

COGNITIVE EXERCISES #3

**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, 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

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 an eraser with you. Follow the instructions for each exercise provided throughout the worksheet.

HAVE FUN AND KEEP IT ON





Memorise the shopping list below.

BREAD
ORANGES
ONIONS
PEPPER
WATER
BUTTER



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

.....

.....

.....

.....

.....

.....



Circle the repeated symbol group in the grid below.

| | | | | |
|--|--|--|--|--|
| | | | | |
| | | | | |
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| | | | | |
| | | | | |



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.



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 | O | O | M |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

| 2 letters | 3 letters | 4 letters | 5 letters | 6 letters |
|-----------|-----------|-----------------|-----------|-----------|
| To | Rat | Room | Oaths | Orbits |
| No | See | | | Combat |
| He | RoR | | | Browse |
| | Mob | | | Ribbon |
| | War | | | |



Remember the shopping list you had to memorise?

Write the items below, in any order you like.

| | |
|---|-------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |



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

940QZ

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| F | P | 9 | L | M | C | 8 | V | G | Q | B |
| T | A | Z | 1 | Z | 8 | 9 | 4 | I | F | 1 |
| 1 | 8 | Q | 7 | 1 | 5 | D | 6 | 7 | 2 | 5 |
| Z | X | 0 | 3 | 4 | 5 | D | 6 | 2 | 9 | L |
| 2 | 3 | 4 | 6 | 1 | E | 9 | N | U | Z | X |
| P | 4 | 9 | V | T | 4 | 6 | J | M | 9 | J |
| M | 8 | 1 | O | T | 6 | 7 | 8 | J | R | 9 |



Memorise the following picture.



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

MA MI KE CA DI CE

| | |
|-------|-------|
| | |
| | |
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| | |



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



CALCULATIONS



Solve the following arithmetic operations:

$$\begin{array}{r} 17 \\ + 8 \\ \hline \end{array}$$

$$\begin{array}{r} 19 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 210 \\ - 27 \\ \hline \end{array}$$

$$\begin{array}{r} 16 \\ \times 95 \\ \hline \end{array}$$

$$\begin{array}{r} 15 \\ \times 52 \\ \hline \end{array}$$

$$\begin{array}{r} 15 \\ + 17 \\ \hline \end{array}$$

$$\begin{array}{r} 15 \\ + 95 \\ \hline \end{array}$$

$$\begin{array}{r} 68 \\ - 13 \\ \hline \end{array}$$

$$\begin{array}{r} 123 \\ + 292 \\ \hline \end{array}$$

$$\begin{array}{r} 14 \\ \times 8 \\ \hline \end{array}$$



Remember the shopping list you had to memorise?

Write the items below, in any order you like.

| | |
|---|-------|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |



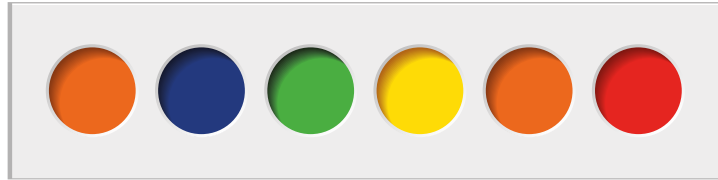
Find and circle all the odd numbers.

| | | | | | | | | | | |
|---|---|---|----|----|---|----|----|---|---|---|
| 2 | 0 | 3 | 8 | 2 | 9 | 10 | 4 | 2 | 7 | |
| 1 | 4 | 1 | 2 | 7 | 0 | 2 | 3 | 2 | 5 | 9 |
| 5 | 6 | 8 | 11 | 4 | 5 | 2 | 9 | 3 | 6 | |
| 4 | 2 | 3 | 0 | 9 | 2 | 3 | 11 | 4 | 2 | |
| 9 | 3 | 4 | 7 | 10 | 9 | 8 | 2 | 5 | 3 | |

| | | | | | | | | | | |
|---|---|---|---|---|---|----|---|---|----|---|
| 7 | 1 | 5 | 4 | 4 | 6 | 3 | 9 | 9 | 10 | |
| 3 | 6 | 8 | 1 | 8 | 7 | 10 | 1 | 7 | 6 | |
| 6 | 5 | 5 | 8 | 2 | 0 | 3 | 8 | 0 | 2 | 3 |
| 5 | 1 | 8 | 0 | 2 | 8 | 5 | 6 | 5 | 4 | 1 |
| 0 | 2 | 9 | 5 | 8 | 2 | 7 | 9 | 9 | 1 | 7 |



Memorise the color sequence below.



EXECUTIVE FUNCTIONS

EXERCISE 11

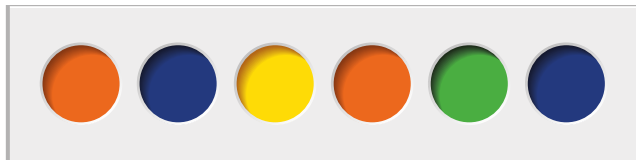
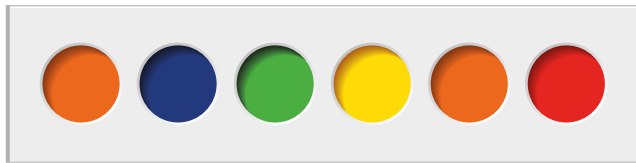
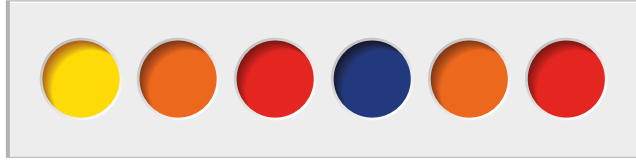


Pay attention to the traffic light. Whenever the light is green, you must circle, in the set of arrows on the right, the same arrow as the one on the left side of the traffic light. Whenever the light is red, mark the arrow pointing in the opposite direction.

| | | | | | |
|---|--|---|---|---|---|
| → | | ↓ | ↑ | → | ← |
| ↓ | | ↓ | ↑ | → | ← |
| → | | ↓ | ↑ | → | ← |
| ↑ | | ↓ | ↑ | → | ← |
| ← | | ↓ | ↑ | → | ← |
| ↓ | | ↓ | ↑ | → | ← |
| → | | ↓ | ↑ | → | ← |



Try to recall the sequence of colors you memorised and identify it below.



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

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Remember the shopping list you had to memorise?

Write the items below, in any order you like.

1

2

3

4

5

6

DIARY



Write a summary of your week 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

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Sunday

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SOLUTIONS

Exercise 1

Bread, Oranges, Onions, Pepper, Water, Butter

Exercise 2



Exercise 3

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.

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SOLUTIONS

Exercise 4

| | | | | | |
|---|---|---|---|---|---|
| | | R | O | O | M |
| C | | I | | A | |
| O | R | B | I | T | S |
| M | O | B | | H | E |
| B | R | O | W | S | E |
| A | | N | O | | |
| T | O | | R | A | T |

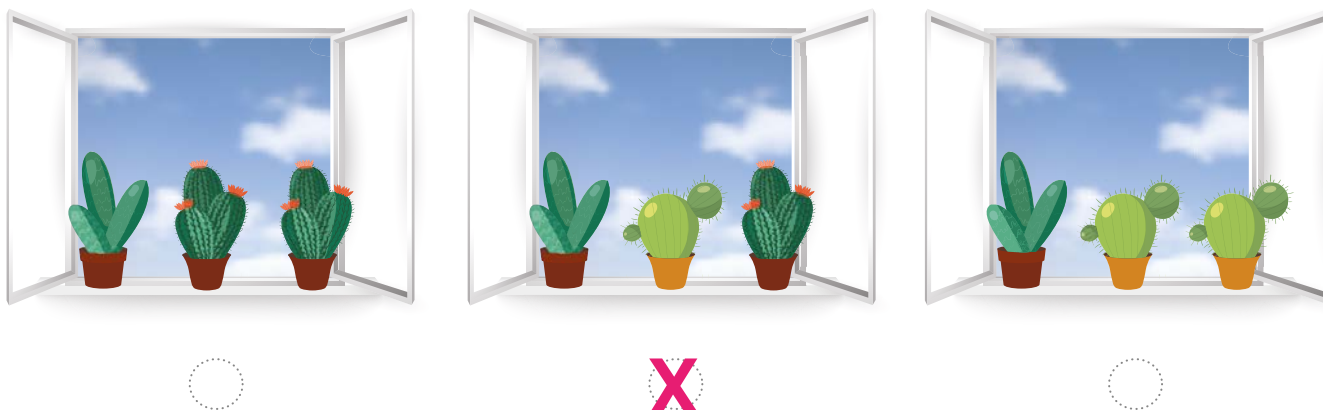
Exercise 5

940QZ

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| F | P | 9 | L | M | C | 8 | V | G | Q | B |
| T | A | Z | 1 | Z | 8 | 9 | 4 | I | F | 1 |
| 1 | 8 | Q | 7 | 1 | 5 | D | 6 | 7 | 2 | 5 |
| Z | X | 0 | 3 | 4 | 5 | D | 6 | 2 | 9 | L |
| 2 | 3 | 4 | 6 | 1 | E | 9 | N | U | Z | X |
| P | 4 | 9 | V | T | 4 | 6 | J | M | 9 | J |
| M | 8 | 1 | O | T | 6 | 7 | 8 | J | R | 9 |

SOLUTIONS

Exercise 6



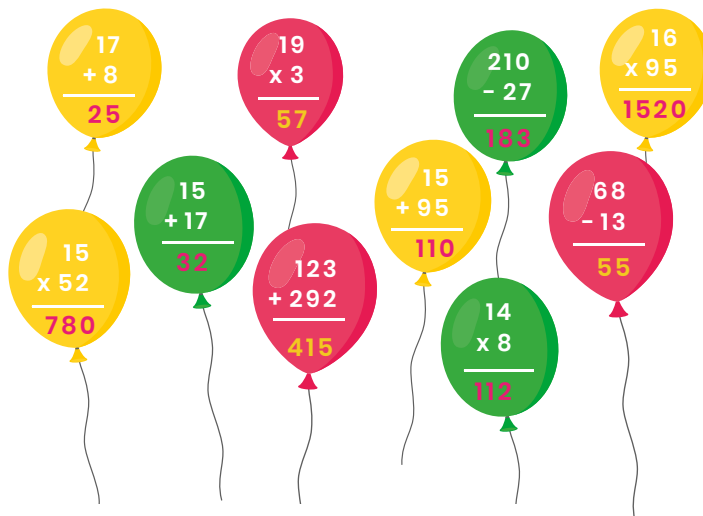
Exercise 7 (possible answer examples)

MA MI KE CA DI CE

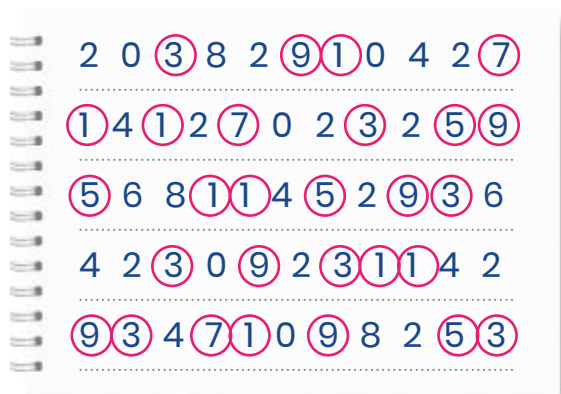


SOLUTIONS

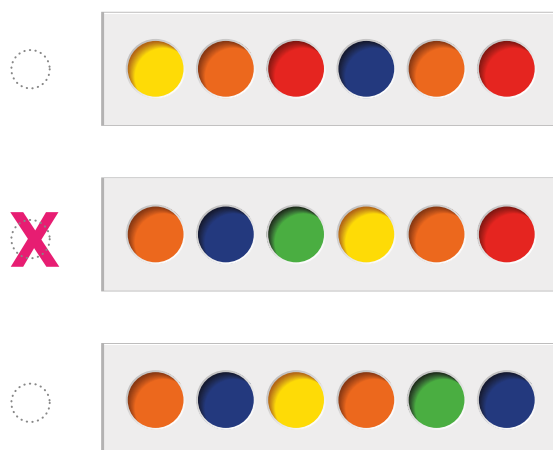
Exercise 8



Exercise 9



Exercise 10



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.