

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.....

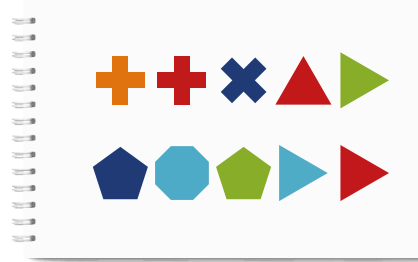
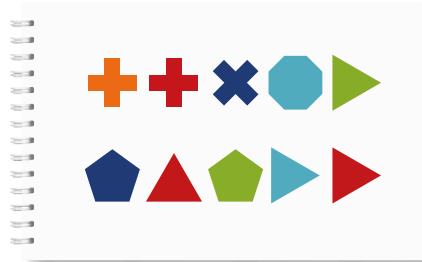


Find and **circle** all the even numbers.

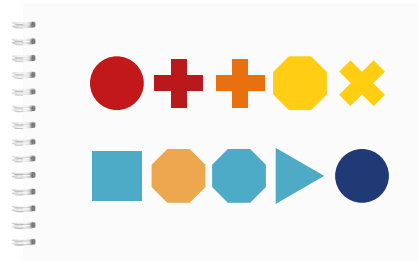
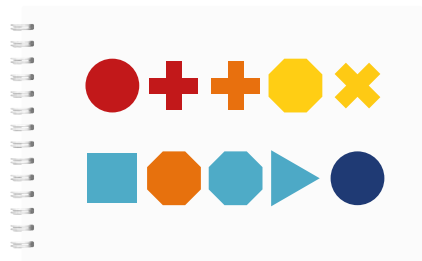
5	7	2	6	1	4	3	9
3	6	9	8	2	6	7	3
5	9	8	2	5	0	7	3
4	7	1	9	6	8	5	2
6	2	0	1	9	5	8	1
0	3	2	4	7	1	6	8
1	7	6	5	4	2	3	4
2	0	8	3	7	1	2	0



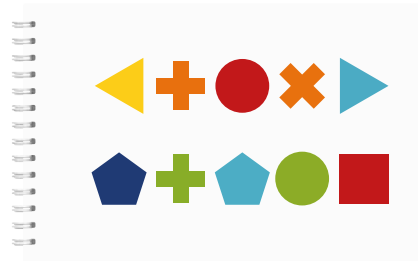
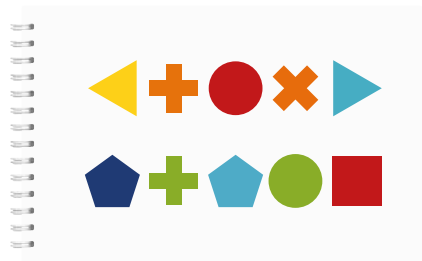
Compare the two sets on each row and see if they are Identical or Different.
Choose the correct option.



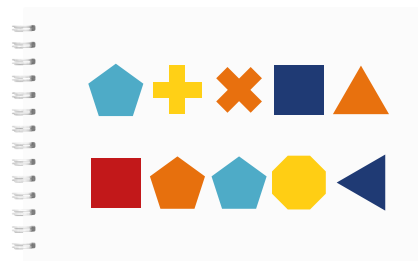
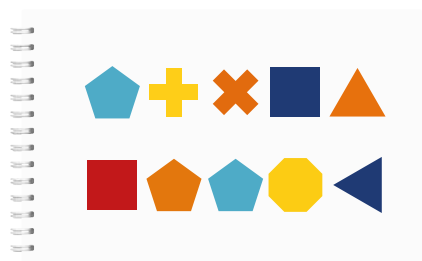
- Identical
- Different



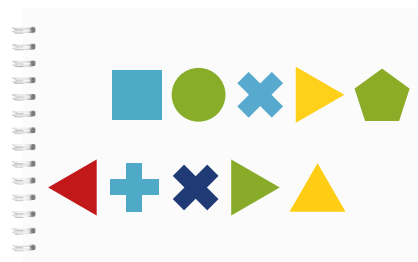
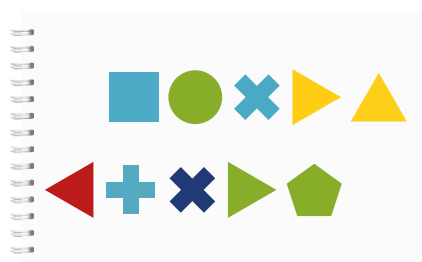
- Identical
- Different



- 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

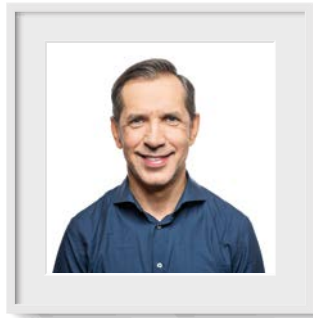
- | | | | | |
|--------|--------|------|--------|-------|
| PIN | CORK | CANE | BOTTLE | ARCH |
| CARPET | STRING | COIN | FAN | NOVEL |
| RAISE | DRINK | TALK | SEARCH | ENTER |
| OFFER | ANSWER | READ | LEAVE | PLAY |



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

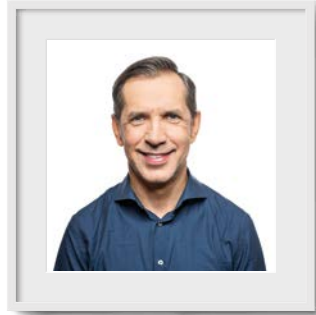
O	M	I	A	L	B	X	B	I	O	L	B	M	A

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.

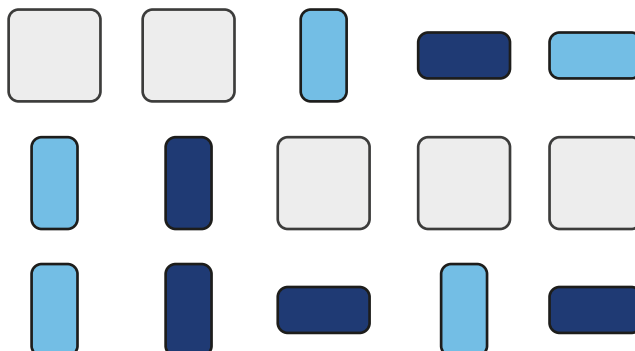
1.....
2.....
3.....
4.....
5.....

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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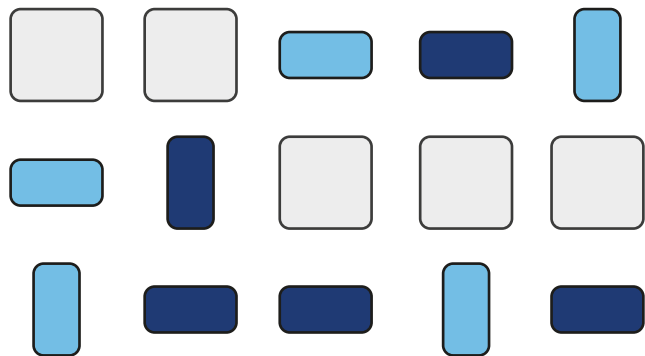
.....

.....

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



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
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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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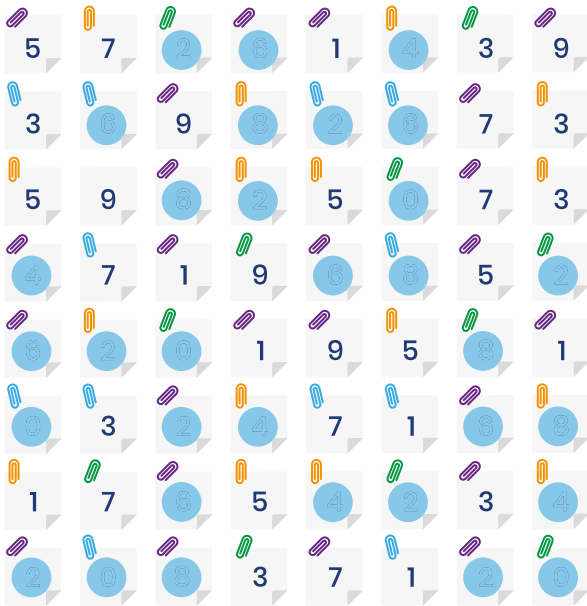
Sunday
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SOLUTIONS

Exercise 1

Lettuce, Apple, Notebook, Table, Yellow

Exercise 2



Exercise 3

Set 1: different

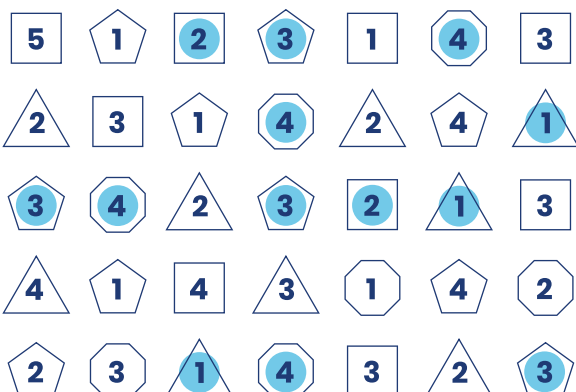
Set 2: same

Set 3: same

Set 4: same

Set 5: different

Übung 4



Exercise 5

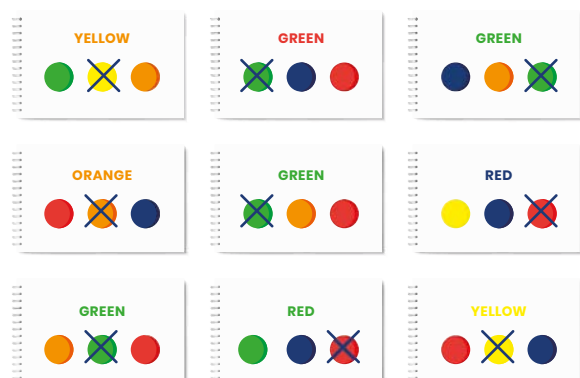
G	L	C	F	I	A	R	J	Q	N	R	K
X	D	A	A	H	U	A	E	S	N	L	T
Y	S	N	N	D	H	I	N	P	O	P	A
P	T	E	R	R	B	S	T	A	V	I	L
S	R	F	S	I	O	E	E	I	E	N	K
E	I	A	L	N	T	C	R	B	L	B	C
A	N	N	E	K	T	B	I	B	O	C	O
R	G	S	A	C	L	P	A	O	A	A	R
C	R	W	V	O	E	A	R	F	P	R	K
H	H	E	E	I	D	R	E	F	L	P	I
D	M	R	Z	N	J	C	A	E	A	E	X
J	V	F	V	C	E	H	D	R	Y	T	P

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

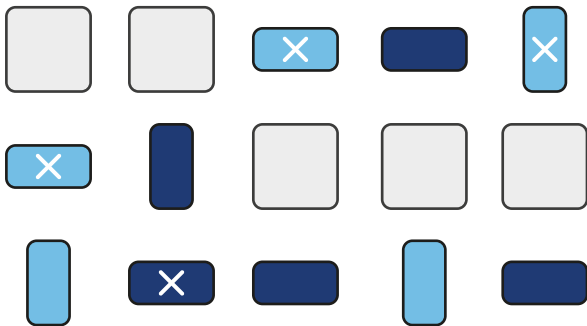


SOLUTIONS

Exercise 9

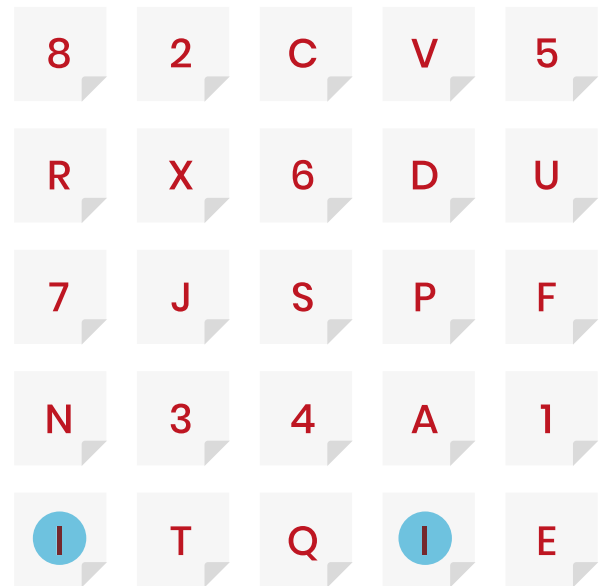
⁸ A			¹ B	¹⁰ A	L	L				¹⁴ F	
V				J			¹² B	¹³ C	A		
O	⁹ P			A	¹¹ A		E		A	C	
² C	H	A	I	R	S			R		N	I
A	A				T			R		D	L
T	R				³ U	G	L	Y		L	I
O	M				T					E	T
	A		⁴ B	R	E	A	D			S	A
⁵ A	C	O	R	N							T
	Y										E
		⁶ M	A	G	A	Z	I	N	E		D
⁷ P	A	I	N	T	I	N	G				

Exercise 10



Exercise 11

The letter 'I' is repeated.



Exercise 12

Word



Category

