

COGNITIVE EXERCISES #4

**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 menu below.

MENU

Vegetable soup
Creamy carrot soup
Roast chicken
Hake fillets
Fruit salad



Without re-reading the menu, write the items below.

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____



Link the numbers below in descending order.

345 322 287 261

368 461 293 232 140

62 117 175

56 85 131 134

EXECUTIVE FUNCTIONS



Identify the 4 sets that join point A to point B so that the tiles at the beginning and end are the same colour as the respective symbol.



Look at the grid of numbers and letters below. Fill in the blanks in the grids below by matching the correct letter to the number according to the template grid.

1	2	3	4	5	6	7	8
R	N	A	D	E	M	P	C

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



Remember the menu you had to memorise? Write down the items below.

1
2
3
4
5
6



Look for and circle all the names of colours and occupations.

Economist	Bamboo	Green	Plum tree	Loquat tree
Blue	Pasta	Taxi driver	Magenta	Beautician
Cherry tree	Screen	Neurologist	Silver	Red
Mathematician	Pakistan	Oregano	Hydrangea	Purple
Beige	Jeweller	Turquoise	Farmer	Ferns
Grey	Brown	Holm oak	Philippines	White

MEMORY

EXERCISE 6



Memorise the images below.





Write 12 names of flowers and 12 occupations.

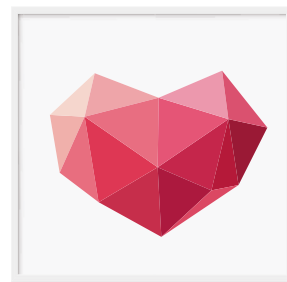
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12

MEMORY

EXERCISE 6



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





Identify the intruder in the grid below.

8	8	8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8	8	8
8	0	8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8	8	8
8	8	8	8	8	8	8	8	8	8	8	8	8	8



Remember the menu you had to memorise? Write down the items below.

1
2
3
4
5
6



Circle the words where the written colour name matches the colour of the letters.

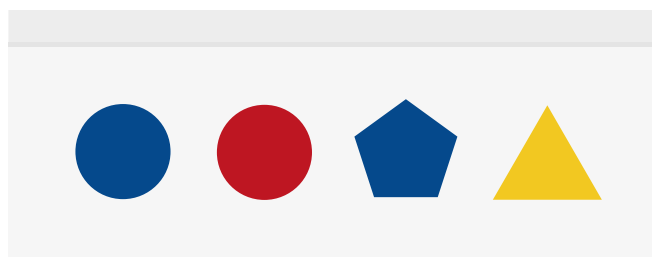
Green	Green	Blue	Yellow
Red	Blue	Yellow	Green
Green	Grey	Green	Red
Blue	Blue	Red	Blue
Red	Red	Blue	Blue
Grey	Yellow	Yellow	Red
Blue	Blue	Grey	Green
Yellow	Red	Blue	Yellow
Red	Grey	Red	Blue
Grey	Blue	Yellow	Grey
Red	Red	Red	Green

MEMORY

EXERCISE 10



Memorise the sequence of shapes below.





Look for and circle on the grid the 10 first names and 10 fruits listed below. They may be written horizontally, vertically or diagonally, as well as in reverse.

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

- | | | | | |
|--------|--------|----------|--------|---------|
| ANNA | APPLE | ISABEL | MANGO | MELON |
| FIG | RACHEL | SARAH | LEMON | ANNABEL |
| MARIAN | PAPAYA | PEAR | SANDRA | GRAPE |
| PETER | BANANA | MANDARIN | ROY | HUGO |



Try to recall the sequence you memorised and answer the following questions:

How many blue shapes were in the sequence?

And how many triangles?



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

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MEMORY

EXERCISE 1



Remember the menu you had to memorise? Write down the items below.

1

2

3

4

5

6

DIARY



Write a summary of your week below. Include personal activities and other information you consider relevant.

Monday

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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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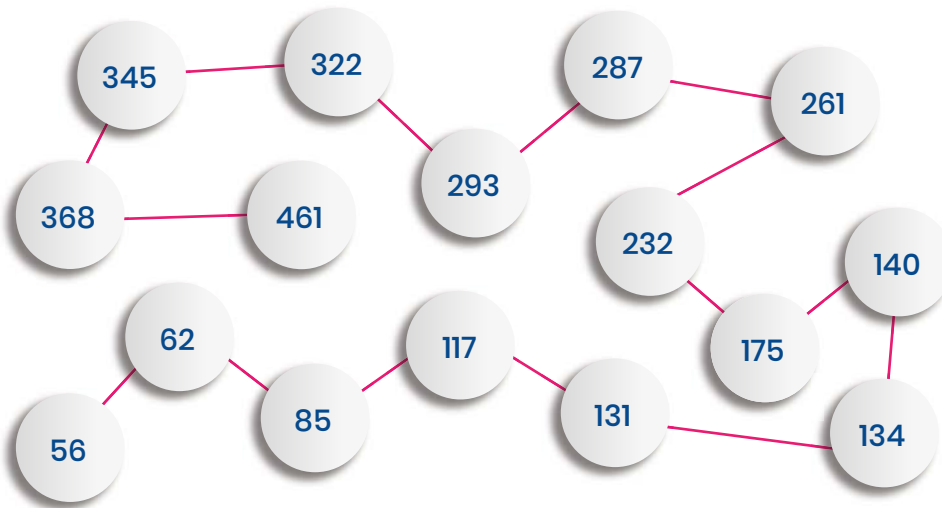
.....

SOLUTIONS

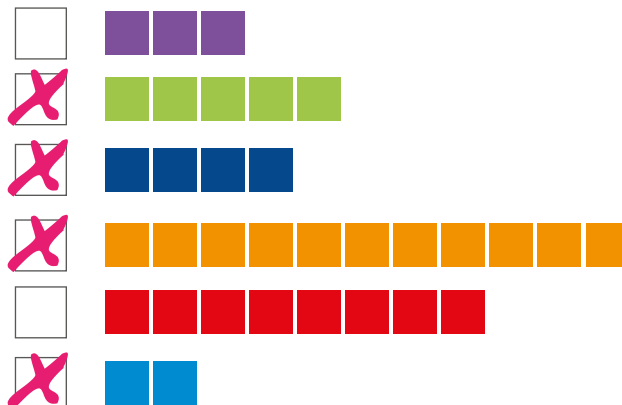
Exercise 1

Vegetable soup, creamy carrot soup, roast chicken, hake fillets, fruit salad

Exercise 2



Exercise 3



SOLUTIONS

Exercise 4

4	2	7	1	8	4	2	6	5	7	3	7	1	3
D	N	P	R	C	D	N	M	E	P	A	P	R	A
5	2	6	1	7	2	8	3	8	6	5	2	1	2
E	N	M	R	P	N	C	A	C	M	E	N	R	N
6	3	5	1	7	8	3	2	1	4	3	5	7	1
M	A	E	R	P	C	A	N	R	D	A	E	P	R

Exercise 5

Economist	Bamboo	Green	Plum tree	Loquat tree
Blue	Pasta	Taxi driver	Magenta	Beautician
Cherry tree	Screen	Neurologist	Silver	Red
Mathematician	Pakistan	Oregano	Hydrangea	Purple
Beige	Jeweller	Turquoise	Farmer	Ferns
Grey	Brown	Holm oak	Philippines	White

SOLUTIONS

Exercise 6



Exercise 7 (possible answer examples)

1	<i>rose</i>	1	<i>banker</i>
2	<i>orchid</i>	2	<i>doctor</i>
3	<i>daisy</i>	3	<i>barber</i>
4	<i>poppy</i>	4	<i>veterinarian</i>
5	<i>sunflower</i>	5	<i>singer</i>
6	<i>tulip</i>	6	<i>architect</i>
7	<i>carnation</i>	7	<i>farmer</i>
8	<i>anthurium</i>	8	<i>carpenter</i>
9	<i>begonia</i>	9	<i>psychologist</i>
10	<i>dahlia</i>	10	<i>lawyer</i>
11	<i>camellia</i>	11	<i>economist</i>
12	<i>lilly</i>	12	<i>actor</i>

SOLUTIONS

Exercise 8
Number "zero" (on the 7th line, 2nd column)



Exercise 9

Green	Green	Blue	Yellow
Red	Blue	Yellow	Green
Green	Grey	Green	Red
Blue	Blue	Red	Blue
Red	Red	Blue	Blue
Grey	Yellow	Yellow	Red
Blue	Blue	Grey	Green
Yellow	Red	Blue	Yellow
Red	Grey	Red	Blue
Grey	Blue	Yellow	Grey
Red	Red	Red	Green

SOLUTIONS

Exercise 10

Number of blue shapes: **2**

Number of triangles: **1**

Exercise 11

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

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.