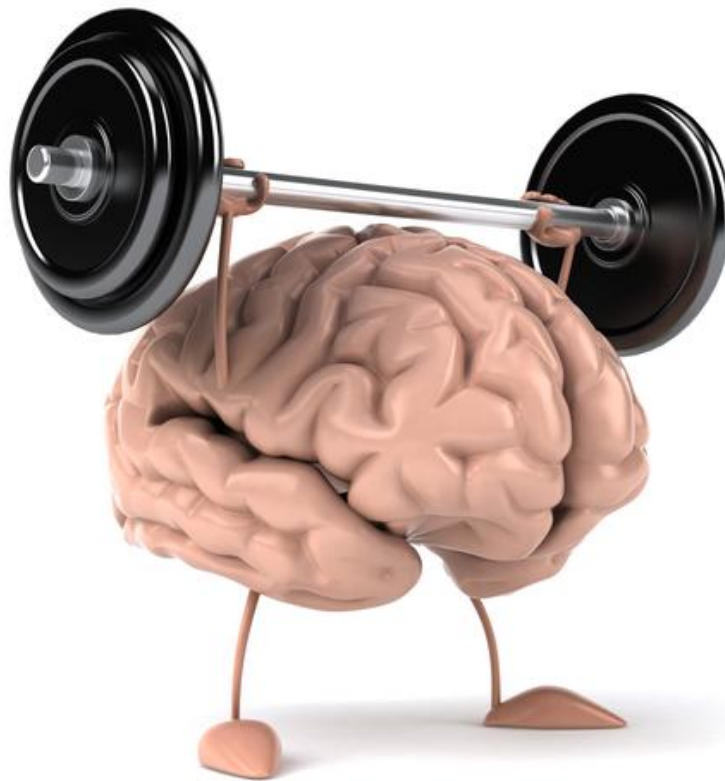


Mental Calisthenics

(22)



Patient's Name:

Date:

Basic Nautical Terms

Read the nautical terms below:

1. Aft - The back of a ship. If something is located aft, it is at the back of the sailboat. The aft is also known as the stern.

2. Bow - The front of the ship is called the bow. Knowing the location of the bow is important for defining two of the other most common sailing terms: port (left of the bow) and starboard (right of the bow).

3. Port - Port is always the left-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, port is used to define the left-hand side of the boat as it relates to the bow, or front.

4. Starboard - Starboard is always the right-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, starboard is used to define the right-hand side of the boat as it relates to the bow, or front.

5. Leeward - Also known as lee, leeward is the direction opposite to the way the wind is currently blowing (windward).

6. Windward - The direction in which the wind is currently blowing. Windward is the opposite of leeward (the opposite direction of the wind). Sailboats tend to move with the wind, making the windward direction an important sailing term to know.

7. Boom - The boom is the horizontal pole which extends from the bottom of the mast. Adjusting the boom towards the direction of the wind is how the sailboat is able to harness wind power in order to move forward or backwards.

8. Rudder - Located beneath the boat, the rudder is a flat piece of wood, fiberglass, or metal that is used to steer the ship. Larger sailboats control the rudder via a wheel, while smaller sailboats will have a steering mechanism directly aft.

9. Tacking - The opposite of jibing, this basic sailing maneuver refers to turning the bow of the boat through the wind so that the wind changes from one side of the boat to the other side. The boom of a boat will always shift from one side to the other when performing a tack or a jibe.

10. Jibing - The opposite of tacking, this basic sailing maneuver refers to turning the stern of the boat through the wind so that the wind changes from one side of the boat to the other side. The boom of a boat will always shift from one side to the other when performing a tack or a jibe. Jibing is a less common technique than tacking, since it involves turning a boat directly into the wind.

Verbal Fluency

Write as many different types of trees that you can think of.



Word Search

EnchantedLearning.com

Bug Word Find #1

ant
aphid
backswimmer
beetle
bug
butterfly
caterpillar
centipede
cicada
cricket
daddy longlegs
dragonfly

earwig
firefly
flea
gnat
grasshopper
honey bee
hornet
house fly
insect
katydid

ladybug
larva
louse
midge
millipede
mite
mosquito
moth
praying mantis
pupa

roach
scarab
spider
stink bug
tarantula
termite
tick
walkingstick
wasp
water bug
water strider
weevil

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

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Musical Scribe

Copy the notes onto the stanza below.

Moment Musical Op.94, No3

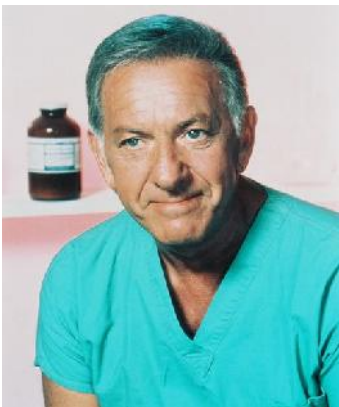
Allegretto

Franz Schubert
(1797-1828)

6

Detective Mystery

Name the character, actor, and/or show:



Count the Blocks

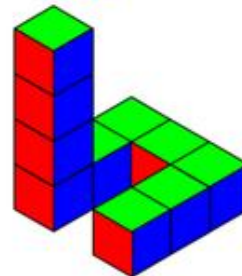
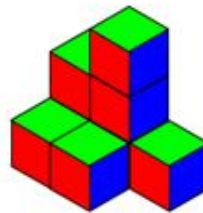
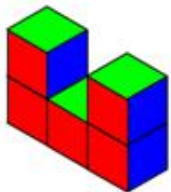
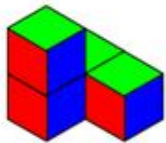
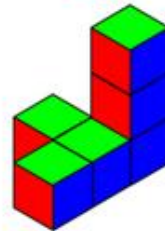
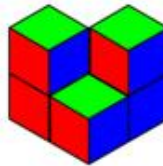
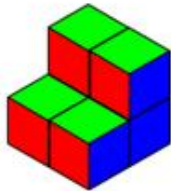
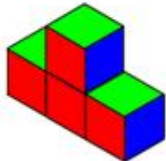
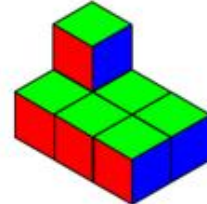
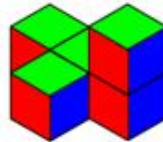
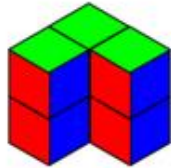
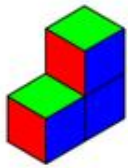
How many blocks make up each stack?

Green

Amber

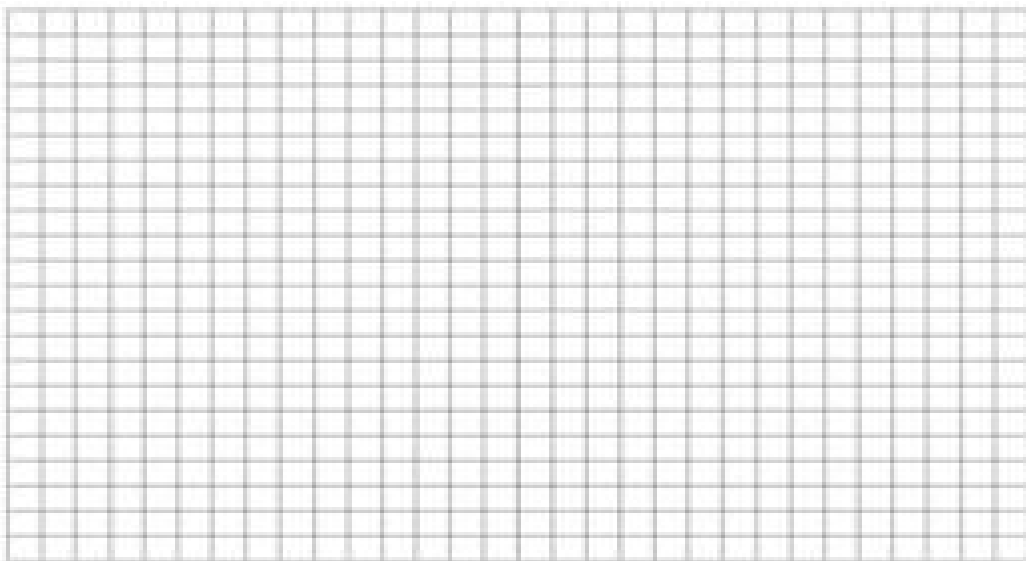
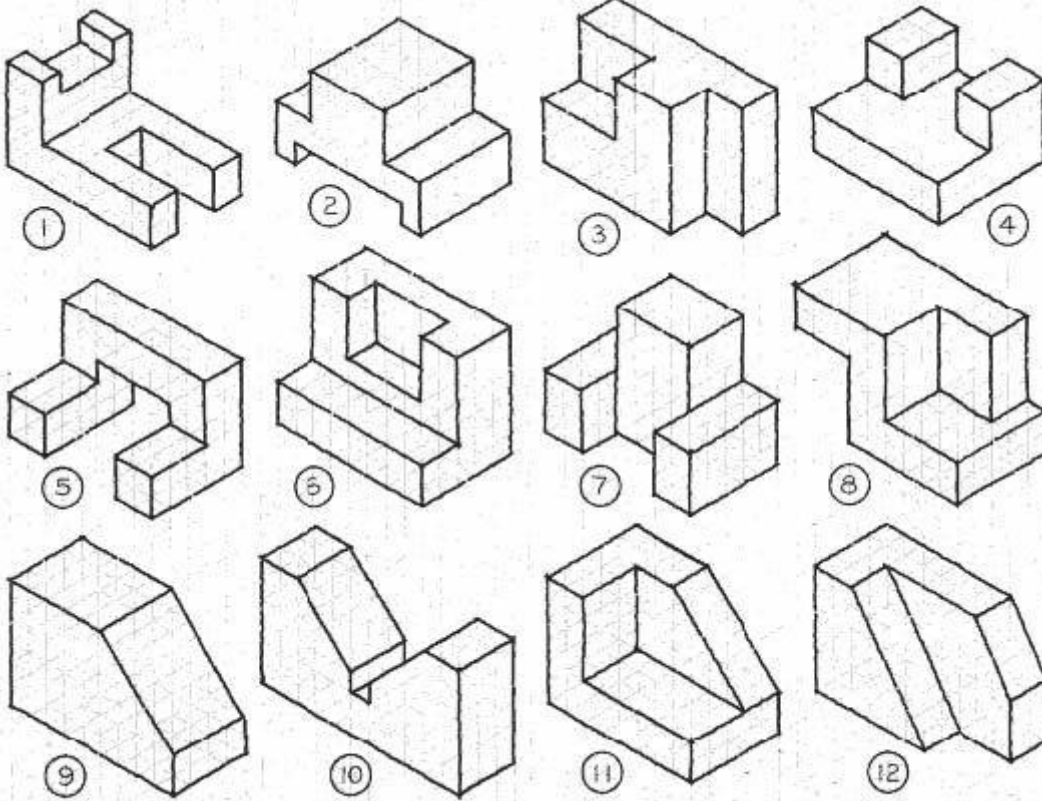
Red

Extension

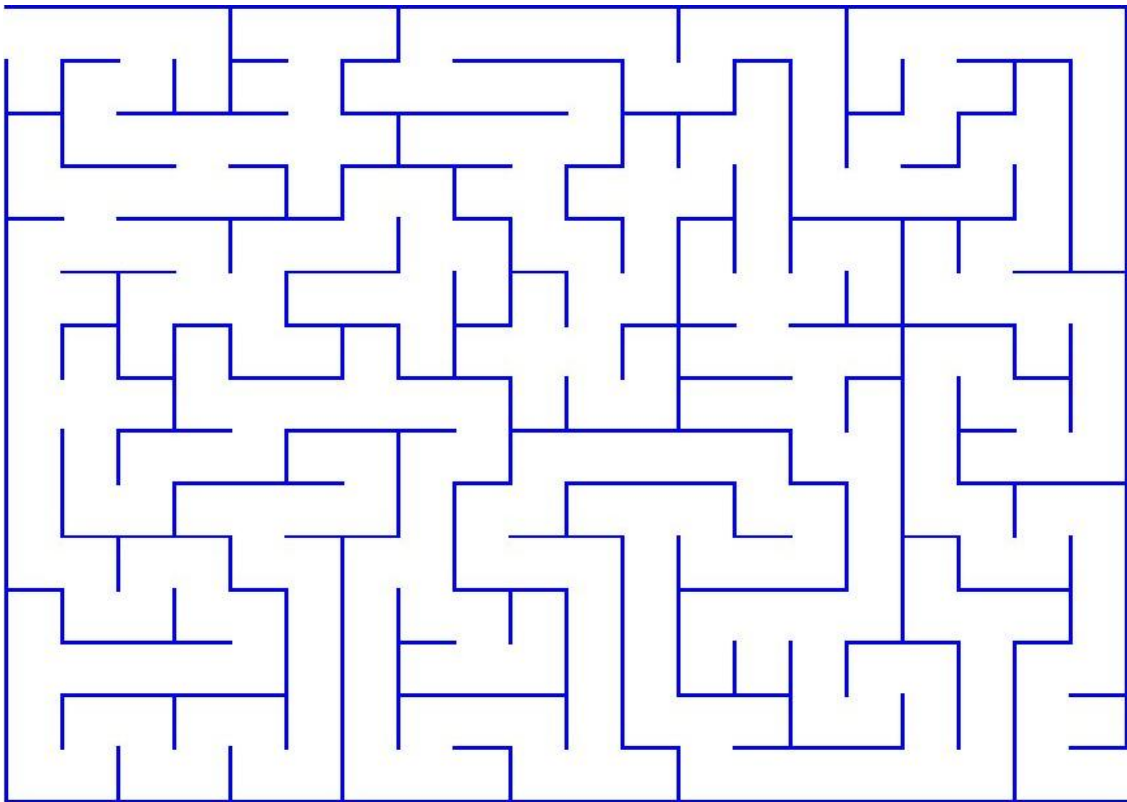
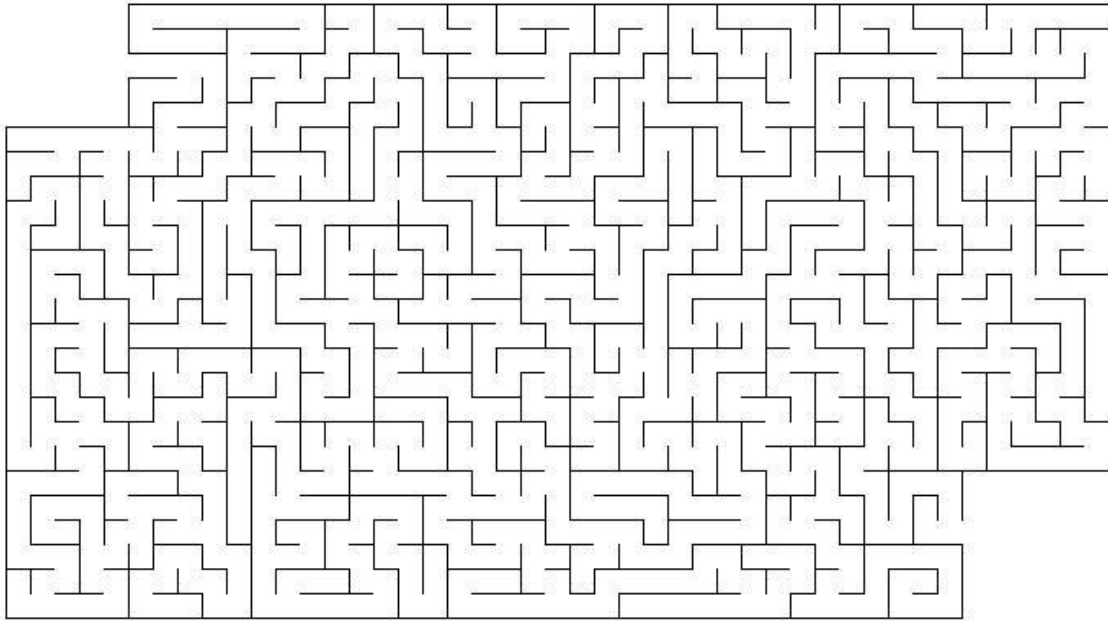


Design Drawing

Draw one of the designs below.



Mazes



Nautical Terms Revisited

Write the term that goes with the correct definition.

_____ the front of the ship is called the bow. Knowing the location of the bow is important for defining two of the other most common sailing terms: port (left of the bow) and starboard (right of the bow).

_____ the direction in which the wind is currently blowing.

_____ the back of a ship. If something is located aft, it is at the back of the sailboat. The aft is also known as the stern.

_____ is always the right-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, starboard is used to define the right-hand side of the boat as it relates to the bow, or front.

_____ is located beneath the boat and is a flat piece of wood, fiberglass, or metal that is used to steer the ship.

_____ is the direction opposite to the way the wind is currently blowing (windward).

_____ is the opposite of tacking, this basic sailing maneuver refers to turning the stern of the boat through the wind so that the wind changes from one side of the boat to the other side and involves turning the boat directly into the wind.

_____ is the horizontal pole which extends from the bottom of the mast.

_____ is the opposite of jibing, this basic sailing maneuver refers to turning the bow of the boat through the wind so that the wind changes from one side of the boat to the other.

_____ is always the left-hand side of the boat when you are facing the bow. Because “right” and “left” can become confusing sailing terms when used out in the open waters, port is used to define the left-hand side of the boat as it relates to the bow, or front.
to the other side.

Nautical term bank: aft, bow, port, starboard, leeward, windward, boom, rudder, tacking, jibing