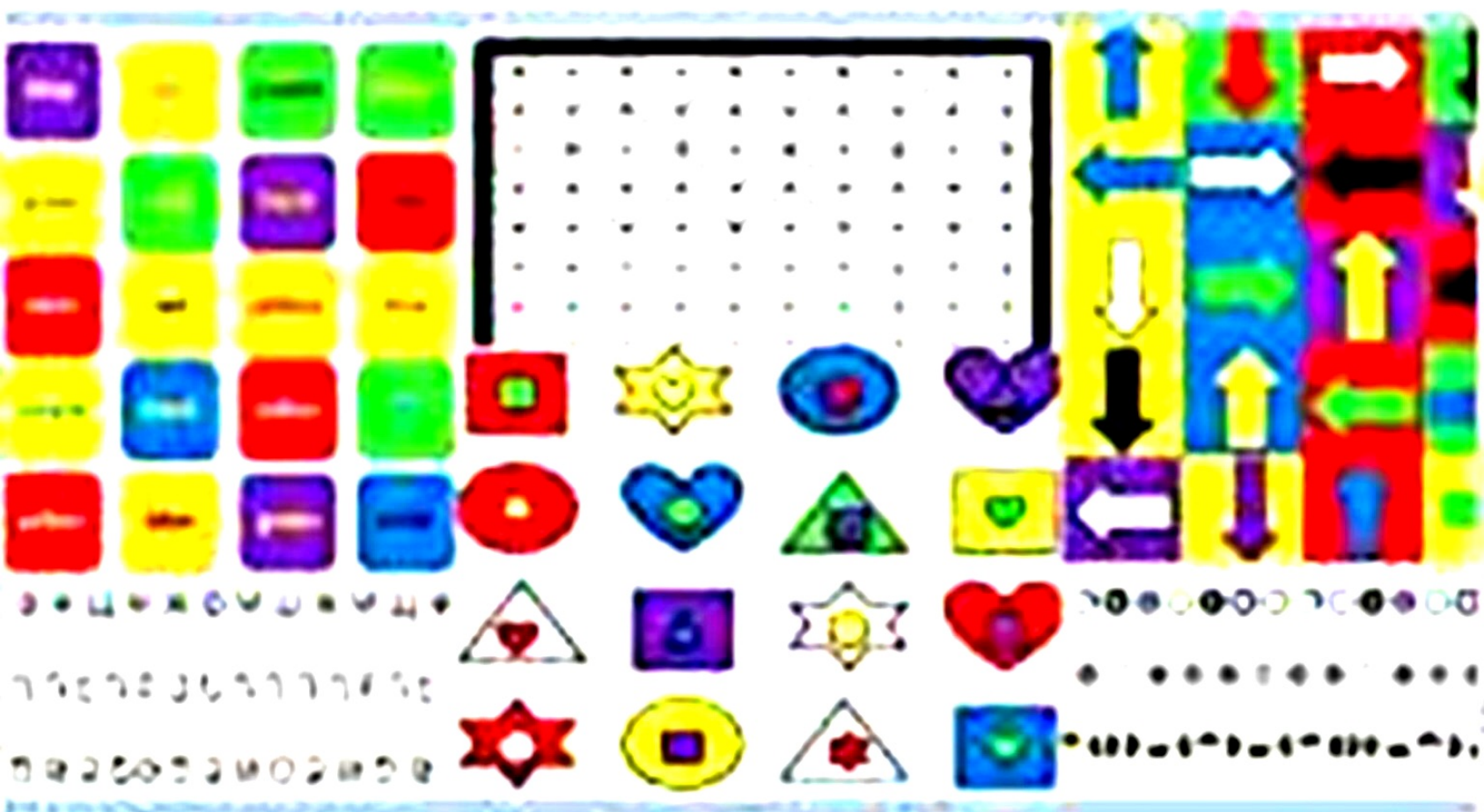


12 WEEKS TO SUPERIOR MEMORY & MENTAL CLARITY



THE ULTIMATE COGNITIVE
ENHANCEMENT PROGRAM

BRIDGETTE SHARP

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Brain Training Exercises

Based on recent brain research, referred to as brain plasticity, the brain, like the body, is an ever evolving organ. We now know that we are able to consciously build, retrain, repair and strengthen neural connections and neural pathways. Specific exercises are designed to cause neural pathways to fire together repeatedly over a specified time (12 weeks) in order to wire together.

The positive results of such a program are improved brain balancing (hemispheric integration), improved attention and focus, improved concentration, improved sequencing ability, improved memory, improved executive functioning (reduced impulsivity), and faster brain processing speed (mental and sensory motor).

Programs built on this premise go by many names: Brain Balancing, Brain Timing, Neural Network Therapy, Sensory Motor, Physio-Neuro Therapy, Processing & Cognitive Enhancement and Hemispheric Integration.

These programs were traditionally used by Physical Therapists, Occupational Therapists, Speech Therapists, Psychologists, and Neurologists. However in recent years the techniques and their results have caused much excitement in the educational forum. New programs are being developed and specifically designed to improve academic and sports performance.

These programs are also being used to treat and/or improve a variety of conditions as adjunct therapies:

- ADHD
- Autism Spectrum Disorders
- Auditory Processing Disorder
- Brain Injuries
- Cerebral Palsy
- Dyslexia
- Reading Disorders
- Executive Functioning
- Language Learning Disabled
- Non-verbal Learning Disorder
- Sensory Processing Disorder
- Stuttering
- Stroke
- MS
- Parkinson's
- Alzheimer's & Dementia
- General Brain Fitness
- Academic Improvement
- Sports Performance
- Professionals wanting to improve Memory/Focus
- Behavioral Issues

How to Utilize This Cognitive Enhancement Program

This program is constructed using three main temporal processing techniques: Neuromotor, Hemispheric Integration and Cognitive Learning Skills. This is the ultimate combination of temporal processing techniques in one cognitive enhancement program.

Neuromotor exercises are paced auditory serial attention tasks. The trainee listens for a timed auditory cue and performs a motor skill, such as clapping or tapping a foot, to the beat.

Hemispheric integration is a form of brain training consisting of different exercises designed to improve communication between the right and left halves of the brain.

Cognitive learning skills are simply learning skills. These are brain based skills needed to perform any task. These skills govern how well we learn, remember, problem solve and pay attention.

This program is laid out week by week. Each week the trainee is introduced to a new set of neuromotor exercises that are done at least once a day for seven days. This exercise is followed by a hemispheric integration exercise that is repeated daily. Then a cognitive learning skill is taught, such as visual discrimination, auditory discrimination, selective memory, etc. This activity should also be continued daily.

In the beginning of the program, a total of 15 – 20 minutes daily will suffice. The program will slowly build to nearly an hour daily by the last few weeks. This slowly and consistently builds attention, focus and concentration.

There are some exercises that require a trainer and a trainee; such as caregivers working with dementia patients or tutors working with students.

Hemispheric Integration

Hemispheric integration is a form of brain training consisting of different exercises designed to improve communication between the right and left halves of the brain, which in turn improves brain processing speed, internal brain timing, memory and sequencing.

While the right brain identifies the color, the left brain is utilized to read the shapes, numbers and letters. As each exercise is done, the right and left brain must communicate to complete the task. This encourages new neurons to connect. Neurons that fire together wire together. Therefore, the more the exercises are done the stronger the neural connections, the quicker the brain responds, which means faster brain processing speed.

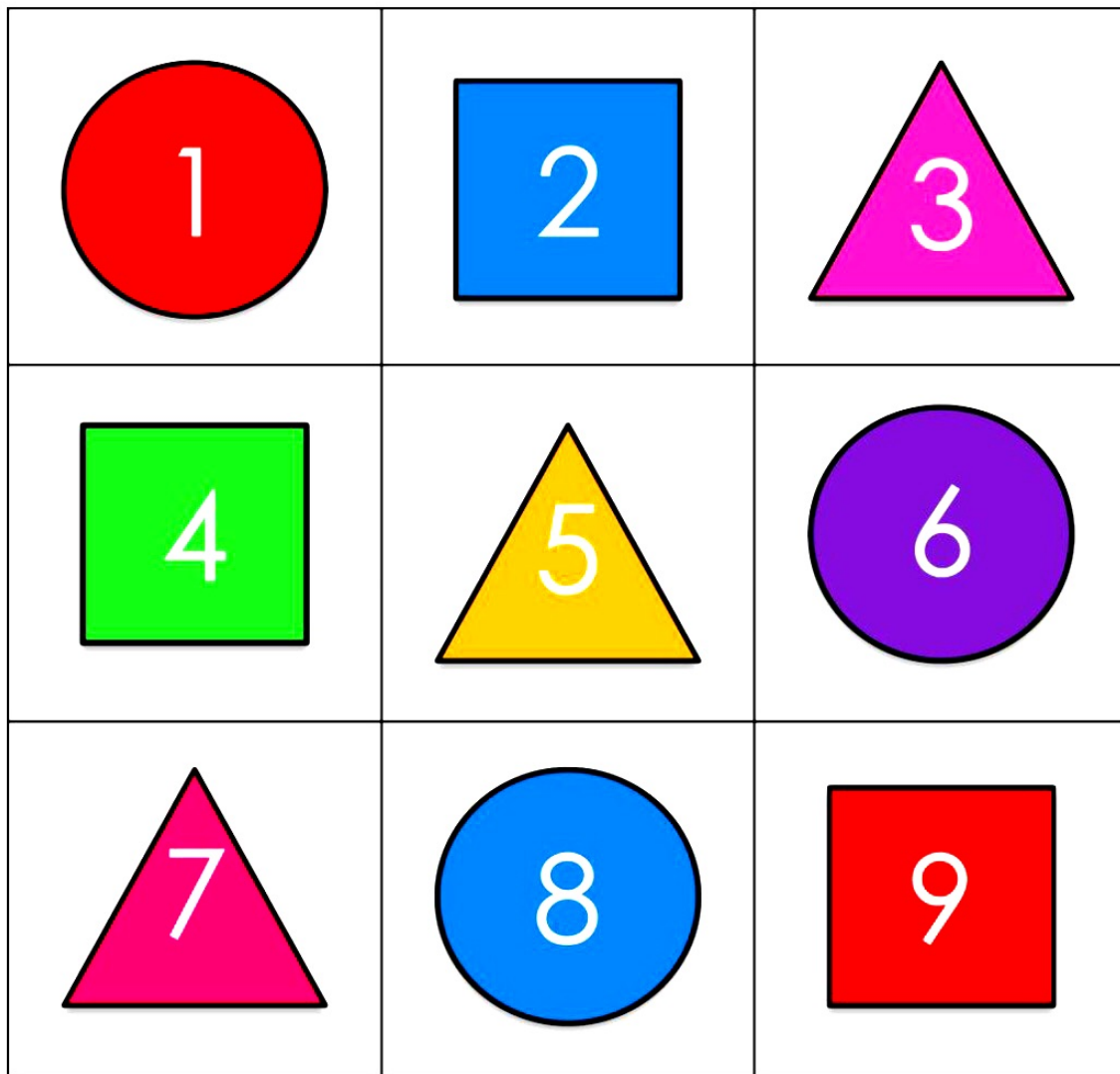
Brain training is a natural way to make difficult mental tasks easier. Cognitive difficulties can often be a result of slow or labored hemispheric communication. Using brain training exercises engages both hemispheres to communicate and work simultaneously.

The results are often remarkable. New information is easier to learn, remember and recall.

These exercises are wonderful for students young and old. Poor readers can greatly benefit from brain training. Professionals and those wishing to improve their memory and brain processing speed benefit greatly. Mental exercises are recommended for the aging to keep their brain young and to discourage dementia or other cognitive problems from developing.

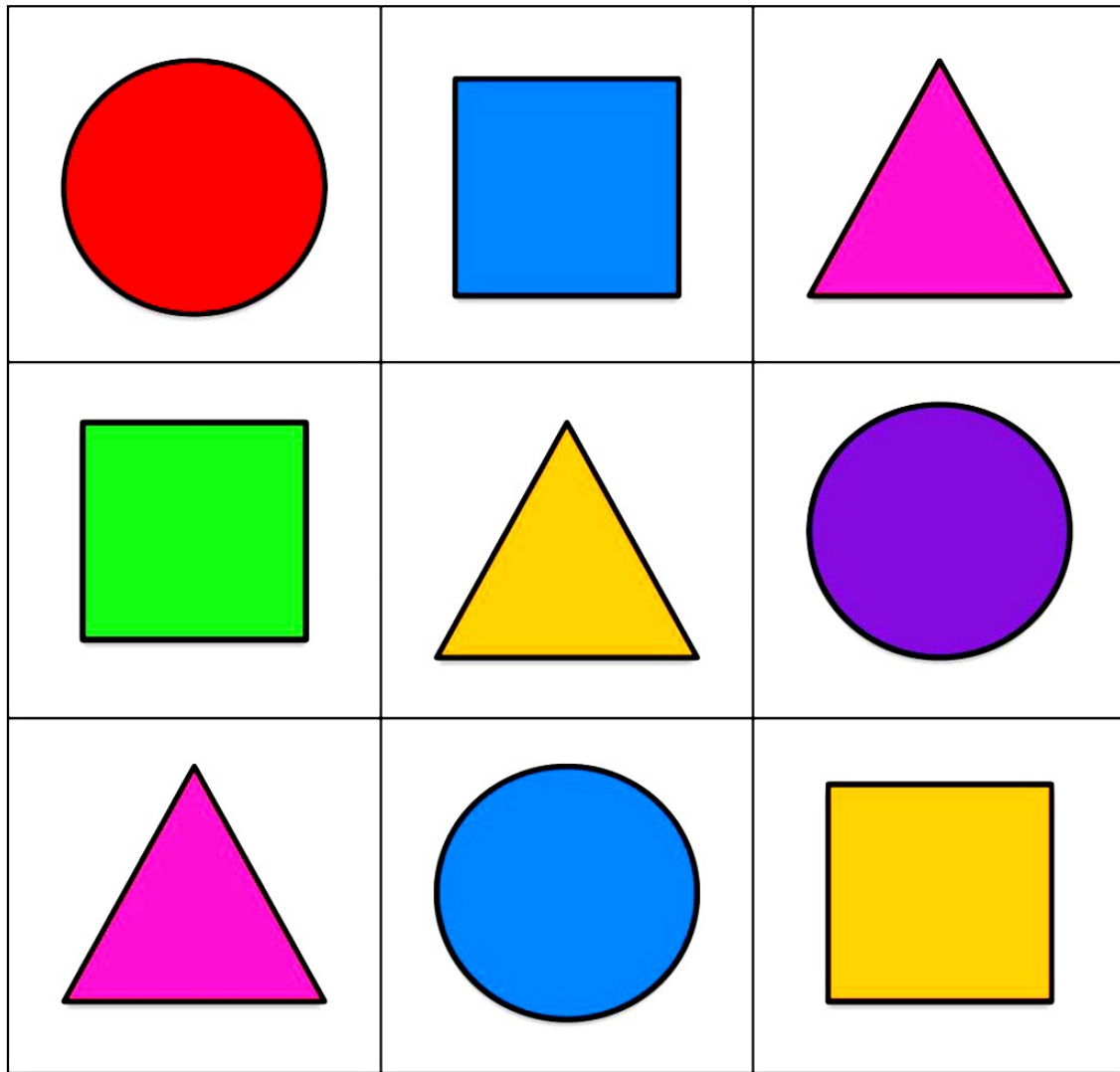
Brain training exercises are used to help remediate cognitive problems related to Dyslexia, Dysgraphia, ADD, ADHD, Reading difficulties, Executive Functioning Skills, Dementia, Alzheimer's, Autism, Aspergers, Central Auditory Processing Disorder and Visual Processing Disorders & many others.

Brain Training grids start at the top left corner and move right across the row. We then move to the row below the one completed and move left to right, continue in this fashion, ending with the bottom right square of the grid. In this example the squares are numbered for you.



The grids in this book are arranged systematically from simple to more complex, therefore they should be completed in order. Each grid should be done multiple times to assure mastery before moving to the next grid.

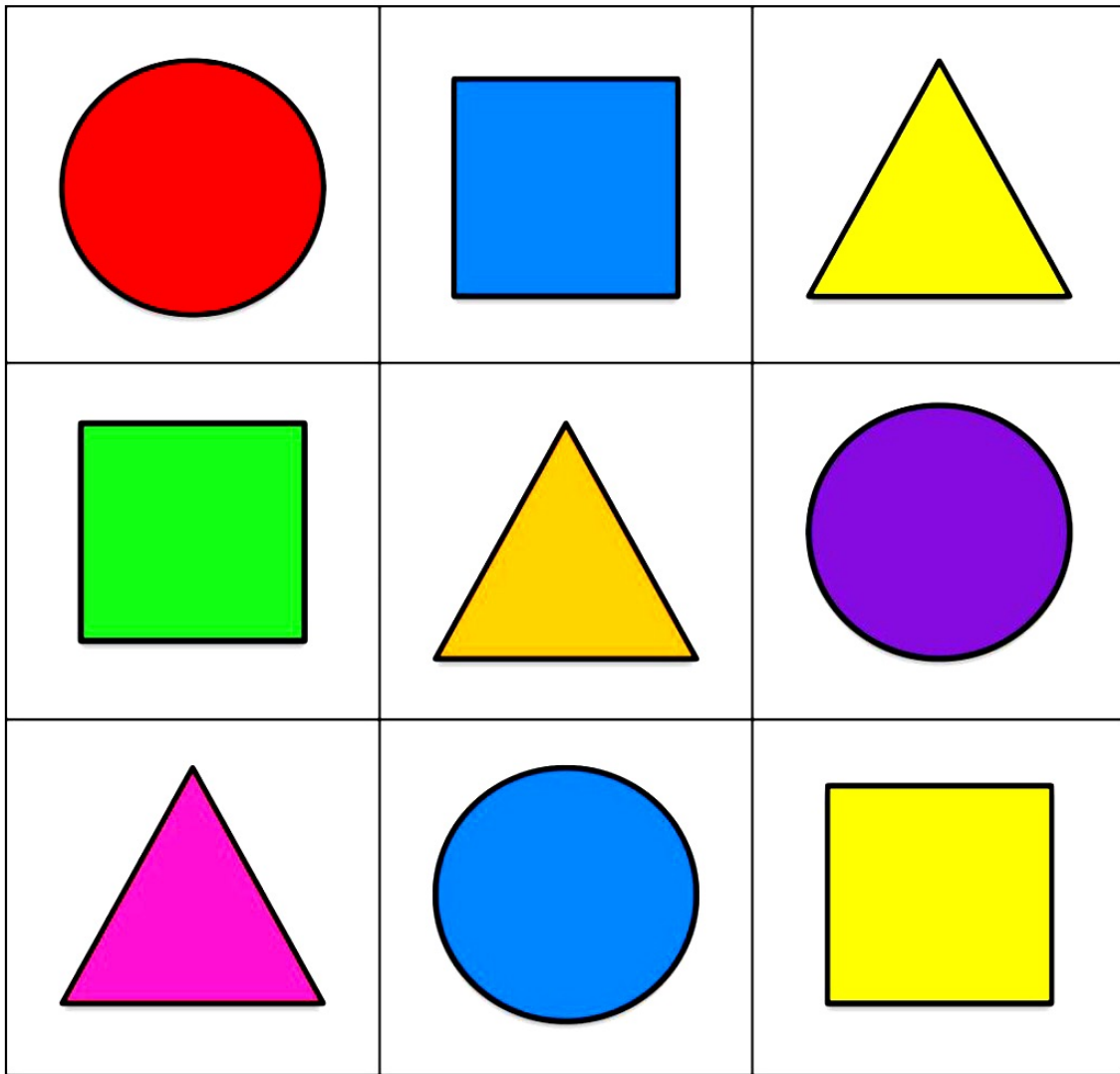
Name the Shape. Start at the top left square of the grid and name the shapes. Record your time and try to beat it!



Record your times here!

_____	_____	_____
_____	_____	_____
_____	_____	_____

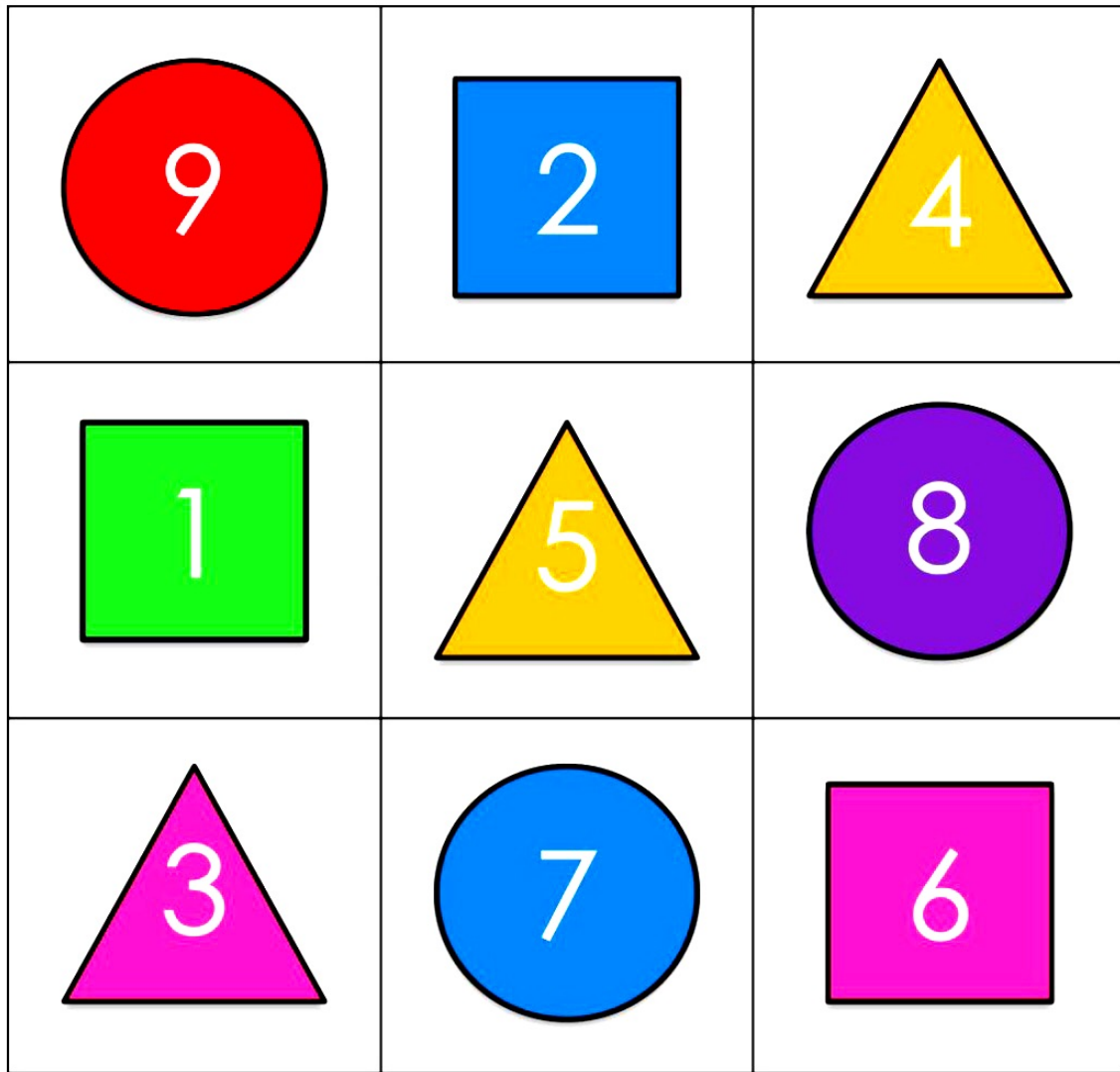
Name the Color. Start at the top left square of the grid and name the colors. Record your time and try to beat it!



Record your times here!

_____	_____	_____
_____	_____	_____
_____	_____	_____

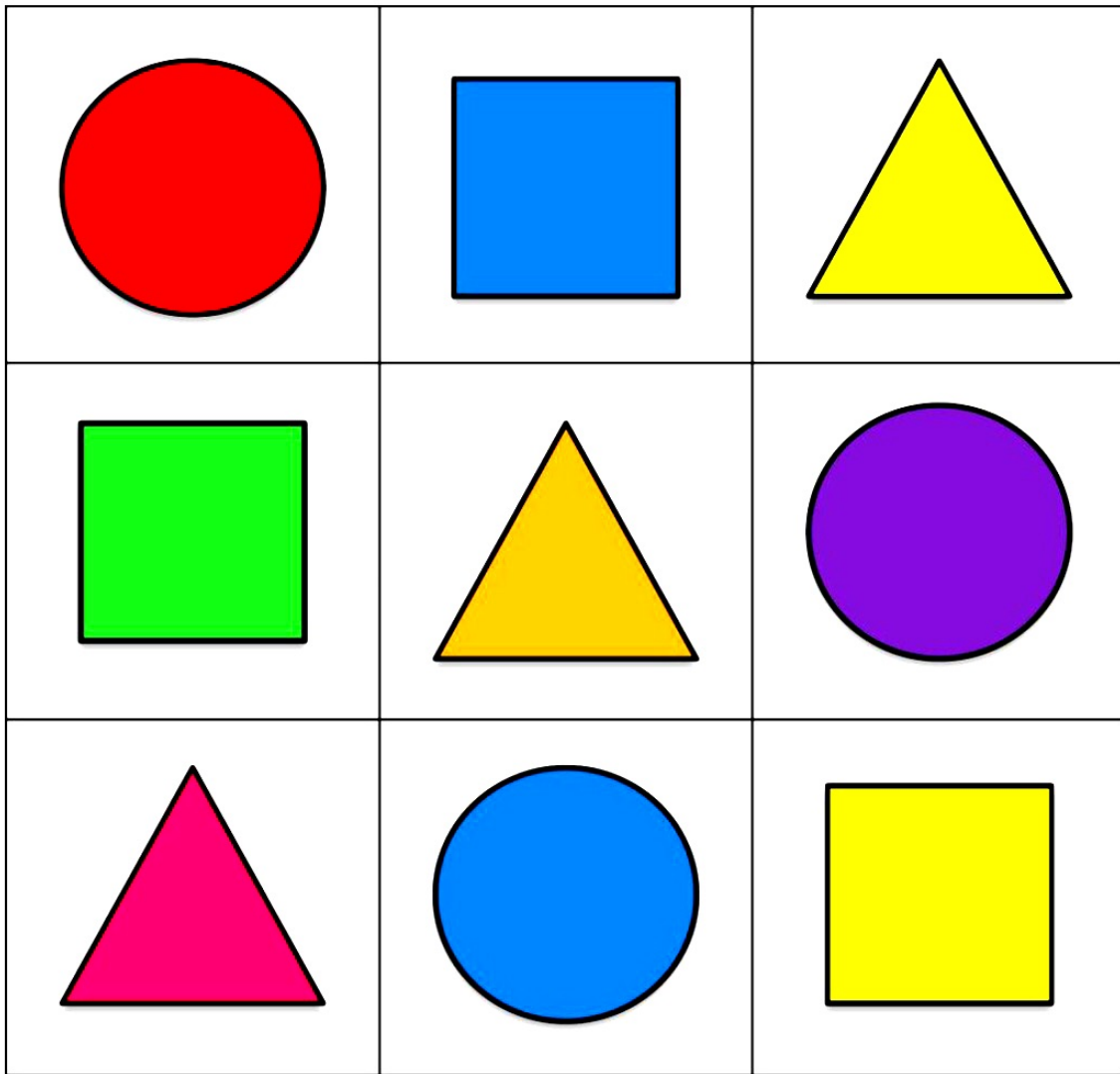
Name the Number. Start at the top left square of the grid and name the numbers. Record your time and try to beat it!



Record your times here!

_____	_____	_____
_____	_____	_____
_____	_____	_____

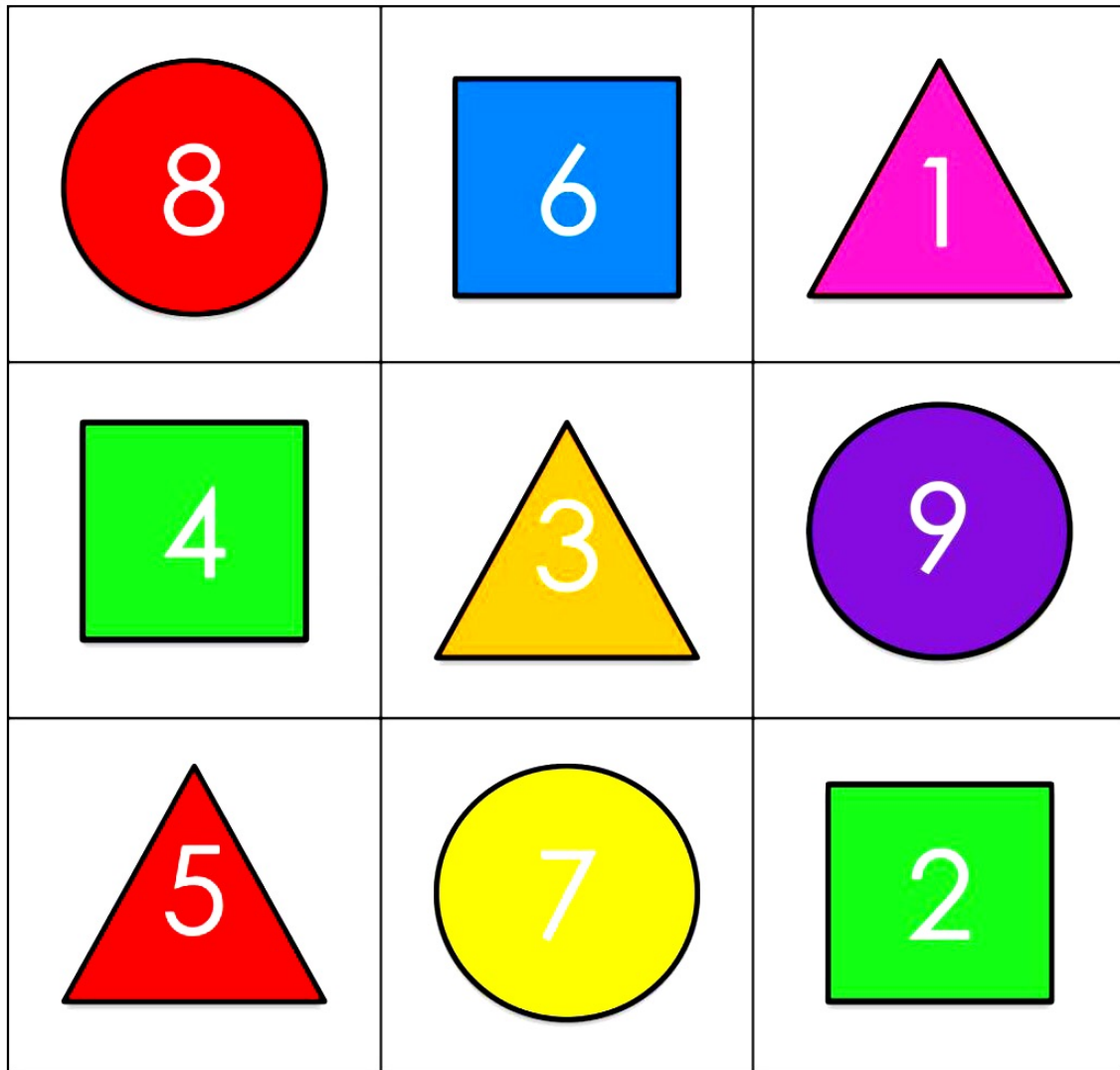
Name the Color and Shape. Start at the top left square of the grid and name the color first and then the shape.
i.e. "Red Circle" Record your time and try to beat it!



Record your times here!

_____	_____	_____
_____	_____	_____
_____	_____	_____

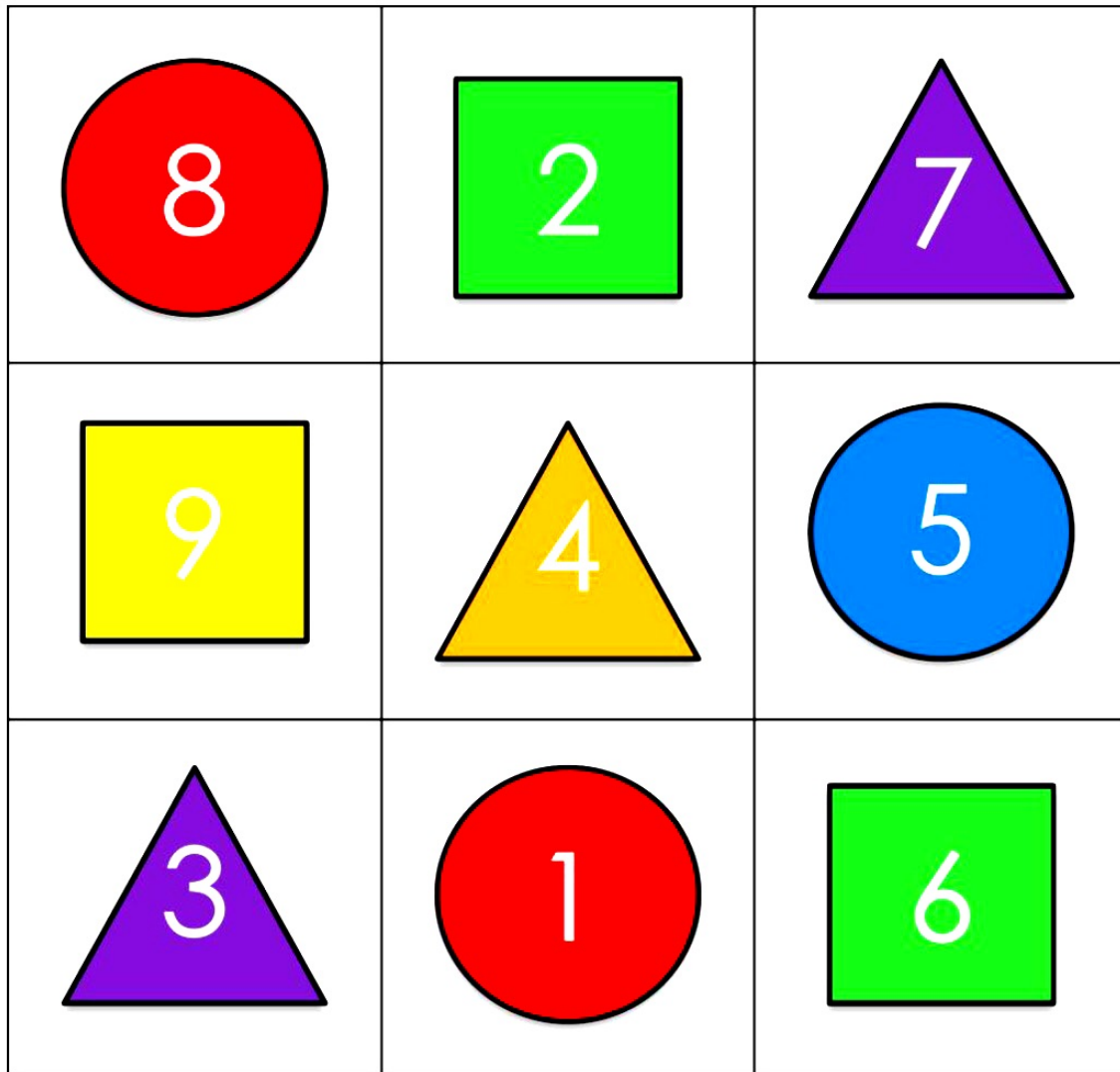
Name the Color and Number. Start at the top left square of the grid and name the color first and then the number. i.e. "Red Eight" Record your time and try to beat it!



Record your times here!

_____	_____	_____
_____	_____	_____
_____	_____	_____

Name the Color, Shape and Number. Start at the top left square of the grid and name the color first and then the shape followed by the number in the shape. i.e. "Red Circle Eight" Record your time and try to beat it!



Record your times here!

_____	_____	_____
_____	_____	_____
_____	_____	_____

Neuro Motor Brain Training Exercises

Week 1

Equipment:

- Metronome
 - Physical metronome or
 - You can download a free metronome app onto any computer or digital device you wish to use; phone, ipad, android tablet
- Headphones for digital metronome, optional
- Quiet workspace without distractions

Set Up:

- Set the metronome speed to 54 beats per minute
- No accent beat (all beats sound the same)

Exercise: Cymbal Clap

- Clap in front of your chest in large circular movements similar to playing large cymbals.
- Each clap should sound simultaneously with the sound of the beat from the metronome

Duration:

- 5 minutes daily for the first week

Best Practices:

- Do the exercises standing, if possible.
- You can wear headphones (digital metronome only) if needed for concentration
- Move in large circular movements, not linear movement.

Accommodations:

- You may be seated if necessary
- You may watch the metronome for visual cues to timing
- If the trainee is ADHD it may be necessary to set the metronome at 60 beats per minute for the first few weeks.

Neuro Motor Brain Training Exercises

Week 1

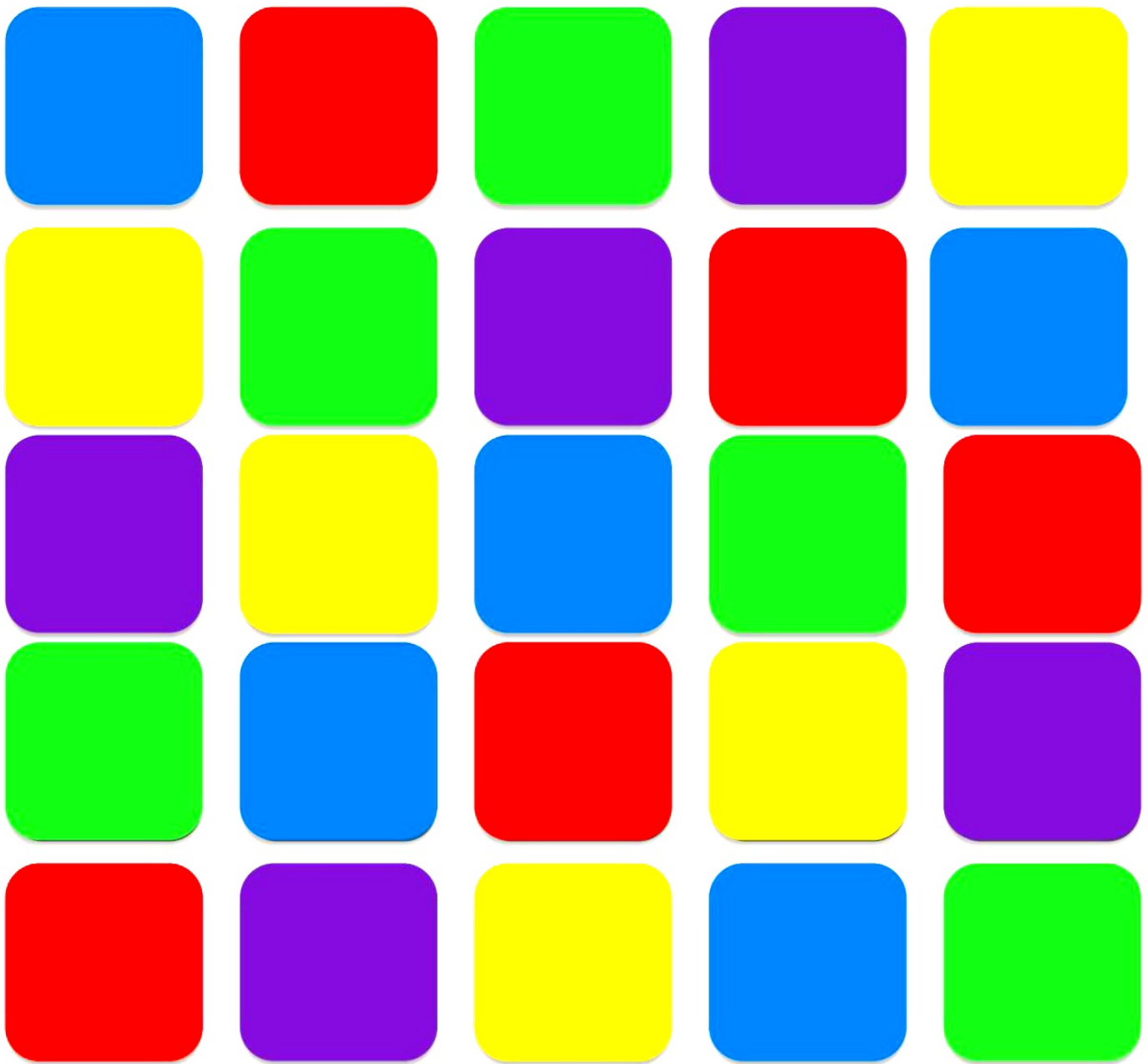
Exercise may be varied as follows:

- 1 minute clapping in a large circular **downward** movement
 - Hands start at center, move down and out, then up and drop together on the downward movement. Think of clanging cymbals.
- 1 minute clapping in a large circular **upward** movement
 - Hands start at center, move up and outward, drop down and come in toward each other on the upward push.
- 1 minute downward movement
- 1 minute upward movement
- 1 minute downward movement

Exercise may be broken up as follows:

Due to the trainee's inability to focus or attend to the exercise, the exercise may begin with 1 minute daily and work up to 5 minutes. Consider trying to do the exercise at a less stressful and distracting time of the day. You may also consider changing the location where the exercise is done to facilitate concentration and focus.

- 1 Minute on Day 1
- 2 Minutes on Day 2
- 3 Minutes on Day 3
- 4 Minutes on Day 4
- 5 Minutes on Days 5 - 7



Cognitive Colors Week 1

1. Name the colors starting at the first square in the top left corner. Read the colors from left to right like you're reading a book. Use a stopwatch and time yourself. Record your times here:

2. Rotate the book $\frac{1}{4}$ turn to the right and do the activity. i.e. "red, green, purple..."

Cognitive Training Week 1

Equipment:

- Letter tiles from Scrabble or Bananagrams

Exercise: Letter Match

- Lay the letter tiles letter side up in front of the trainee
- Pick 3-5 letter tiles and place them on the table between you and the trainee. Cover them from the trainee's view.
- Allow the trainee 10 seconds to see the tiles and remember them.
- Cover the tiles again
- The trainee then pulls from the letter tiles in the middle of the table to match your pattern.
- Lift the cover to check for accuracy.
- Begin with 3 tiles and add tiles as the trainee is able.

Cognitive Skill:

- Visual Processing
 - Working Memory
-

Equipment:

- Change (quarters, dimes, nickels, pennies)

Exercise: Coin Match

- Lay the pile of coins in front of the trainee
- Pick 3-5 coins and place them on the table between you and the trainee. Cover them from the trainee's view.
- Allow the trainee 10 seconds to see the coins and remember them.
- Cover the coins again
- The trainee then pulls from the coins in the middle of the table to match your pattern.
- Lift the cover to check for accuracy.
- Begin with 3 coins and add coins as the trainee is able.

Cognitive Skill:

- Visual Working Memory

Neuro Motor Brain Training Exercises

Week 2

Exercise

Duration

Cymbal Clap

5 Minutes

Right Hand Hip Clap

2 Minutes

Left Hand Hip Clap

2 Minutes

Cymbal Clap

1 Minute

10 Minutes Per Session Daily

New Move:

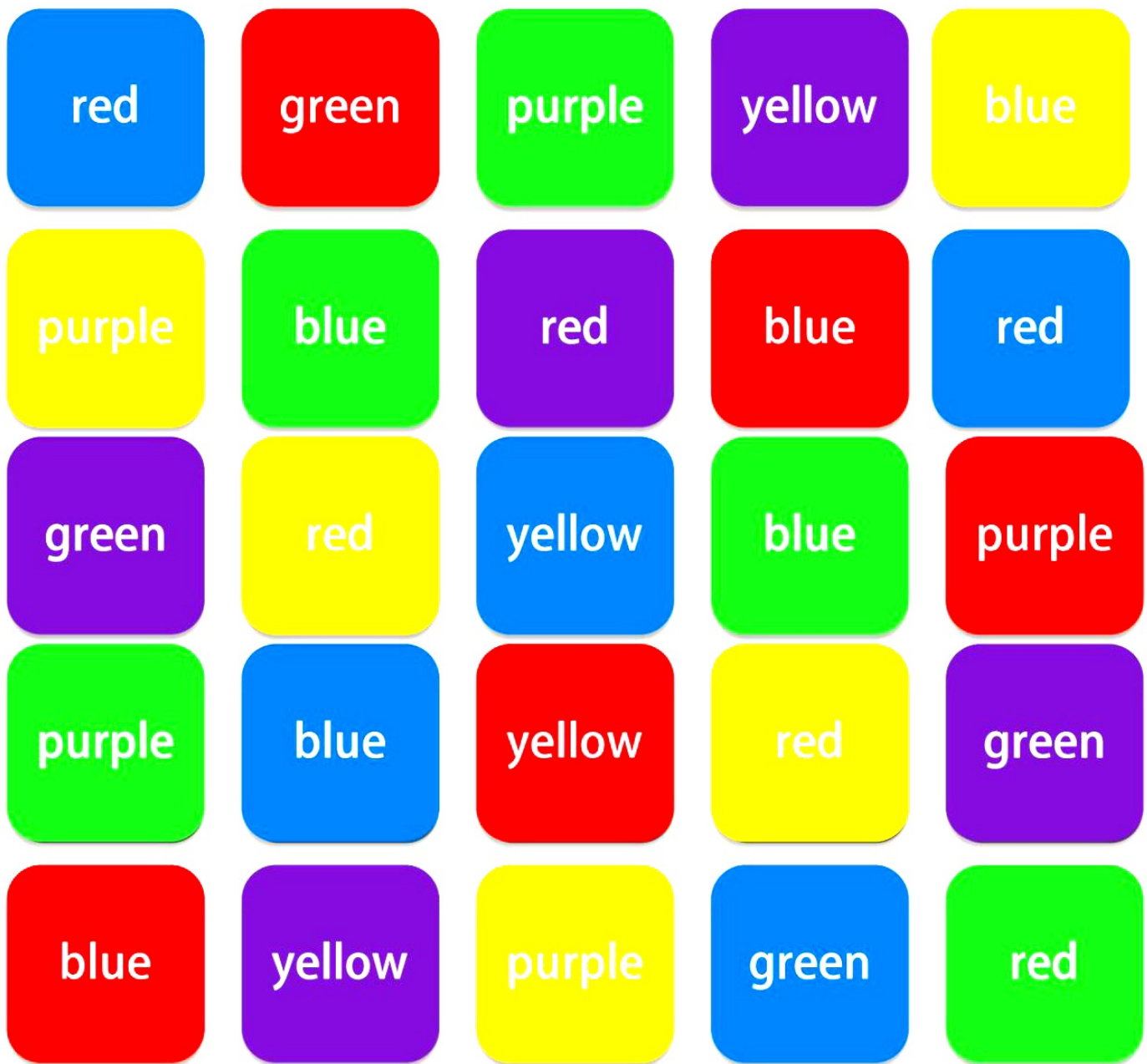
- Starting Position: Standing with hands at sides; trainee swings right hand out in a large circle and then finishes the move by patting or clapping their right hand against their right upper thigh/hip area on the beat.
- One hand is done at a time

Best Practices:

- Move smoothly from one exercise to the next.
- Hand(s) should make contact simultaneously with the beat.
- Have the trainee do the exercises standing
- Trainee can wear headphones (digital metronome only)
- Move in large circular movements, not linear movement.
- Trainee can do the movements in front of a mirror

Accommodations:

- Trainee may be seated if necessary for wheelchair bound or elderly
- Trainee may watch the metronome for visual cues to timing
- If the trainee is ADHD it may be necessary to set the metronome at 60 beats per minute for the first few weeks.
- The trainee may work up to 10 minutes if necessary, starting at 5 minutes the first day and adding 1 minute a day.



Cognitive Colors Week 2

1. Name the color of the square and then read the color word in the square. i.e. "blue red, red green..." Record times here:

2. Now read the color word first and then the color of the square. i.e. red blue, green red..."

Cognitive Training Week 2

Equipment:

- Letter tiles from Scrabble or Bananagrams

Exercise: Nonsense Words

- Lay the letter tiles letter side up in front of the trainee
- Sound out a nonsense word for the trainee to spell with the tiles
- Begin with simpler words "aaafff" moving towards complicated words
- The trainee will pull tiles from the center and spell the word.
- Return tiles to the center or place in a bag
- Continue until all tiles are used

Cognitive Skill:

- Auditory Processing
 - Working Memory
-

Equipment:

- Letter tiles from Scrabble or Bananagrams

Exercise: Auditory Letters

- Lay the letter tiles letter side up in front of the trainee
- Say a list of letters for the trainee to remember and find
- " a, f " Begin with 2 letter combinations working up to more
- The trainee will pull tiles from the center and lay them in the order specified.
- Return tiles to the center or place in a bag
- Continue until all tiles are used

Cognitive Skill:

- Auditory Processing
- Working Memory

Neuro Motor Brain Training Exercises

Week 3

Exercise	Duration
Cymbal Clap	5 Minutes
Right Hand Hip Clap	3 Minutes
Left Hand Hip Clap	3 Minutes
Alternating Right and Left Hip Clap	3 Minute
Cymbal Clap	1 Minute
15 Minutes Per Session Daily	

New Move:

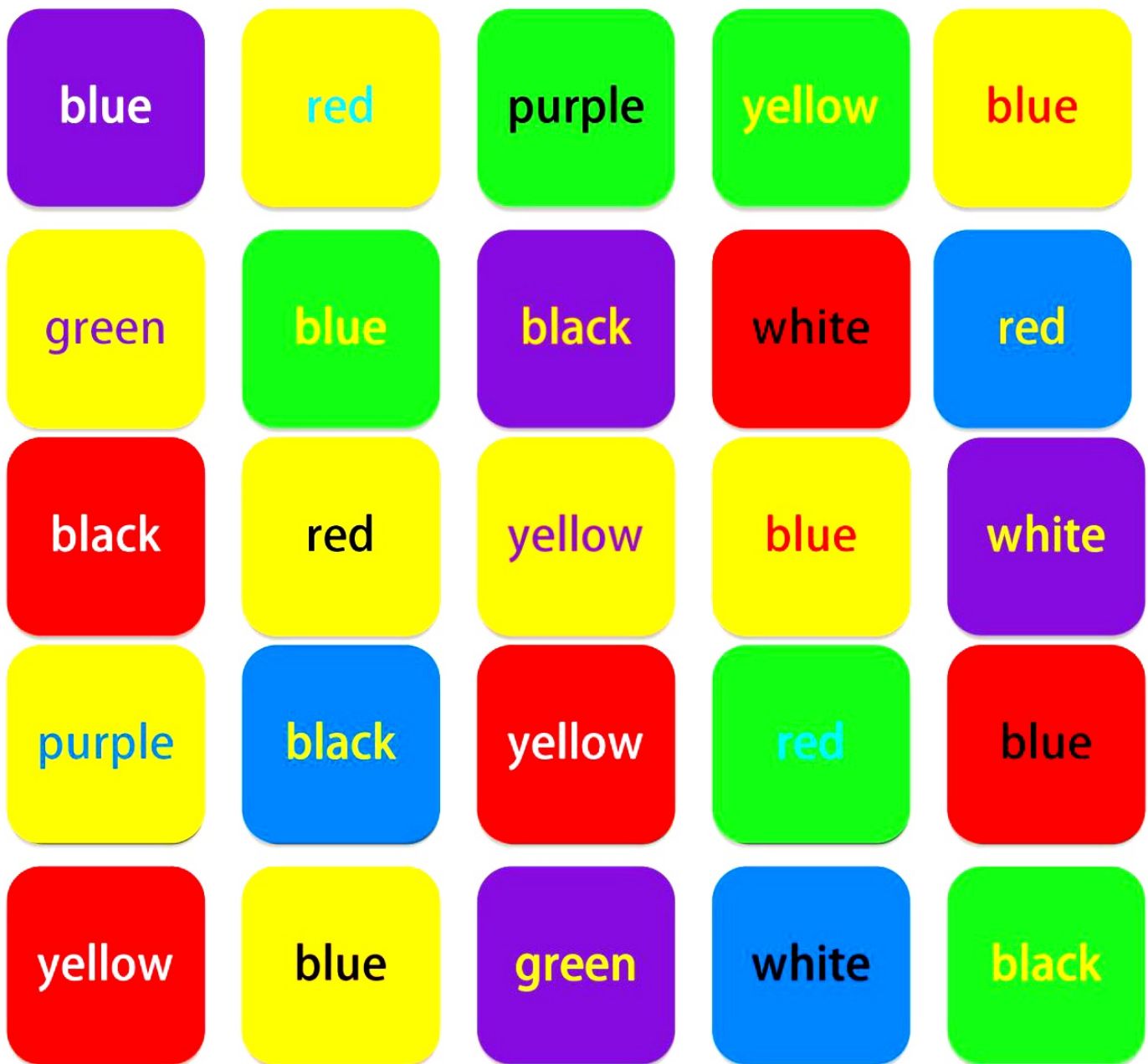
- Standing, trainee drops hands to their sides. Each hand alternately swings out in a large circle and claps against the upper thigh/hip area on the beat, one hand at a time.
- Each hand alternates; right hand 1 beat, left hand 1 beat, right hand 1 beat, left hand 1 beat...

Best Practices:

- Move smoothly from one exercise to the next.
- Hand(s) should make contact simultaneously with the beat.
- Have the trainee do the exercises standing
- Trainee can wear headphones (digital metronome only)
- Trainee can do the movements in front of a mirror
- Move in large circular movements, not linear movement.

Accommodations:

- Trainee may be seated if necessary for wheelchair bound or elderly
- Trainee may watch the metronome for visual cues to timing
- If the trainee is ADHD it may be necessary to set the metronome at 60 beats per minute for the first few weeks.



Cognitive Colors Week 3

1. Name the color of the square, read the color word in the square and then name the print color of the word. i.e. purple blue white, orange red blue, green purple black..." Record your times here:

2. Rotate the book $\frac{1}{4}$ turn to the right and do the activity. i.e. " red yellow white, yellow purple blue, red black white..."

Cognitive Training Week 3

Equipment:

- A pencil with an eraser
- A stopwatch

Exercise: Pencil Focus

- Hold the pencil about 12 inches from the trainee's eyes.
- Instruct the trainee to keep their eyes focused on the eraser
- Move the pencil up, down, right, left and in circular movements

Duration:

- 1 minute of continual, non-distracted focus

Cognitive Skill:

- Attention-Sustained
 - Visual Tracking
-

Equipment:

- A digital stopwatch placed about 1 foot in front of the trainee

Exercise: Stopwatch Focus

- Instruct the trainee to keep their eyes focused on the stopwatch
- Have the trainee focus on the changing numbers. Ask the trainee to tell you when they see a specific number "tell me when you see a 5."

Duration:

- 1 minute of continual, non-distracted focus

Cognitive Skill:

- Attention-Sustained - focused on the stopwatch numbers
- Attention-Selective - focused on one specific number while disregarding others

Neuro Motor Brain Training Exercises

Week 4

Exercise	Duration
Cymbal Clap	5 Minutes
Alternating Right and Left Hip Clap	5 Minutes
Cross Crawl Knees	5 Minutes
Cymbal Clap	5 Minute

20 Minutes Per Session Daily

New Move: Cross Crawl

- Standing, trainee lifts their left knee and taps it with their right hand, and then the trainee lifts their right knee and taps it with their left hand.
- One hand/knee combination is done at a time, right hand 1 beat, left hand 1 beat, right hand 1 beat, left hand 1 beat...
- The knees are lifted one at a time as in marching.

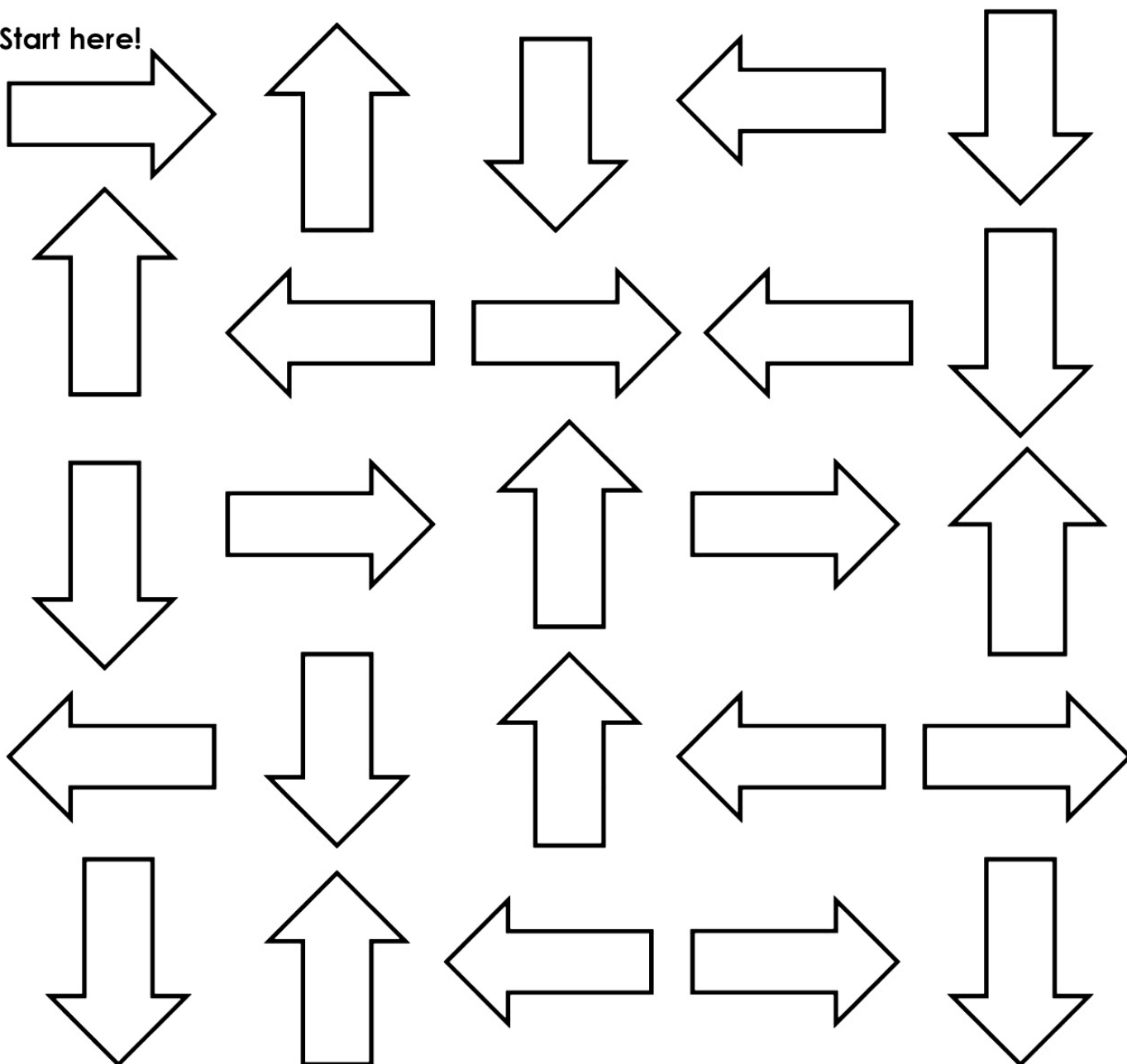
Best Practices:

- Move smoothly from one exercise to the next.
- Hand(s) should make contact simultaneously with the beat.

Accommodations:

- You may place a blue sticker on the right hand and left knee of the trainee and then a red sticker on the left hand and the right knee to teach the trainee which hand is matched with each knee.
- Trainee may be seated if necessary for wheelchair bound or elderly
- Trainee may watch the metronome for visual cues to timing
- The trainee should be able to do the neuromotor exercises at 54 beats per minute at this stage.

Start here!



Cognitive Arrows Week 4

1. Starting at the top left corner, name the direction each arrow is facing. i.e. "right, up, down, left, down..." Record times here:

2. Mentally rotate all the arrow $\frac{1}{4}$ turn to the right, clockwise. i.e. "down, right, left, up"

3. Mentally rotate all the arrows $\frac{1}{4}$ turn to the left, counter clockwise. i.e. " up, left, right"

Cognitive Training Week 4

Exercise: Auditory Number Memory

- Sit in front of the trainee
- Using a normal conversational voice instruct the trainee to repeat these numbers, "Say these numbers after me."
- Give a 1 second pause between numbers
- Trainee should repeat the numbers

Cognitive Skill:

- Auditory Processing

Working Memory

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

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

Age	Expected Digit Span
4	2 – 3 digits
5	3 – 4 digits
6	4 – 5 digits
7	5 – 6 digits
8 - adult	5 – 9 digits

Neuro Motor Brain Training Exercises

Week 5

Exercise	Duration
Cymbal Clap	5 Minutes
Cross Crawl Knees	5 Minutes
Alternating Right and Left Hip Clap	5 Minutes
Cross Crawl Back	5 Minutes
Cymbal Clap	5 Minutes
25 Minutes Per Session Daily	

New Move: Cross Crawl Back

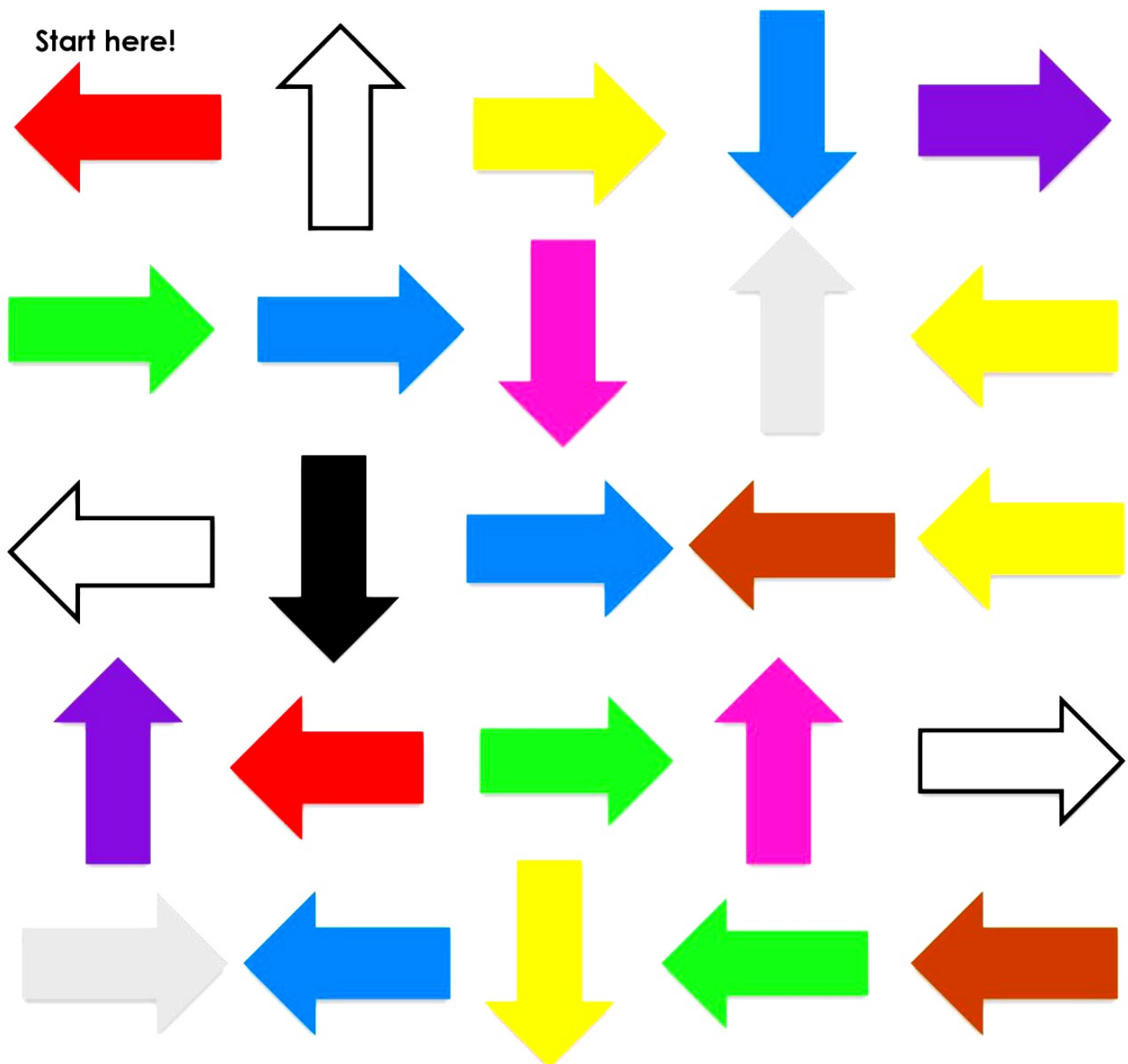
- Standing, trainee lifts their left foot behind their right leg and taps it with their right hand, and then the trainee lifts their right foot behind their left leg and taps their right foot with their left hand.
- One hand/foot combination is done at a time, alternating; right hand 1 beat, left hand 1 beat, right hand 1 beat, left hand 1 beat...

Best Practices:

- Move smoothly from one exercise to the next.
- Hand(s) should make contact simultaneously with the beat.

Accommodations:

- You may place a blue sticker on the right hand and left foot of the trainee and then a red sticker on the left hand and the right foot to teach the trainee which hand is matched with each foot.
- Seated trainees may substitute Cross Crawl Knee for Cross Crawl Back
- Trainee may watch the metronome for visual cues to timing



Cognitive Arrows Week 5

- Starting at the top left corner, name the color of the arrow and then the direction each arrow is facing. i.e. "red left, white up..." Record times here:

- Now name the direction first and then the color. i.e. " left red, up white..."

- Mentally rotate the book $\frac{1}{4}$ turn to the right and do the activity. i.e. "gray down, purple right, white up..."

Cognitive Training Week 5

Exercise: Auditory Number Memory Reversed

- Sit in front of the trainee
- Instruct the trainee to repeat the numbers after you in reversed order
- Give a 1 second pause between numbers
- Example: "Say 9 7 reversed." Student should say "7 9."

Cognitive Skill:

- Auditory Processing

Working Memory

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

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

Age	Expected Digit Span
4	2 – 3 digits
5	3 – 4 digits
6	4 – 5 digits
7	5 – 6 digits
8 - adult	5 – 9 digits

Neuro Motor Brain Training Exercises

Week 6

Exercise	Duration
Cymbal Clap	5 Minutes
Right Toe Tap	5 Minutes
Left Toe Tap	5 Minutes
Alternating Right and Left Hip Clap	5 Minutes
Cross Crawl Knees	5 minutes
Cymbal Clap	5 Minutes
30 Minutes Per Session Daily	

New Move: Right Toe Tap, Left Toe Tap

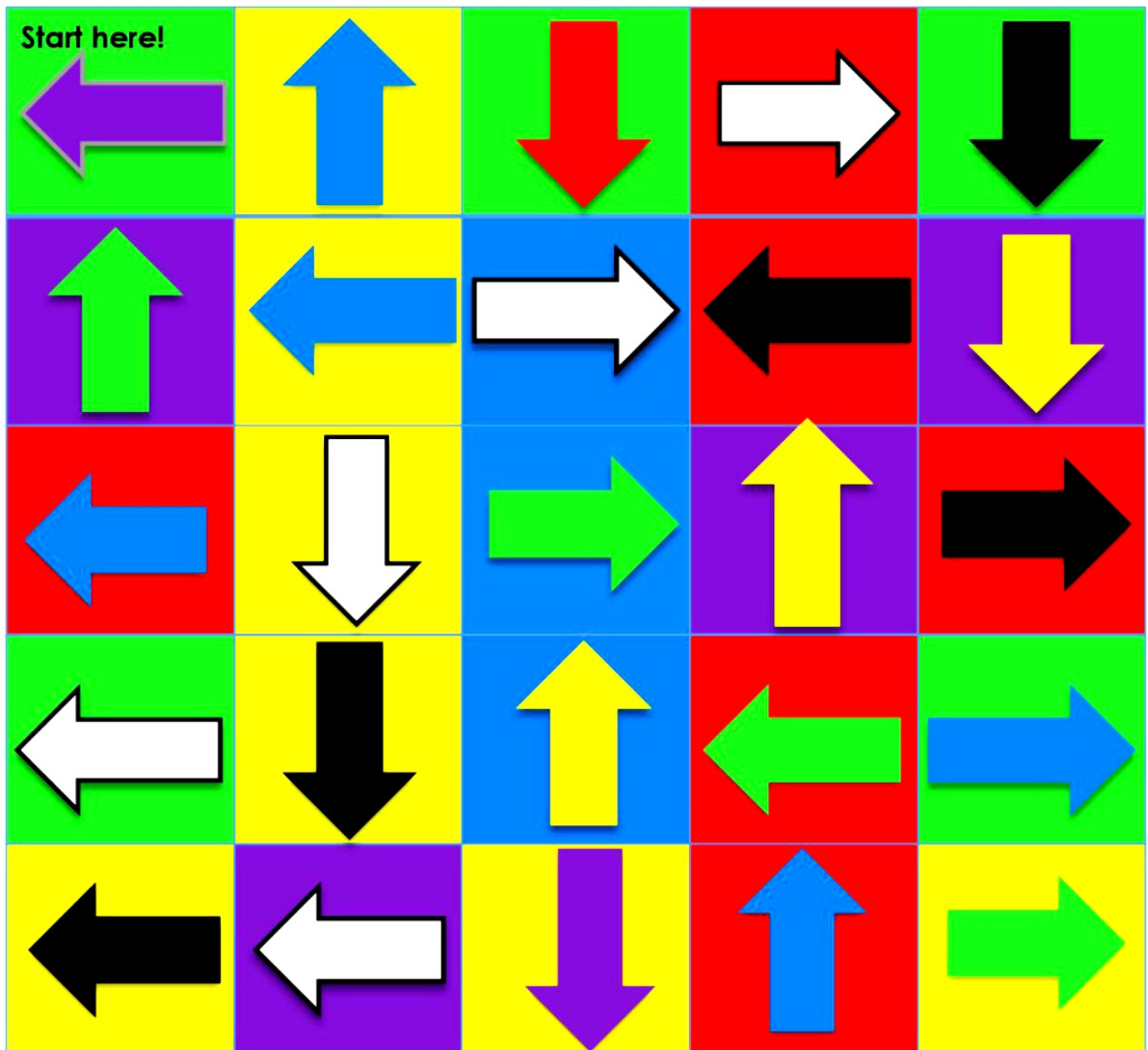
- Standing, trainee lifts their right foot and taps their right toes in front of their left foot and then returns to standing position. This move is done repeatedly for the duration of the exercise.
- Trainee then lifts their left foot and taps their left toes in front of their right foot and then returns to standing position. Repeat for the duration of the exercise.

Best Practices:

- Move smoothly from one exercise to the next.
- Hand(s)/Feet should make contact simultaneously with the beat.
- Have your trainee do the exercises standing
- Trainee can wear headphones (digital metronome only)

Accommodations:

- You may place a sticker on the floor in front of each foot. Then have the trainee stomp the sticker with their opposite foot.
- Students may alternate the Right Toe Tap and the Left Toe Tap doing each exercise for 1 minute intervals if they tire easily.
- The exercise may be done sitting if necessary



Cognitive Arrows Week 6

Starting at the top left corner, name the background color, then the direction of the arrow, and then the arrow color. i.e. "green left purple, yellow up blue, green down red..." Record times here:

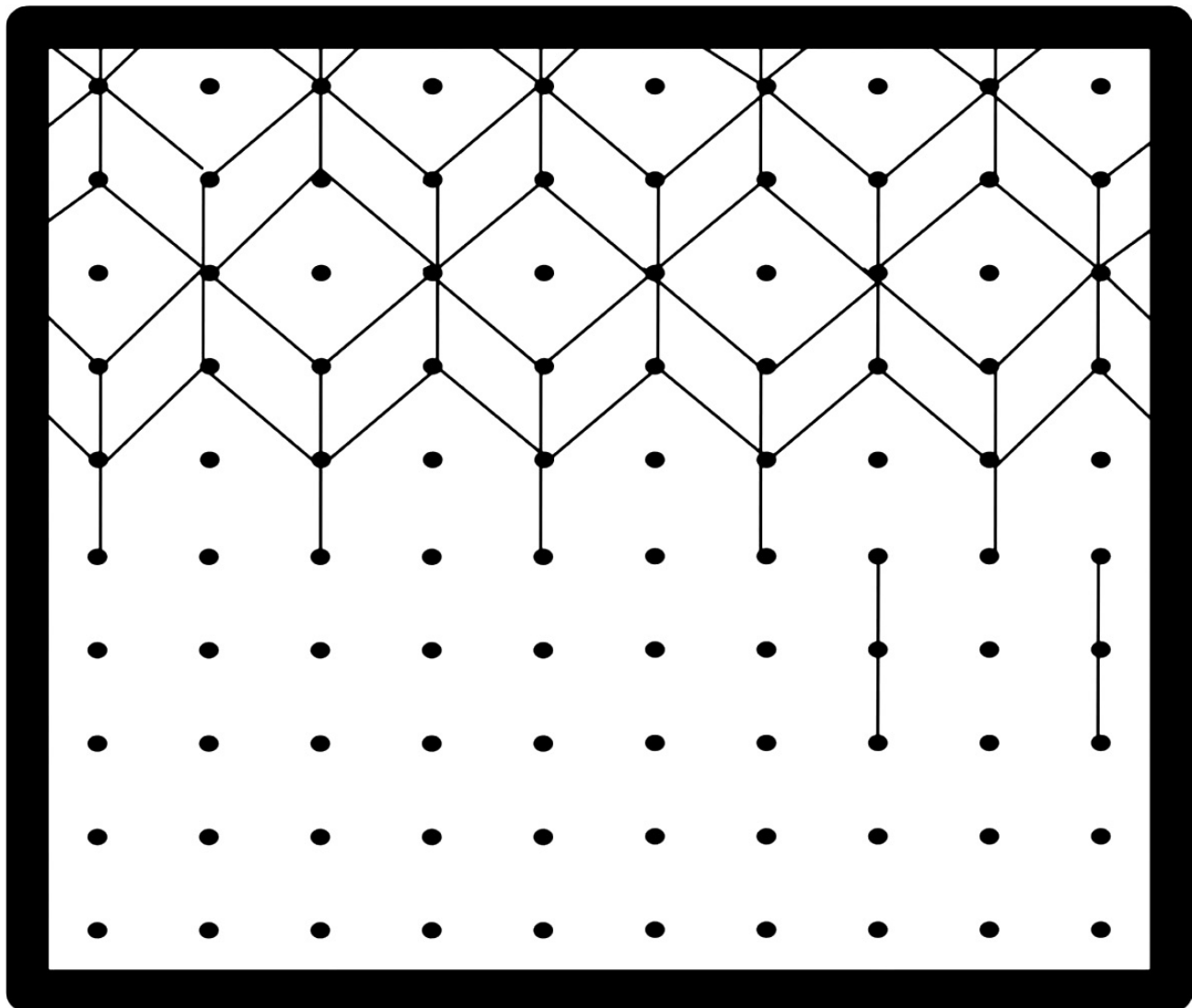
Cognitive Training Week 6

Exercise: Dot Grid

1. Complete the pattern in the grid.
2. Find the shapes within the pattern.
3. Color each shape a different color.

Cognitive Skills:

- Visual Figure Ground
- Visual Tracking
- Visual Closure
- Visual Discrimination
- Spatial Awareness
- Pattern Recognition
- Fine Motor
- Attention



Neuro Motor Brain Training Exercises

Week 7

Exercise	Duration
Cymbal Clap	5 Minutes
Right Toe Tap	5 Minutes
Left Toe Tap	5 Minutes
Alternating Hip Claps	5 Minutes
Alternating Toe Taps	5 minutes
Cross Crawl Back	5 Minutes
Cymbal Clap	5 Minutes
35 Minutes Per Session Daily	

New Move: Alternating Toe Taps

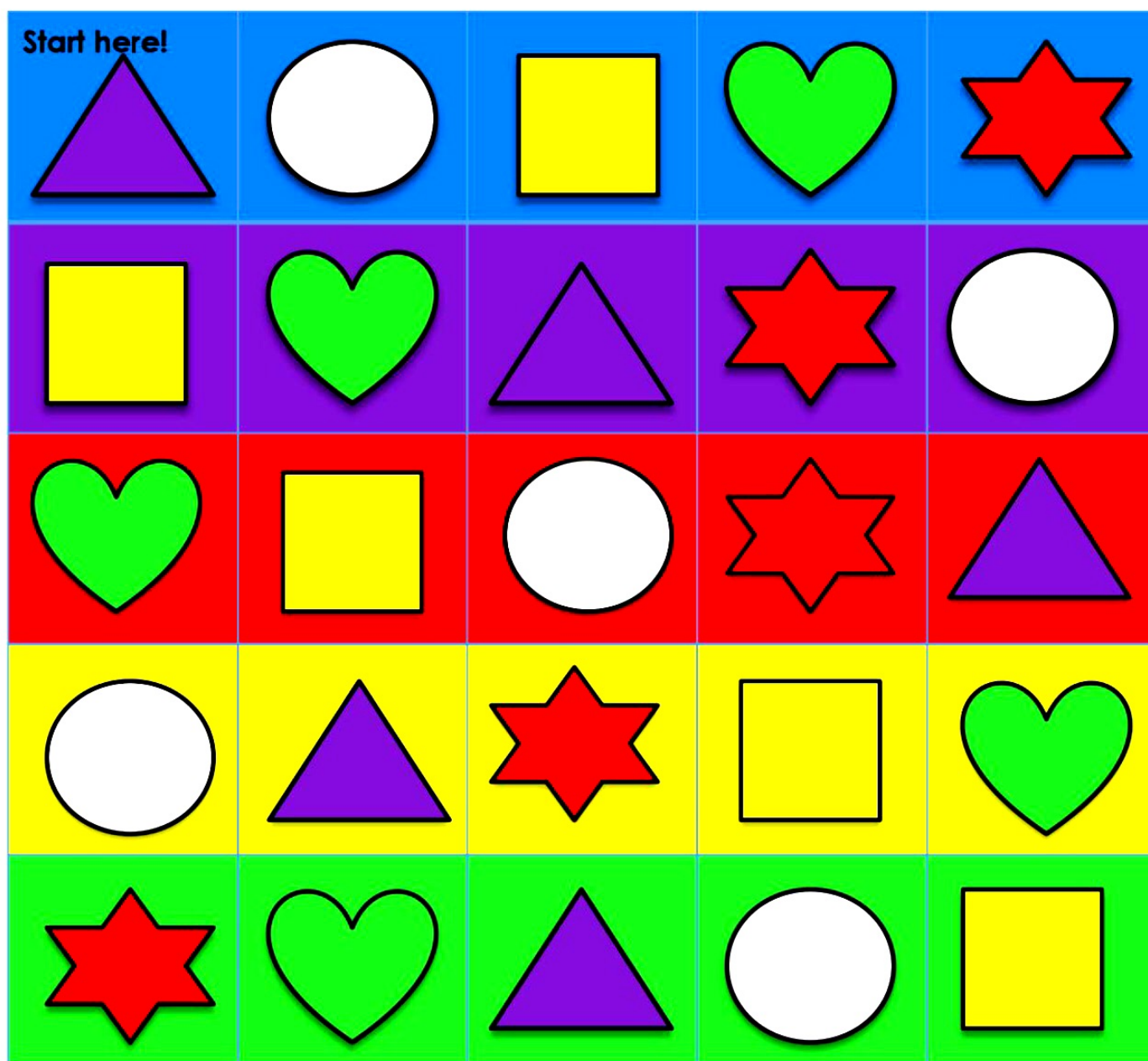
- Standing, trainee does one right toe tap for one beat and then does one left toe tap for the next beat. Continue to alternate feet throughout the duration of the exercise.

Best Practices:

- Metronome is set at 54 beats per minute.
- Move smoothly from one exercise to the next.
- Toes should make contact simultaneously with the beat.
- Have the trainee do the exercises standing

Accommodations:

- You may place one sticker on the floor 12 inches in front of the trainee's feet. Each foot takes turns tapping the sticker with the toes.
- The exercise may be done sitting if necessary



Cognitive Shapes Week 7

- Starting at the top left corner, name the color of the shape and then the shape. i.e. "purple triangle, white circle, yellow square..." Record times:

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Cognitive Training Week 7

Exercise: Visual Tracking

- Look at the first symbol in each row. Scan the symbols from left to right and mark the 5 matching symbols in each row.

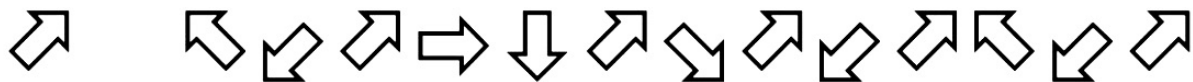
Cognitive Skill:

- Visual Processing Visual Tracking

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Neuro Motor Brain Training Exercises

Week 8

Exercise	Duration
Cymbal Clap	5 Minutes
Right Heel Back	5 Minutes
Left Heel Back	5 Minutes
Alternating Hip Claps	5 Minutes
Alternating Heels Back	5 minutes
Cross Crawl Knees	5 Minutes
Cross Crawl Back	5 Minutes
Cymbal Clap	5 Minutes
40 Minutes Per Session Daily	

New Move: Heels Back

- Standing; feet shoulder width apart, trainee moves their right foot behind the left foot with a slight stomp of the heel. Then move the right foot back to the starting position and repeat for the duration of the exercise.
- Complete the same move with the left heel behind the right foot.
- Alternating heels: The right foot moves behind the left foot for one beat and then back to starting position. Then the left foot moves behind the right foot for one beat and back to start, alternating.

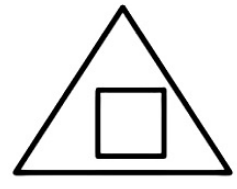
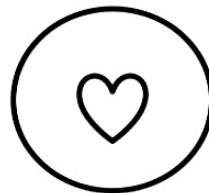
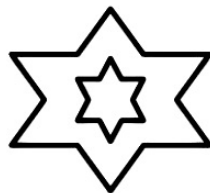
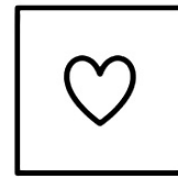
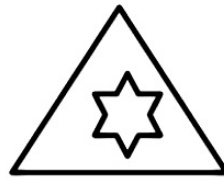
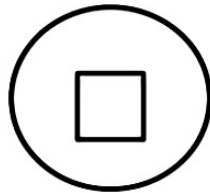
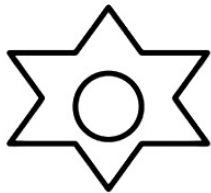
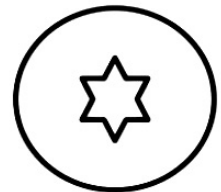
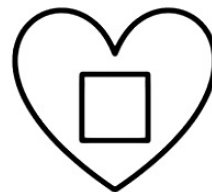
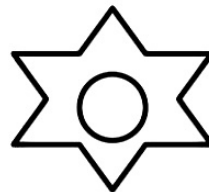
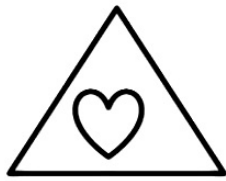
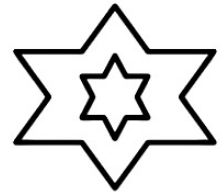
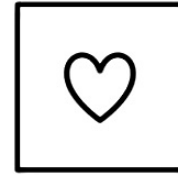
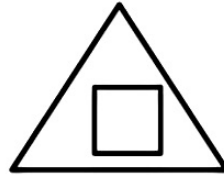
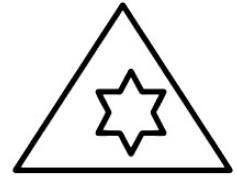
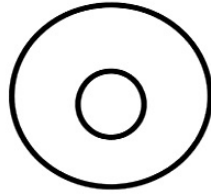
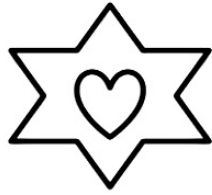
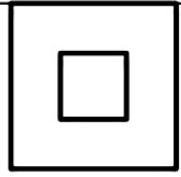
Best Practices:

- Metronome is set at 54 beats per minute.
- Move smoothly from one exercise to the next.
- Hand(s)/Feet should make contact simultaneously with the beat.
- Have the trainee do the exercises standing,

Accommodations:

- You may place one sticker on the floor 12 inches behind the trainee's feet. Each foot takes turns stomping the sticker with the heel.

Start here!



Cognitive Shapes Week 8

- Starting at the top left corner, name the large shape and then the small shape. i. e. "square square, star heart, circle circle, heart triangle..."

- Now repeat the exercise in the reverse order; name the small shape first and then the large shape. i.e. : square square, heart star, circle circle..."

Cognitive Training Week 8

Exercise: Auditory Word Memory

- Sit in front of the trainee
- Instruct the trainee to repeat the words after you
- Give a 1 second pause between words
- Example: "Repeat these words after me, house dog, cloud."

Cognitive Skill:

- Auditory Processing

Working Memory

Left, work, juice

Year, dirt, fox, lamp

Peach, nap, dent

Dance, horse, egg, corn

Four, mark, post

Kite, game, jeans, glass

Tape, ring, cave

Seal, foot, stop, move

Man, sit, pole

Heart, zone, side, braid

Home, stamp, gift

Beard, thorn, boy, page

Band, wheel, corn

Jam, steak, bridge, ball

Road, girl, stick

Fence, vest, dream, house

Moth, cab, trip

Splash, web, peel, doll

Ham, ranch, bush

Yard, paint, broom, watch

Lake, stage, calf

Cone, net, week, farm, milk

News, thumb, heat

Golf, sink, dream, leaf, bill

Mane, song, neck

Cat, guard, boot, tea, ear

Vine, wire, cross

Toast, rock, cane, toe, cake

Flake, foot, trunk

Cup, boat, tooth, pig, book

Mile, noise, lock

Ball, bug, chip, hat, dime

Sleep, glad, nail

Desk, shark, lawn, can, sun

Neuro Motor Brain Training Exercises

Weeks 9 -12

Exercise	Duration
Cymbal Clap	5 Minutes
Cross Crawl Knees	10 Minutes
Alternating Heels Back	5 Minutes
Alternating Hip Claps	5 Minutes
Cross Crawl Back	10 minutes
Alternating Toe Taps	5 Minutes
Cymbal Clap	5 Minutes
45 Minutes Per Session Daily	

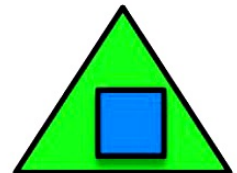
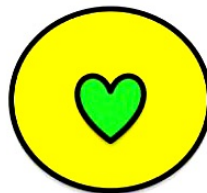
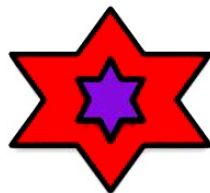
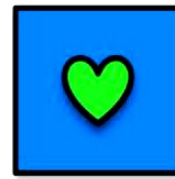
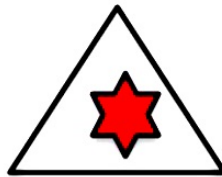
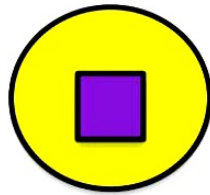
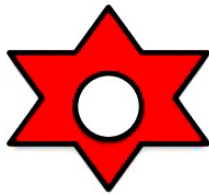
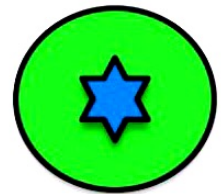
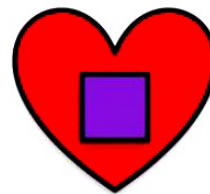
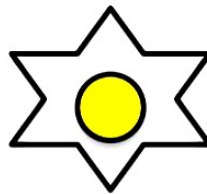
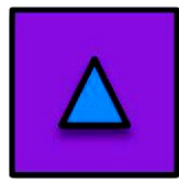
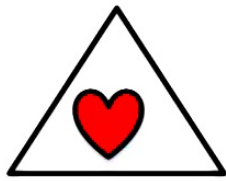
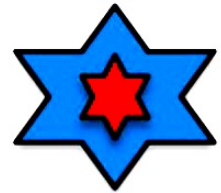
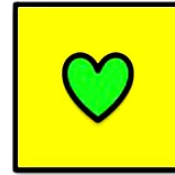
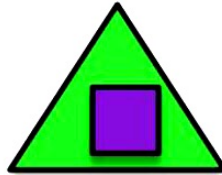
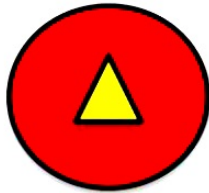
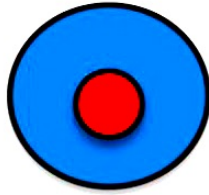
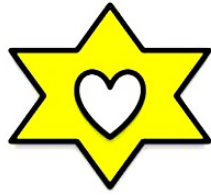
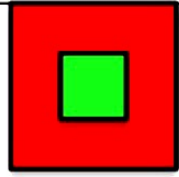
Best Practices:

- Metronome is set at 54 beats per minute.
- Move smoothly from one exercise to the next.
- Hand(s)/Feet should make contact simultaneously with the beat.
- Have the trainee do the exercises standing

Accommodations:

- Other moves previously taught can be done in lieu of any specific movement. The goal is to continue moving for the entire 45 minutes with the beat.
- Props can be added to any move as long as the movement is complete.
- Exercises can be done sitting if necessary, or leaning against a table or chair
- Front movements can be substituted with rear movements for wheelchair bound trainees until their ability improves.

Start here!



Cognitive Shapes Week 9

- Starting at the top left corner, name the large shape and color and then the small shape and color. i. e. "red square green square, yellow star white heart, blue circle red circle..." Record times here:

- Now repeat the exercise in the reverse order; name the small shape and color first and then the large shape and color. i.e. : green square red square, white heart yellow star, red circle blue circle..."

Cognitive Training Week 9

Exercise: Visual Tracking

- Look at the first symbol in each row. Scan the symbols from left to right and mark the 5 matching symbols in each row.

Cognitive Skill:

- Visual Processing Visual Tracking

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Neuro Motor Brain Training Exercises

Weeks 9 -12

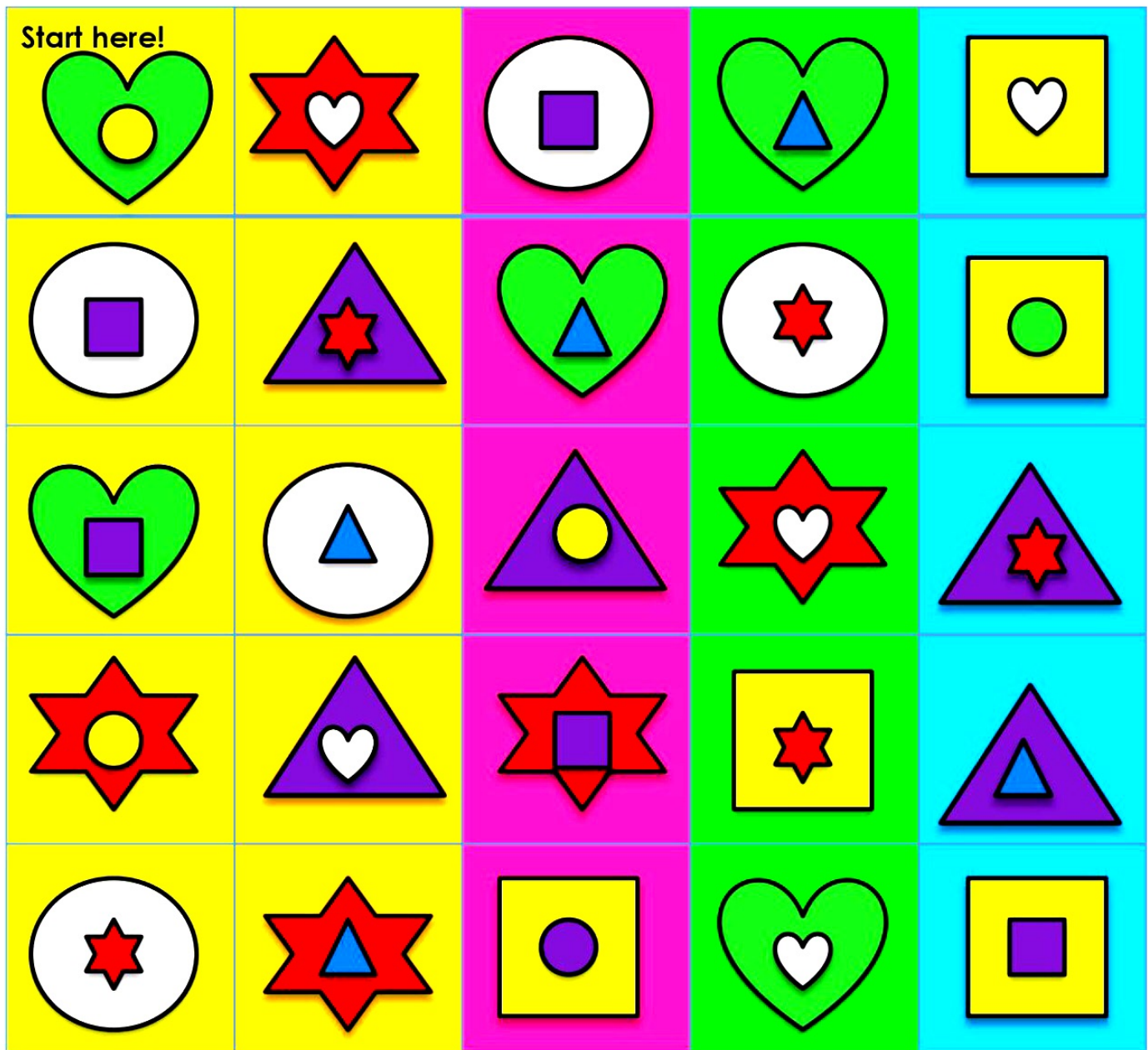
Exercise	Duration
Cymbal Clap	5 Minutes
Cross Crawl Knees	10 Minutes
Alternating Heels Back	5 Minutes
Alternating Hip Claps	5 Minutes
Cross Crawl Back	10 minutes
Alternating Toe Taps	5 Minutes
Cymbal Clap	5 Minutes
45 Minutes Per Session Daily	

Best Practices:

- Metronome is set at 54 beats per minute.
- Move smoothly from one exercise to the next.
- Hand(s)/Feet should make contact simultaneously with the beat.
- Have the trainee do the exercises standing

Accommodations:

- Other moves previously taught can be done in lieu of any specific movement. The goal is to continue moving for the entire 45 minutes with the beat.
- Props can be added to any move as long as the movement is complete.
- Exercises can be done sitting if necessary, or leaning against a table or chair
- Front movements can be substituted with rear movements for wheelchair bound trainees until their ability improves.



Cognitive Shapes Week 10

- Starting at the top left corner, name the background color, then the large shape, and then the small shape's color. i.e. "yellow heart yellow, orange star white." Record times here:

- Now name the background color, the small shape and then the large shape's color. i.e. "yellow circle green, orange heart red..."

Cognitive Training Week 10

Exercise: Auditory Word Memory Reversed

- Sit in front of the trainee
- Instruct the trainee to repeat the words after you in reverse order
- Give a 1 second pause between words
- Example: "Say peach, sky, in reverse." Student: "Sky, peach."

Cognitive Skill:

- Auditory Perception

Working Memory

Left, work, juice

Year, dirt, fox, lamp

Peach, nap, dent

Dance, horse, egg, corn

Four, mark, post

Kite, game, jeans, glass

Tape, ring, cave

Seal, foot, stop, move

Man, sit, pole

Heart, zone, side, braid

Home, stamp, gift

Beard, thorn, boy, page

Band, wheel, corn

Jam, steak, bridge, ball

Road, girl, stick

Fence, vest, dream, house

Moth, cab, trip

Splash, web, peel, doll

Ham, ranch, bush

Yard, paint, broom, watch

Lake, stage, calf

Cone, net, week, farm, milk

News, thumb, heat

Golf, sink, dream, leaf, bill

Mane, song, neck

Cat, guard, boot, tea, ear

Vine, wire, cross

Toast, rock, cane, toe, cake

Flake, foot, trunk

Cup, boat, tooth, pig, book

Mile, noise, lock

Ball, bug, chip, hat, dime

Sleep, glad, nail

Desk, shark, lawn, can, sun

Neuro Motor Brain Training Exercises

Weeks 9 -12

Exercise	Duration
Cymbal Clap	5 Minutes
Cross Crawl Knees	10 Minutes
Alternating Heels Back	5 Minutes
Alternating Hip Claps	5 Minutes
Cross Crawl Back	10 minutes
Alternating Toe Taps	5 Minutes
Cymbal Clap	5 Minutes
45 Minutes Per Session Daily	

Best Practices:

- Metronome is set at 54 beats per minute.
- Move smoothly from one exercise to the next.
- Hand(s)/Feet should make contact simultaneously with the beat.
- Have the trainee do the exercises standing

Accommodations:

- Other moves previously taught can be done in lieu of any specific movement. The goal is to continue moving for the entire 45 minutes with the beat.
- Props can be added to any move as long as the movement is complete.
- Exercises can be done sitting if necessary, or leaning against a table or chair
- Front movements can be substituted with rear movements for wheelchair bound trainees until their ability improves.

Gr	La	mS	Hb	cW
Wz	dY	yJ	Ze	xN
fL	Nw	gV	vH	Sh
Ki	uZ	Hj	tJ	sW
Sk	rV	NI	qG	Lm
pJ	nH	Lo	aN	Kb
Vg	iW	Yk	fX	Sd
hN	Gj	nL	eJ	cH

Alpha Cog Week 11

- Starting at the top left corner, name the background color then the capital letter and lastly the lower case letter. i.e. "yellow G R, green L A..." Record times here:

- Now name background color then the lower case letter and lastly the capital letter. i.e. "yellow R G, green A L, blue M S..."

Cognitive Training Week 11

Exercise: Arrow Maze

- Complete the maze by following the arrows

Cognitive Skill:

- Visual Discrimination

ENTER

↓	↓	→	→	→	→	→	↓	→	↓
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EXIT

Neuro Motor Brain Training Exercises

Weeks 9 -12

Exercise	Duration
Cymbal Clap	5 Minutes
Cross Crawl Knees	10 Minutes
Alternating Heels Back	5 Minutes
Alternating Hip Claps	5 Minutes
Cross Crawl Back	10 minutes
Alternating Toe Taps	5 Minutes
Cymbal Clap	5 Minutes
45 Minutes Per Session Daily	

Best Practices:

- Metronome is set at 54 beats per minute.
- Move smoothly from one exercise to the next.
- Hand(s)/Feet should make contact simultaneously with the beat.
- Have the trainee do the exercises standing

Accommodations:

- Other moves previously taught can be done in lieu of any specific movement. The goal is to continue moving for the entire 45 minutes with the beat.
- Props can be added to any move as long as the movement is complete.
- Exercises can be done sitting if necessary, or leaning against a table or chair
- Front movements can be substituted with rear movements for wheelchair bound trainees until their ability improves.



AlphaCog Week 12

- Starting at the top left corner, name each capital color and letter first and then the lower case color and letter. i.e. "red Z, yellow E, orange L, red A..."

- Now name the lower case color and letter first and then the capital color and letter. i.e. "yellow E, red Z, red A, orange L, blue M, pink S..."

Cognitive Training Week 12

Exercise: Auditory Sentence Memory: 8 – 12 Syllables

- Sit in front of the trainee
- Instruct the trainee to repeat the sentence after you

Cognitive Skill:

- Auditory Discrimination Working Memory

Pancakes drive sporty rail road cars.

My pinky toe is back and blue.

My sister eats purple flowers.

Blue cars drive guitars in the sun.

Mom said to go to the sea shore.

Tree frogs fly upside down at night.

My favorite candle is green.

Bananas are spiky and cold.

Who won the game with the marbles?

Grandma wore her shoes on her head.

I stepped on a giant tree trunk.

Who ate the blue video game?

Jimmy slipped and fell in the mud puddle.

The nice man with the cane is my neighbor.

The green and blue cat chased the little spoon.

Potato chips are salty and crunchy.

The bunny rabbit is eating the car.

Mom baked my favorite meat ball suitcase.

Fresh squeezed orange juice tastes delicious for breakfast.

Ann used the new broom when she swept the kitchen roof.

Joe put his pocket change in his sister's bedroom.

The big dog looked mean, but he was really friendly.