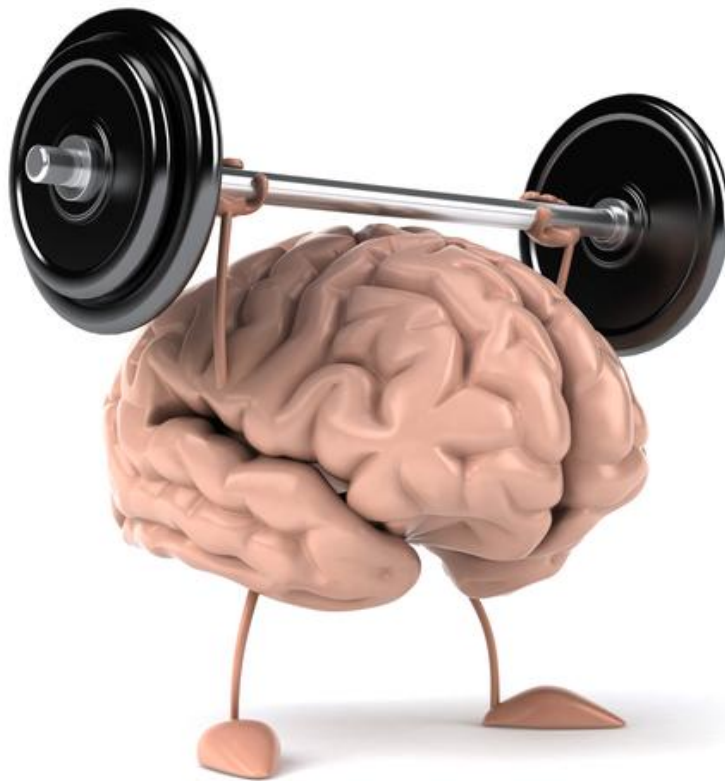


Mental Calisthenics

(17)

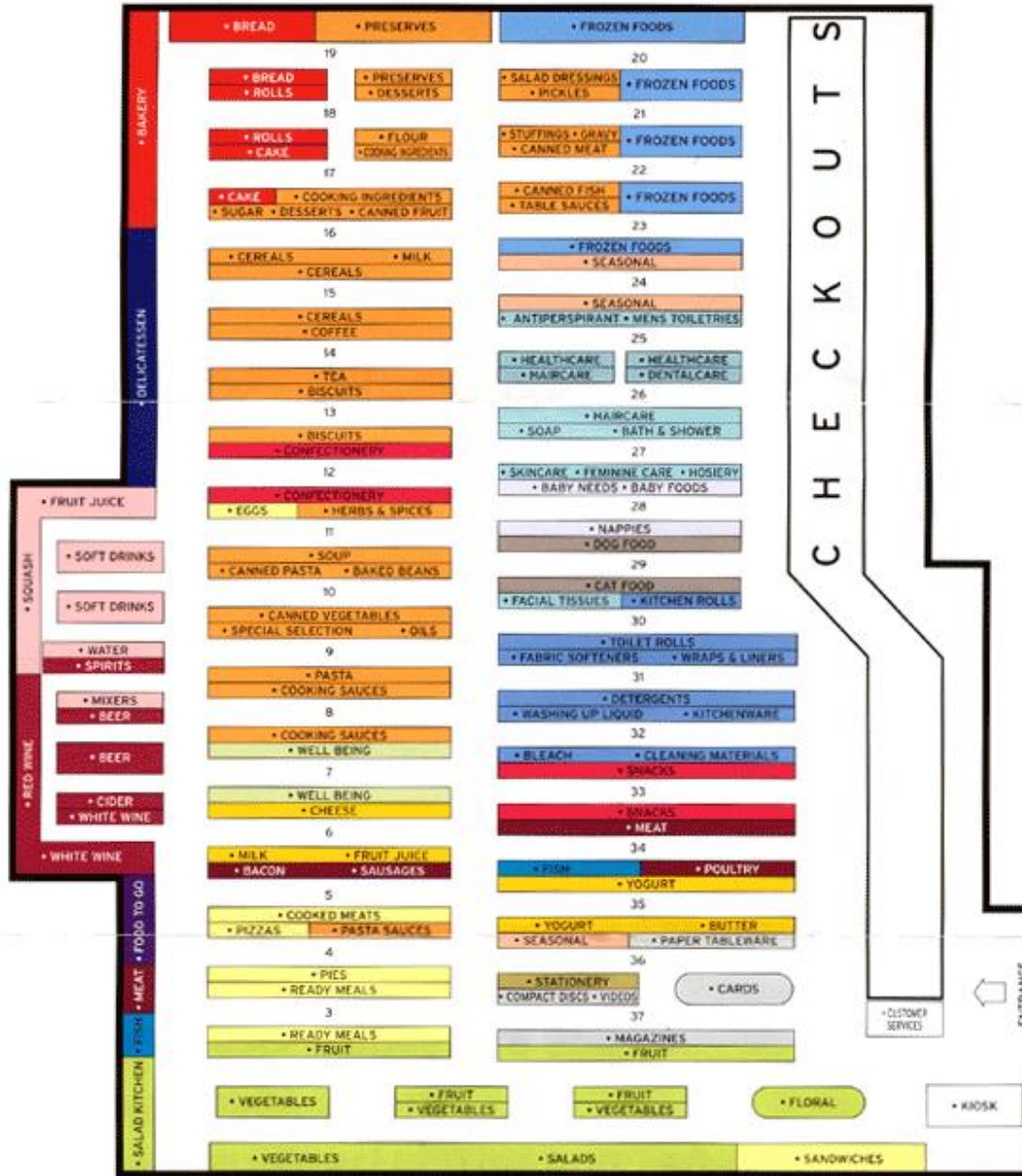


Patient's Name:

Date:

Shopping Trip

Sainsbury's, Ladbroke Grove



KEY TO AREAS

- Babycare
- Entertainment
- Fruit/Vegetables
- Petcare
- Bakery
- Food to go
- Groceries
- Soft Drinks
- Beer, Wine & Spirits
- Fresh Fish
- Health & Beauty
- Seasonal
- Customer Services
- Fresh Meat
- Household & Kitchenware
- Stationery & Books
- Dairy, Fresh Juice
- Fresh/Prepared Food
- Sweet & Savoury Snacks
- Delicatessen
- Frozen Foods
- Organic Ranges

Shopping Trip

Using the map from the previous page, in which aisle(s) would you find the following items?

Item	Aisle	Item	Aisle
Raisin Bran		Cherry pie	
Hotdog Buns		Alfredo sauce	
Broccoli		Salmon fillet	
Men's cologne		Pizza	
Chicken breasts		Deodorant	
Shiner Bock		Garlic salt	
Thank you card		Avatar CD	
Spaghetti		Sausage	
Folgers coffee		Dawn detergent	
Sugar		Wheat bread	
Bananas		Canned chicken	
Toilet paper		Band aids	
Dog food		Macaroni	
Bacon		Tonic water	
Shampoo		Spatula	
Eggs		Clorox	
Bottled water		Potato chips	
Bagged salad		Napkins	
Ribeye steak		Canned tuna	
Flour		Olive oil	
Time magazine		Greek yogurt	
Cake mix		Ranch dressing	
Cheddar cheese		Hand lotion	
Butter		Clam chowder	
Tide		Sprite	
Rose bouquet		Apple juice	
Baked beans		Canned beets	
Tooth paste		Grape jelly	
Zest soap		Dill pickles	



National Hockey League

Match the city with the team

City

Anaheim
Buffalo
Chicago
Dallas
Florida
Montreal
New York
Pittsburgh
St Louis
Vancouver

Arizona
Calgary
Colorado
Detroit
Los Angeles
Nashville
New York
Ottawa
Tampa Bay
Washington

Boston
Carolina
Columbus
Edmonton
Minnesota
New Jersey
Philadelphia
San Jose
Toronto
Winnipeg

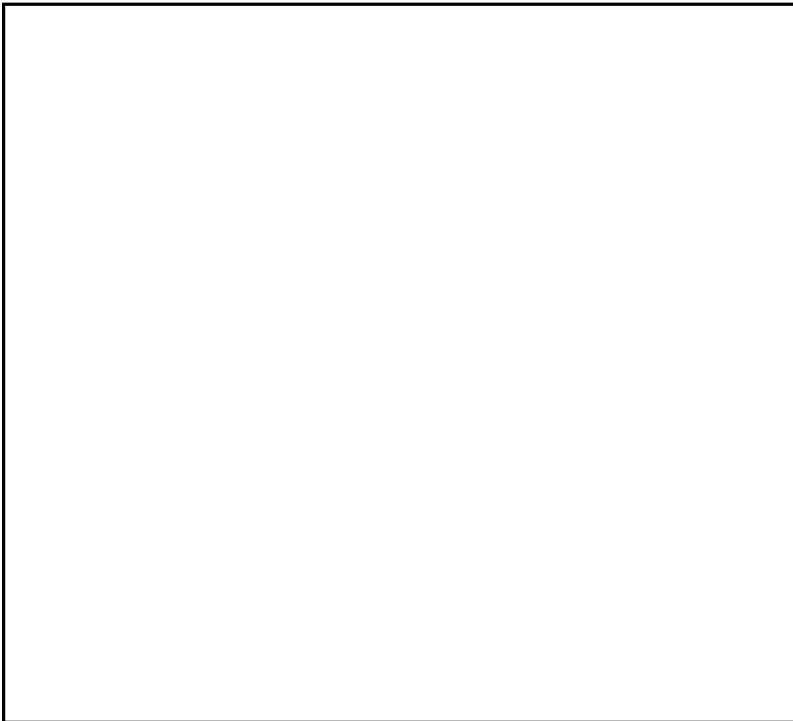
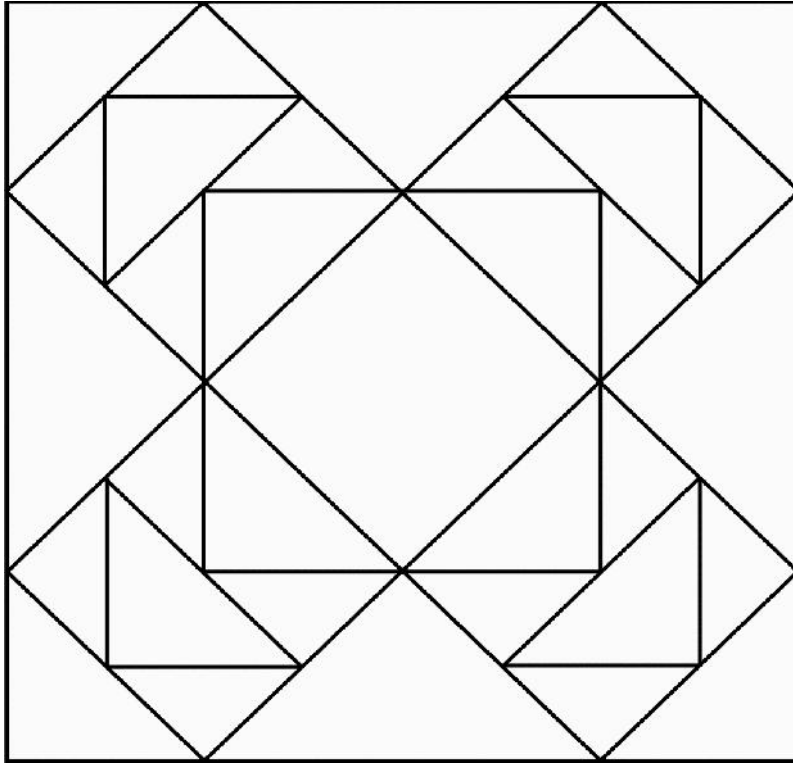
Team

Capitals
Canadians
Flyers
Coyotes
Oilers
Jets
Sabers
Kings
Penguins
Wild

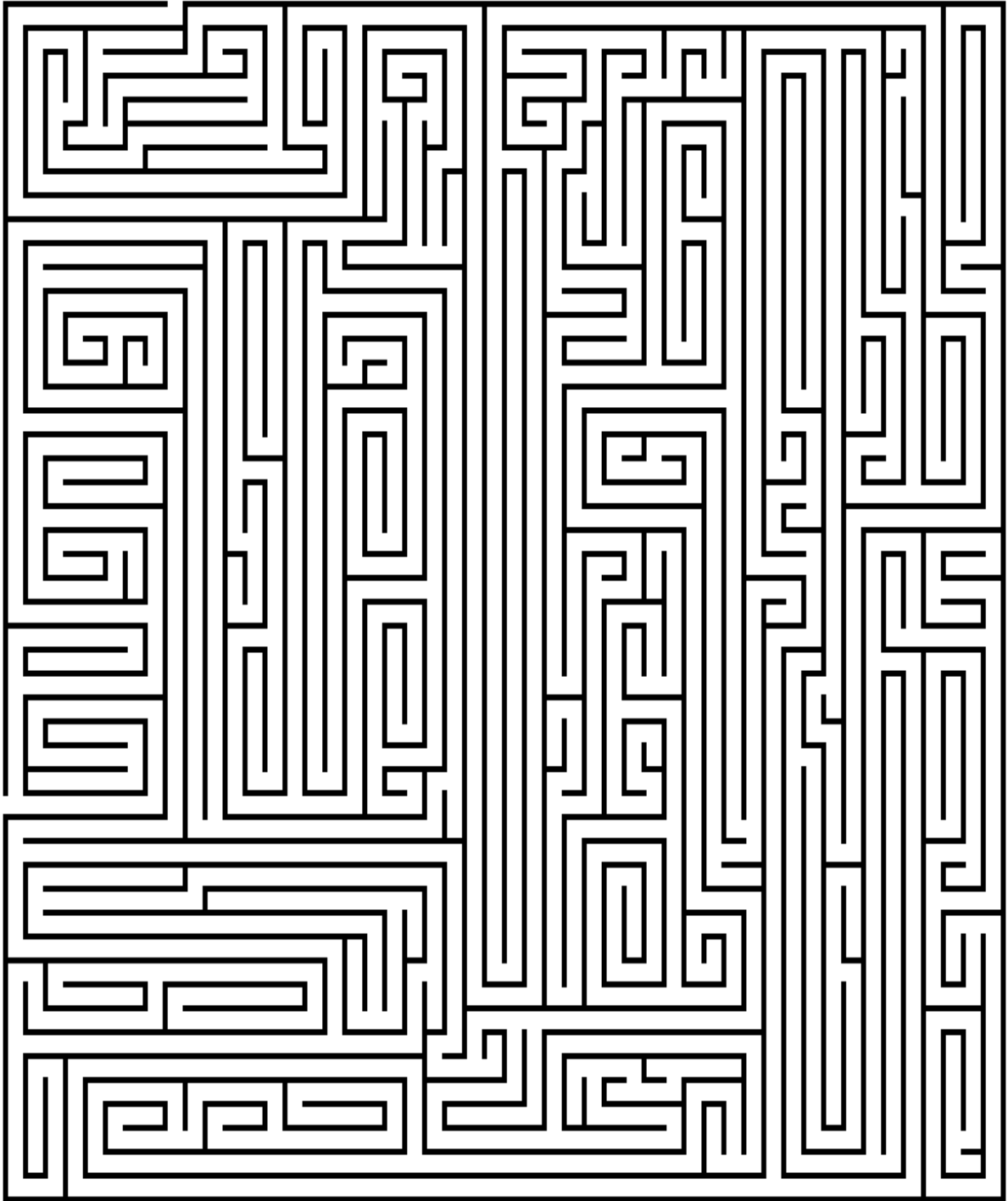
Bruins
Hurricanes
Stars
Senators
Canucks
Predators
Flames
Lightning
Devils
Red Winds

Rangers
Maple Leafs
Blue Jackets
Blackhawks
Islanders
Ducks
Avalanche
Blues
Sharks
Panthers

Draw this Design



Mazes



Verbal Fluency



List as many cities as you can that are on an ocean:

Headache Diary

Think about the past week and complete the diary below.

YOUR HEADACHE					
Day	Time headache commenced	Time headache ended	Location of pain	Severity 0-10 (0 = no pain; 10 = acute)	Other symptoms e.g. nausea, Diarrhoea
YOUR TREATMENT			YOUR TRIGGERS		
Medication	Does and time taken	Effects of medication	Food and drink	Events	Environment

Besides medications, list other strategies and techniques that can be used to help with headaches:

Word Search

ICE CREAM FLAVORS WORD SEARCH PUZZLE



BLACK CHERRY	COOKIES AND CREAM	MOOSE TRACKS	PRALINE PECAN
BUBBLE GUM	COTTON CANDY	NEAPOLITAN	RAINBOW SHERBET
BUTTER PECAN	FRENCH VANILLA	NUTTY COCONUT	ROCKY ROAD
CHOCOLATE CHIP	MINT CHIP	PEANUT BUTTER CUP	STRAWBERRY
COOKIE DOUGH	MOCHA ALMOND FUDGE	PISTACHIO ALMOND	VANILLA BEAN

www.WordSearchAddict.com

Math Problems

TITANIC MATH WORD PROBLEMS

1. 1,513 passengers perished out of the 2,220 passengers aboard the Titanic. How many passengers survived?

2. Half of the lifeboats were removed because they cluttered the deck. If there were only 20 lifeboats left aboard, how many lifeboats should there have been if none were removed?

3. It took from 12:45 until 2:05 to load and launch all of the lifeboats. How long did this take? _____

4. The Titanic sailed on April 10th and sank on April 15th. How many days was it at sea? _____

5. If each lifeboat was filled to capacity (58 people) and there were 20 lifeboats, how many people would have been saved?

6. It took 20 draft horses to carry one of the Titanic's anchors. The Titanic had 5 anchors. How many horses were used to carry all 5 anchors? _____

7. Workers loaded 5,892 tons of coal aboard the Titanic for her maiden voyage. The Titanic burned 690 tons per day. For how many days could the Titanic remain at sea without refueling?

8. The Titanic was 885 ft. long. A 747 jet is 231 ft. long. Estimate how many 747's, placed nose to tail, it would take to match the length of the Titanic. _____

9. The aircraft carrier Forestall is 1,086 ft. long. The Titanic was 885 ft. long. How much longer is the Forestall?

10. The Titanic set sail at noon on April 10, 1912. It sank at 2:20 a.m. on April 15. How long was the Titanic sailing? _____