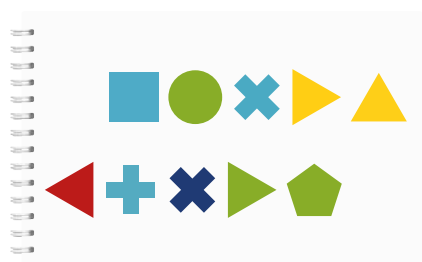
- Identical
- Different



- Identical
- Different



- Identical
- Different



- Identical
- Different



**Circle** all the shapes where the number inside the shape equals the number of sides minus 2.

5	1	2	3	1	4	3
2	3	1	4	2	4	1
3	4	2	3	2	1	3
4	1	4	3	1	4	2
2	3	1	4	3	2	3

# MEMORY



Do you remember the words you had to memorise?

**Write** them down below.

1	.....
2	.....
3	.....
4	.....
5	.....



**Find** and **circle** in the grid the 10 objects and 10 verbs in the list below.

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

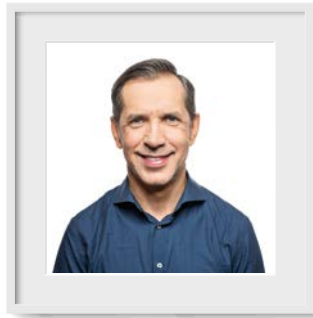
- |        |        |      |        |       |
|--------|--------|------|--------|-------|
| PIN    | CORK   | CANE | BOTTLE | ARCH  |
| CARPET | STRING | COIN | FAN    | NOVEL |
| RAISE  | DRINK  | TALK | SEARCH | ENTER |
| OFFER  | ANSWER | READ | LEAVE  | PLAY  |



**Look** carefully at the photos of the people below and **memorise** their names.



Mary Smith



George Williams



Michael Johnson

# ATTENTION



**Look** at the grid of numbers and letters below.

**Fill** in the blanks in the grids below by matching the correct number to the letter according to the template grid.

P	B	O	X	M	A	I	L
7	3	2	8	0	1	9	4

I	B	X	A	P	P	M	I	L	B	X	O	A	I

O	M	I	A	L	B	X	B	I	O	L	B	M	A

P	I	L	X	O	M	A	M	B	P	I	A	O	P



# MEMORY



Try to remember the names you memorised in exercise 6 and **write** them down below.



# EXECUTIVE FUNCTIONS

## EXERCISE 8



**Look** at the pictures below and **mark** the circle with the colour corresponding to the written word.

YELLOW

GREEN

GREEN

ORANGE

GREEN

RED

GREEN

RED

YELLOW

# MEMORY



Do you remember the words you had to memorise?  
**Write** them down below.

# LANGUAGE

## EXERCISE 9



**Fill in** the grid according to the clues on the next page.

8			1	10						14
								12		13
	9				11					
2										
					3					
			4							
5										
		6								
7										

# LANGUAGE

## Horizontal

1. Spherical object kicked, thrown or hit in sports.
2. Pieces of furniture on which to sit.
3. Not pretty.
4. Baked food usually had with butter at breakfast.
5. Fruit of the oak tree.
6. Periodical publication containing articles and pictures.
7. Picture on an easel.

## Vertical

8. Pear-shaped fruit with dark, leathery skin and oily, edible flesh.
9. Establishment where medicines are sold.
10. Slightly open (e.g. door).
11. Shrewd, sharp; cunning, crafty.
12. Small, roundish, juicy fruit without a stone.
13. Wax objects used to provide light.
14. Made easier.

# MEMORY



Do you remember the words you had to memorise? **Write** them down below.

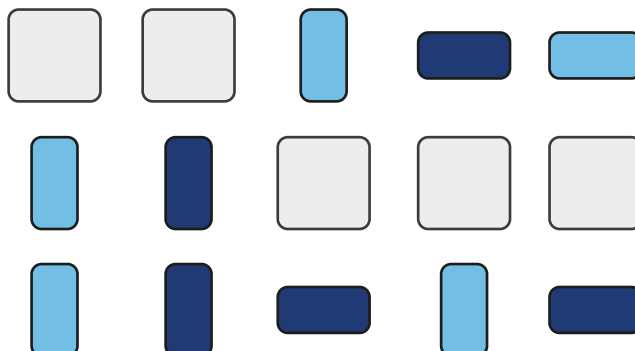
1.....  
2.....  
3.....  
4.....  
5.....

# MEMORY

## EXERCISE 10



Memorise the image below.





Write a summary of a relevant news story you read or heard about this week.

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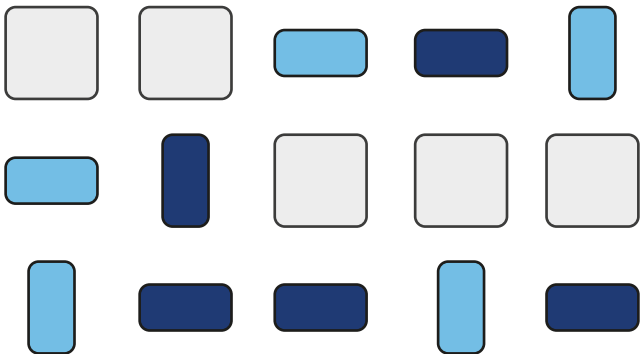
.....

.....

MEMORY



Try to remember the image you have memorised and circle the parts that have changed position.





In the grid below, **circle** the repeated number or letter.

8	2	C	V	5
R	X	6	D	U
7	J	S	P	F
N	3	4	A	1
I	T	Q	I	E

# MEMORY



Do you remember the words you had to memorise at the beginning of the worksheet? **Write** them down below and identify the category they belong to (e.g. objects, animals).

Word

Category

1 .....

2 .....

3 .....

4 .....

5 .....

1 .....

2 .....

3 .....

4 .....

5 .....

# DIARY

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Leave this exercise for the end of a week. **Write** a summary of your days below. Include personal activities and other information you consider relevant.

**Monday** .....  
.....  
.....

**Tuesday** .....  
.....  
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**Wednesday** .....  
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**Thursday** .....  
.....  
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**Friday** .....  
.....  
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**Saturday** .....  
.....  
.....

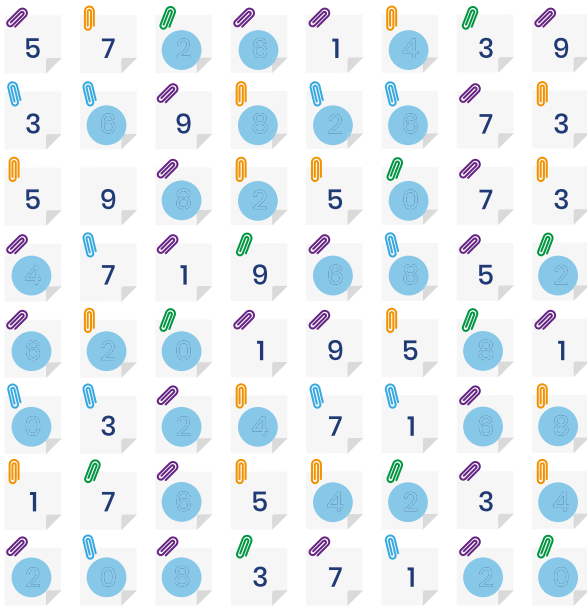
**Sunday** .....  
.....  
.....

# SOLUTIONS

## Exercise 1

Lettuce, Apple, Notebook, Table, Yellow

## Exercise 2



## Exercise 3

Set 1: different

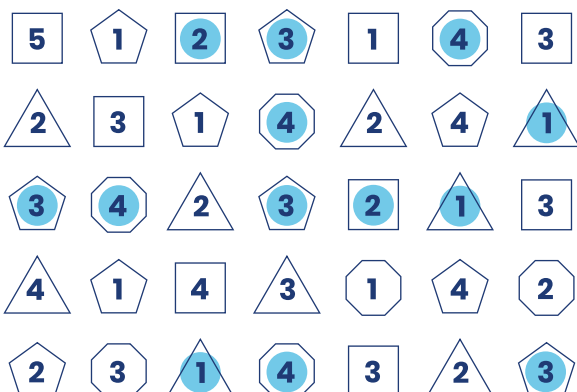
Set 2: same

Set 3: same

Set 4: same

Set 5: different

## Übung 4



## Exercise 5

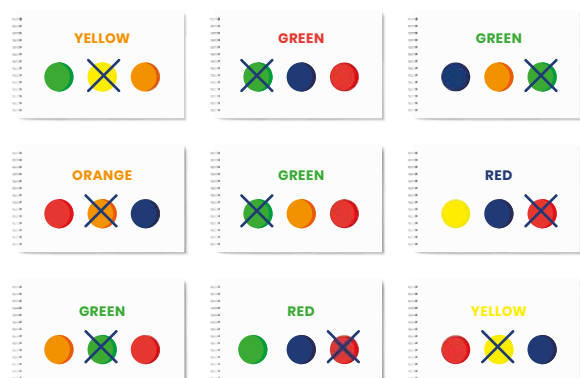
G	L	C	F	I	A	R	J	Q	N	R	K
X	D	A	A	H	U	A	E	S	N	L	T
Y	S	N	N	D	H	I	N	P	O	P	A
P	T	E	R	R	B	S	T	A	V	I	L
S	R	F	S	I	O	E	E	I	E	N	K
E	I	A	L	N	T	C	R	B	L	B	C
A	N	N	E	K	T	B	I	B	O	C	O
R	G	S	A	C	L	P	A	O	A	A	R
C	R	W	V	O	E	A	R	F	P	R	K
H	H	E	E	I	D	R	E	F	L	P	I
D	M	R	Z	N	J	C	A	E	A	E	X
J	V	F	V	C	E	H	D	R	Y	T	P

## Exercise 7

P	B	O	X	M	A	I	L
7	3	2	8	0	1	9	4

I	B	X	A	P	P	M	I	L	B	X	O	A	I
4	3	8	1	7	7	0	9	4	3	8	2	1	9
O	M	I	A	L	B	X	B	I	O	L	B	M	A
2	0	9	1	4	3	8	3	9	2	4	3	0	1
P	I	L	X	O	M	A	M	B	P	I	A	O	P
7	9	4	8	2	0	1	0	3	7	9	1	2	7

## Exercise 8

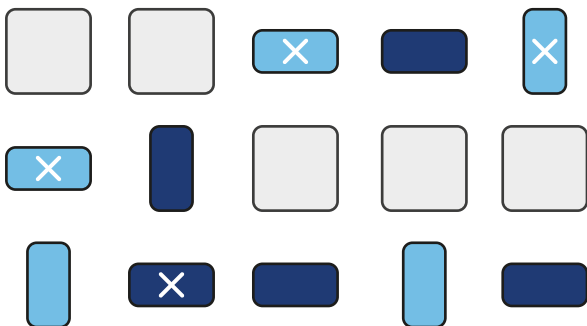


# SOLUTIONS

## Exercise 9

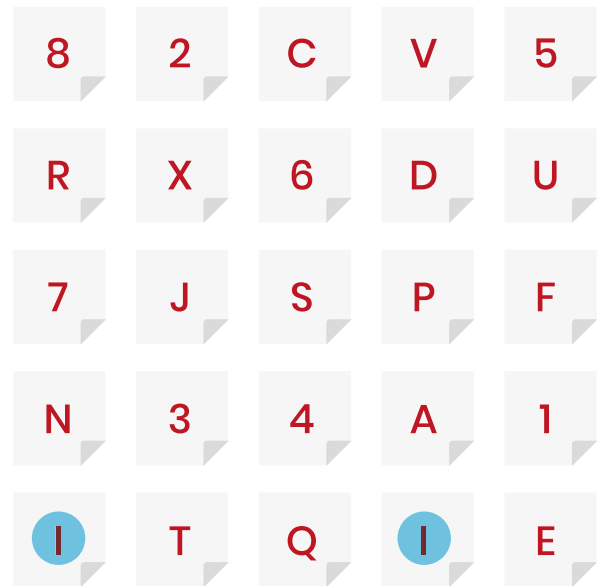
<sup>8</sup> A			<sup>1</sup> B	<sup>10</sup> A	L	L				<sup>14</sup> F	
V				J			<sup>12</sup> B	<sup>13</sup> C	A		
O	<sup>9</sup> P			A	<sup>11</sup> A		E		A	C	
<sup>2</sup> C	H	A	I	R	S			R		N	I
A	A				T			R		D	L
T	R				<sup>3</sup> U	G	L	Y		L	I
O	M				T					E	T
	A		<sup>4</sup> B	R	E	A	D			S	A
<sup>5</sup> A	C	O	R	N							T
	Y										E
		<sup>6</sup> M	A	G	A	Z	I	N	E		D
<sup>7</sup> P	A	I	N	T	I	N	G				

## Exercise 10



## Exercise 11

The letter 'I' is repeated.



## Exercise 12

Word



Category

