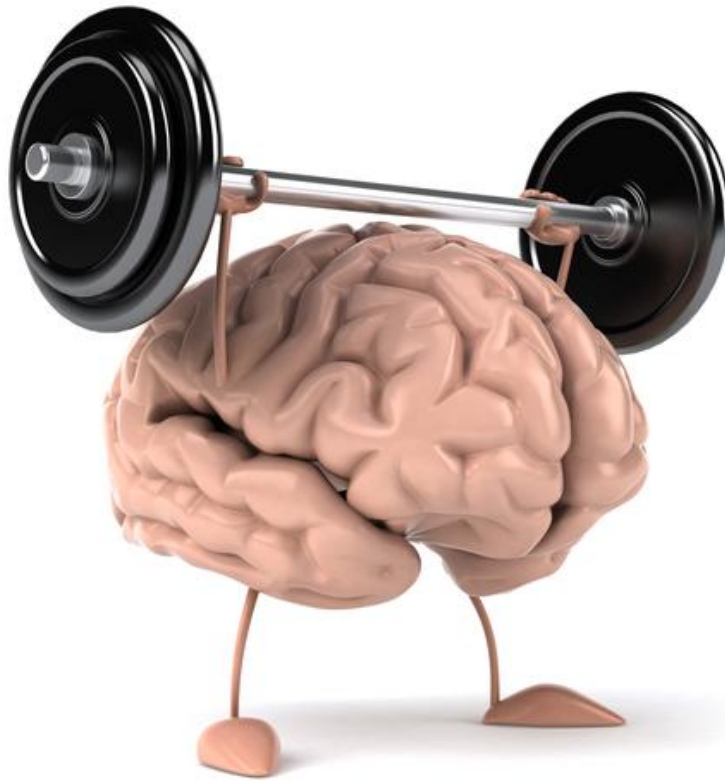


Mental Calisthenics

(8)



Patient's Name:

Date:

Complete the Sequences

Using either letters or numbers, complete the following sequences:

ab ab ab _ _ _ _

abc a bed a cde a _ _ _ _ _

1 3 5 7 11 _ _ _ _

12321 23432 45654 _ _ _ _ _

1 a 2 b 3 c 4 d _ _ _ _ _

on no map pam drab bard kayak _ _ _ _ _

z y x w v u t _ _ _ _ _

tam ten tin ton _ _ _ e

bored board pale pail towed _ _ _ _

cat feline dog canine cow _ _ _ _ _

up down short tall black white wide _ _ _ _ _

yew ewe quarts quartz kernel _ _ _ _ _

Scrambled Sentences

Using all of the words on each line, unscramble the sentences so that they make a sentence that makes sense:

spirit Ben is free a lovable

fences good neighbors make good

mind spending peace begins of simplifying

time display it's talents to on put your

probably seems is too if it it true good to be

tricky pathos is balancing business with laughs a

active improve staying can your actually mood

day's always is Peter ready for a work

change can others with connecting lives

to new time to realities it process takes adjust and

Time Crunch

Plot the following activities on the daily schedule below:

Change oil in car (45 minutes)

Wake up at 8:30

Going to the movies at 1:00 (movie is 90 minutes long)

Lunch with friend (45 minutes)

Yard work (2 hours)

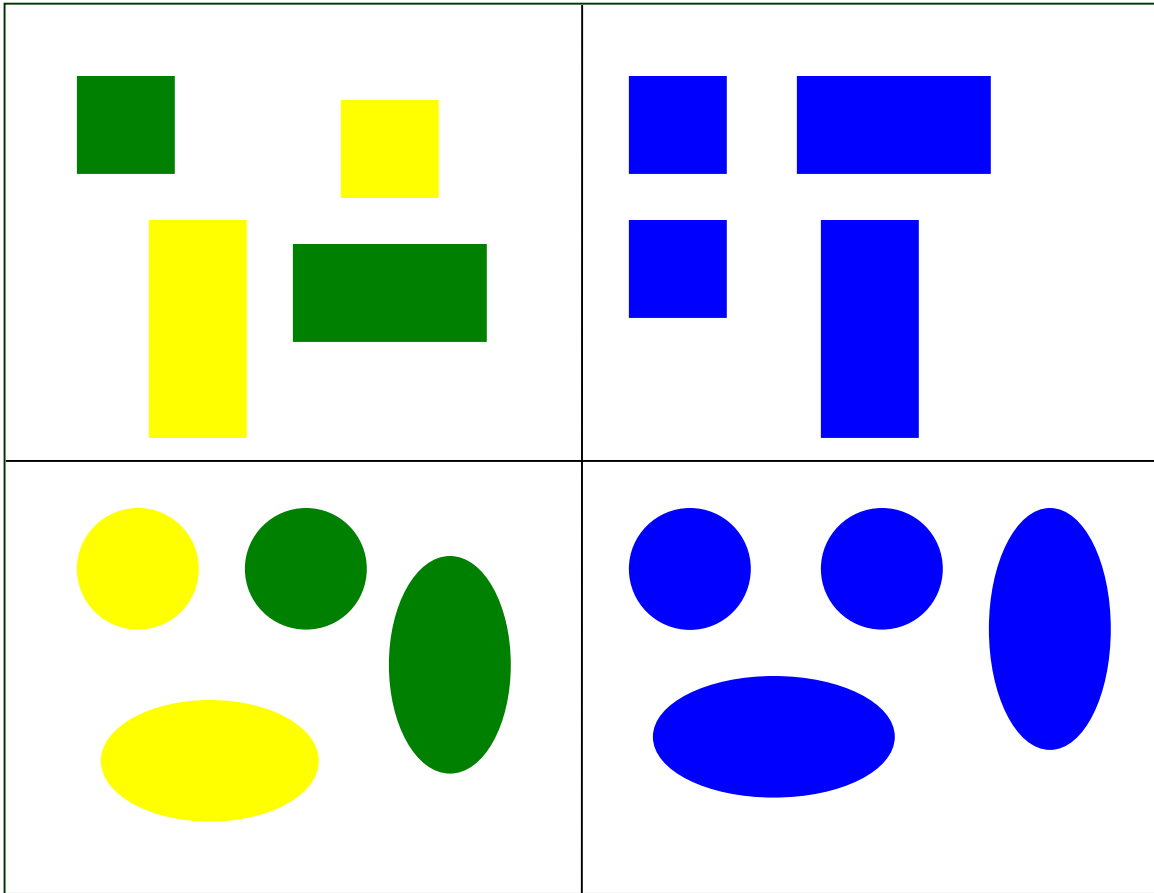
Dinner reservations at 7:15 pm (2 hours)

Hair cut (30 minutes)

Breakfast (30 minutes)

Time	Activity
8:00 – 9:00	
9:00 – 10:00	
10:00 – 11:00	
11:00 – 12:00	
12:00 – 1:00	
1:00 – 2:00	
2:00 – 3:00	
3:00 – 4:00	
4:00 – 5:00	
5:00 – 6:00	
6:00 – 7:00	
7:00 – 8:00	
8:00 – 9:00	
9:00 – 10:00	

Attribute Sorting



Identify the sorting rules:

Top versus bottom:

Right versus left:

Grocery List

Sort, or 'chunk', the following shopping items into meaningful groups:

Mushrooms

club soda

Butter

corn

Baking soda

lemons

Oatmeal

wild rice

Flour

cola

Avocado

orange juice

Sour cream

yogurt

Ginger ale

lettuce

Salt

cottage cheese

Mozzarella

lemonade

Logic Puzzles

Four children have different last names. Find out everyone's full name:

	Smith	Jones	Gonzales	Lee
Sam				
Lil				
Dan				
Barb				

- 1. Barb's last name does not have a "z" in it.**
- 2. Sam's last name does not end with an "s".**
- 3. Lil's last name has 5 letters in it.**

Sam's last name is not the shortest one here

Proverbs

Complete the proverbs below:

A man is known by

A penny saved is

A rotten apple

A stitch in

A watched pot

Absence makes

Actions speak

After the storm

All's fair in

All that glitters

April showers

Beauty is

Wilderness Survival Skills

How can you escape from a mountain lion?

What should you do if you fall in a river and are swept downstream?

What should you do if you get separated from your group and gear?

What should you do if you encounter a bear?

If caught outdoors, how can you survive a lightning storm?

Division

Solve the following problems:

$45 \div 5 =$

$48 \div 8 =$

$21 \div 3 =$

$28 \div 7 =$

$64 \div 2 =$

$72 \div 9 =$

$178 \div 2 =$

$378 \div 3 =$

$530 \div 5 =$

$105 \div 5 =$

$121 \div 12 =$

$100 \div 20 =$

$603 \div 3 =$

$455 \div 5 =$

$484 \div 2 =$

$189 \div 7 =$

$232 \div 8 =$

$156 \div 4 =$