

COGNITIVE THERAPY WORKSHEETS

EXECUTIVE FUNCTIONS



happyneuron

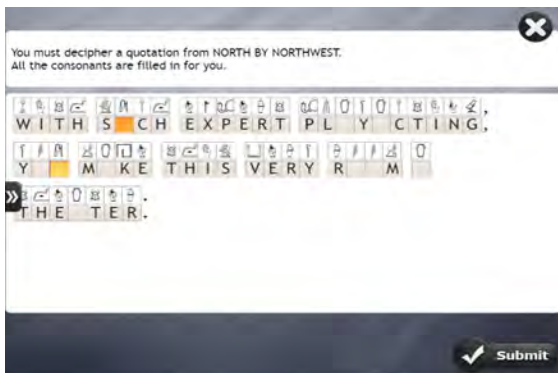
PACKET #29
NOVEMBER 2020

What Do These Exercises Train?



Basketball in NY

Looking at the configuration of basketballs, your clients will have to mentally manipulate the basketballs into the correct hoops in as few moves as possible. Working memory and planning are challenged in this exercise, as clients must view the desired configuration and plan the most effective way to reach it. This exercise also helps with inhibition, as unplanned actions can cause more steps needed to solve the problem.



Decipher

Correctly pairing symbols with meaningful letters requires attention to detail, working memory, and the use of both grammar and context clues. Your client will have to use the help or given vowels or consonants, or attempt to solve the puzzle through trial and error. Using working memory, your client must identify which letters have been correctly paired and use the solved character-letter pairings to figure out the remaining unknown character-letter pairings.



Writing in the Stars

Like a crossword puzzle, this exercise trains planning, working memory, and organization. Using the subtle clues of how many letters are in a word, what words are available, and what words share common characteristics, clients will be challenged to effectively plan and reason in order to correctly place the words in the correct order. If your client requires multiple attempts to solve the puzzle, you may want to assist them in developing effective planning strategies.

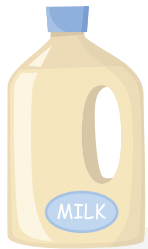


Embroidery

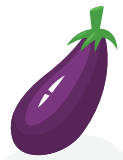
Can you scan a space for relevant information? Using visual scanning and verbal memory, look at a matrix of random letters to find a hidden word pertaining to a theme. This can be done timed or untimed.

BASKETBALL IN NY

You have a shopping cart full of items. The grocery gives you four bags. The small bag can hold two items and the big bag can hold three items. Sort the grocery items into the fewest number of bags possible.



Milk - should be in its own bag



Easily smashes smaller produce



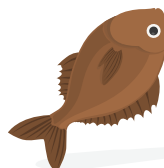
Is easily smashed by large produce



Can go with any product.



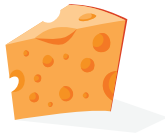
Cannot be with bread or other fish products



Cannot be with other seafood

BASKETBALL IN NY

You have a shopping cart full of items. The grocery gives you four bags. The small bag can hold two items and the big bag can hold three items. Sort the grocery items into the fewest number of bags possible.



Highly flexible product



Easily smashes smaller produce, but does not harm squishy produce.



Good for stacking with any products



Is easily smashed



Is raw meat, and it looks like the bag is a little ripped should not be near raw items that are not meat.



Should be kept with similar produce



Is raw meat, should be kept with something similar



Likes to be with other vegetables



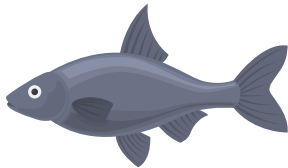
Easily smashes smaller produce



Can fit with many different objects

BASKETBALL IN NY

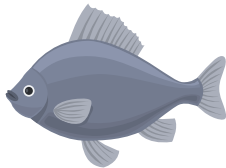
You have a shopping cart full of items. The grocery gives you four bags. The small bag can hold two items and the big bag can hold three items. Sort the grocery items into the fewest number of bags possible.



Cannot sit next to anything that is not cold



Best if left with herbs



Cannot be with the Banana



Should only be with items that are also yellow



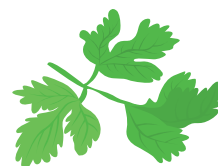
Easy to fit, but must be sit in the bottom on the bag.



Can fit anywhere



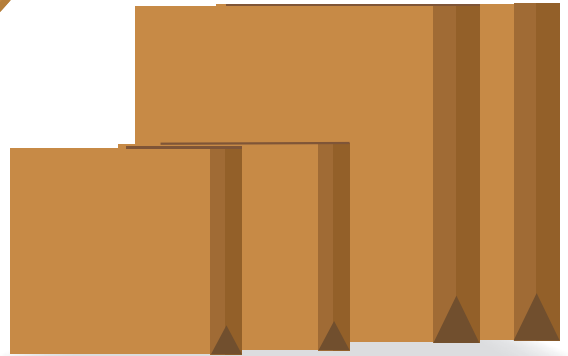
Easy to fit anywhere and with anything



Easy to place with any object.

BASKETBALL IN NY

You have a shopping cart full of items. The grocery gives you four bags. The small bag can hold two items and the big bag can hold three items. Sort the grocery items into the fewest number of bags possible.



Easily smashes
smaller produce



Easy to fit anywhere



Can only be with items that
are not cold in nature.



Best if kept with other
cold objects



Bruises easily if placed near
pointy objects.

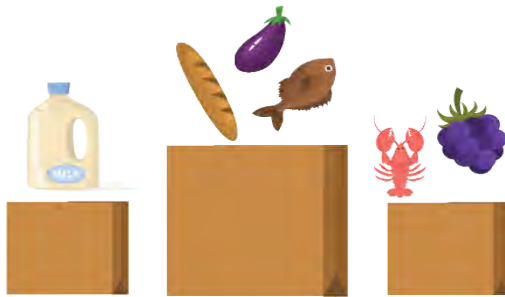


Cannot be placed near milk,
it will be crushed

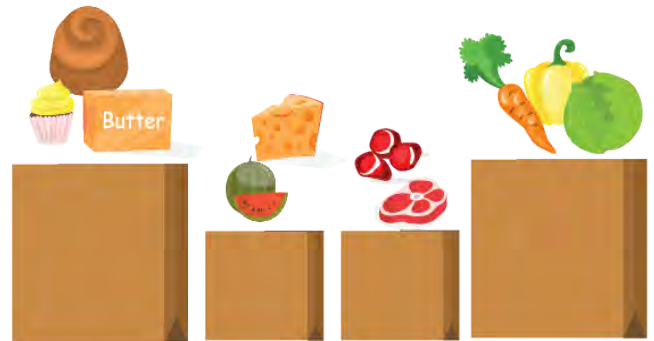
BASKETBALL IN NY

SUGGESTED ANSWER KEY

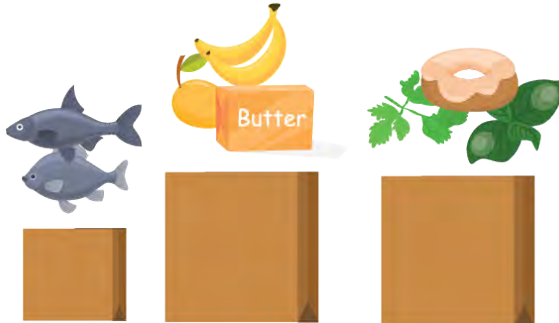
SHOPPING CART 1



SHOPPING CART 2



SHOPPING CART 3



SHOPPING CART 4



DECIPHER

Decipher the quotation below from a song by Billy Joel. The word "burning" has already been filled in for you.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

.

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

BURNING








--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--





--	--	--	--	--	--	--	--	--	--	--	--	--	--








.





DECIPHER



Decipher the quotation below from a song by Fleetwood Mac. The vowels have been filled in for you.

						
		U			E	








			
O			Y

						
	A			E		

			
		E	

	
I	


'

						
	A	I		I		

DECIPHER

ANSWER KEY

WE DIDN'T START THE FIRE.

IT WAS ALREADY BURNING

SINCE THE WORLD'S

BEEN TURNING.

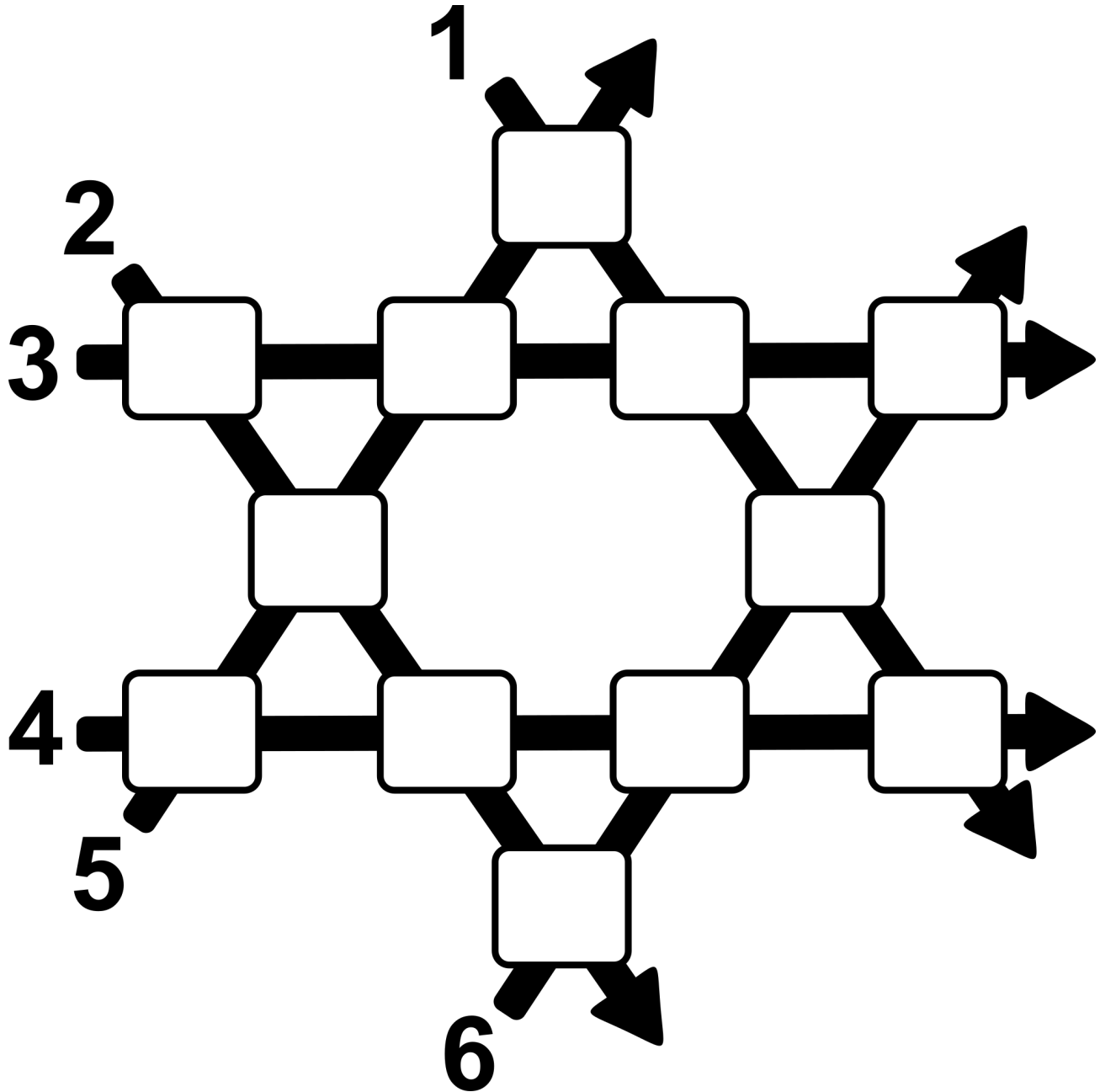
THUNDER ONLY HAPPENS

WHEN IT'S RAINING

WRITING IN THE STARS

Using deductive reasoning, place the words correctly in the star. Words may be placed horizontally or diagonally. You do not have to use all the words.

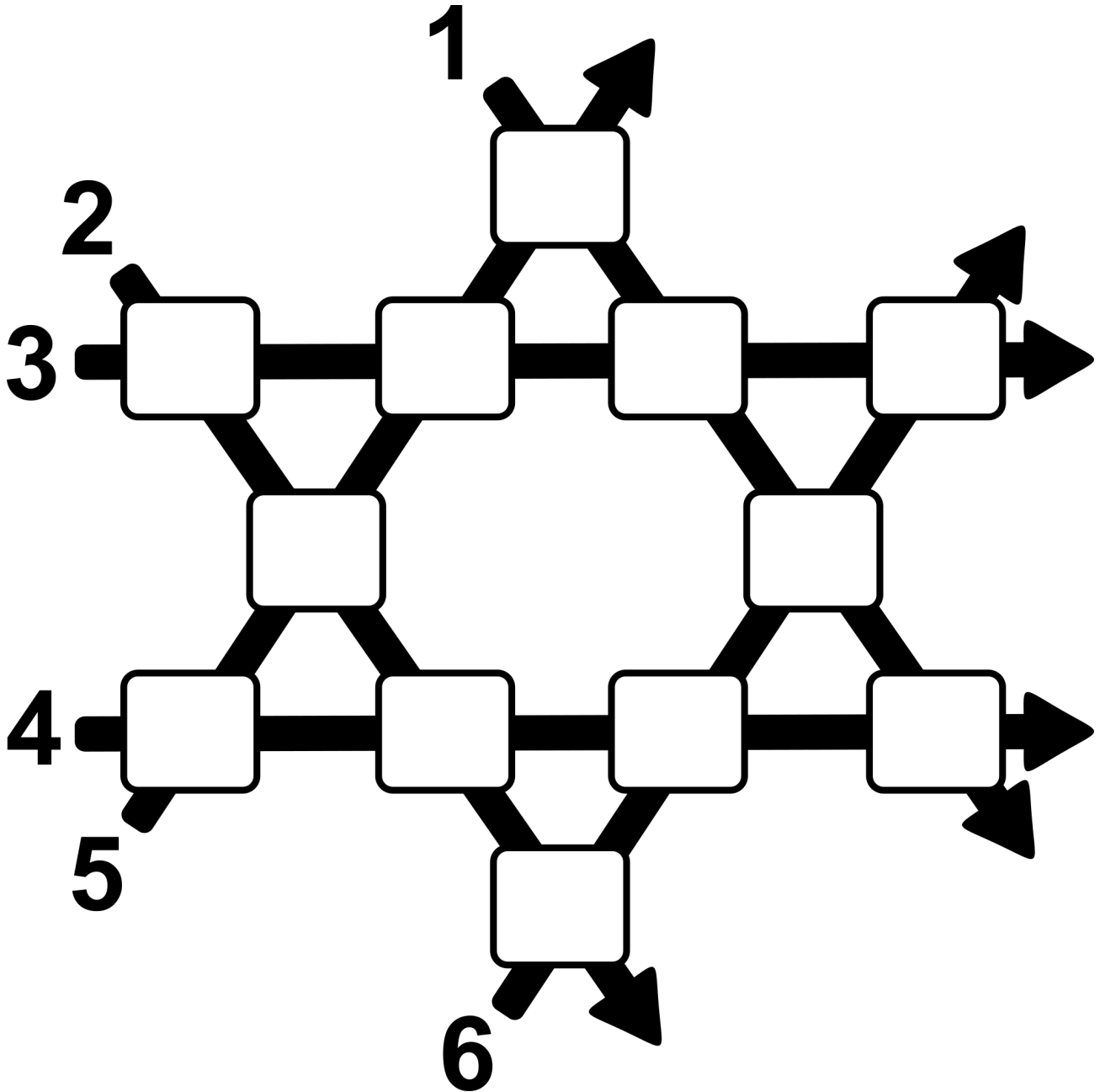
PLOW	CENT	DIRT	KNOW	DRAG	FORM	TOOL
STOW	DEER	CELL	SNOW	FROG	FREE	GOAT
KNOT	SAIL	SAME	SALT	KEEP	SWAY	SENT



WRITING IN THE STARS

Using deductive reasoning, place the words correctly in the star. Words may be placed horizontally or diagonally. You do not have to use all the words.

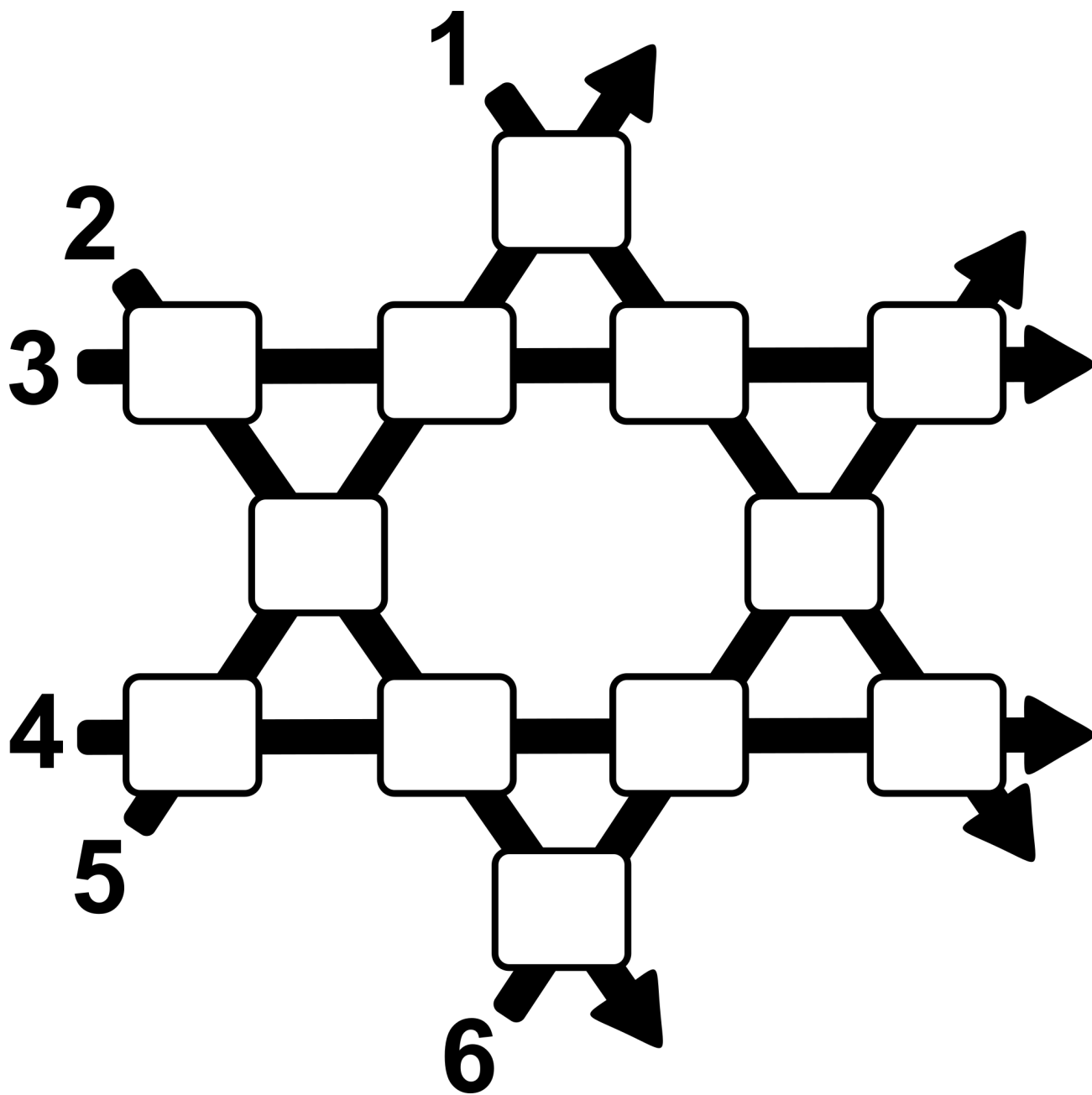
FOOT	SENT	PEEK	DENT	BOTH
TOOL	PRAY	FROG	DIRT	PLOT
KNOT	SEND	SELF	BIRD	WARS



WRITING IN THE STARS

Using deductive reasoning, place the words correctly in the star. Words may be placed horizontally or diagonally. You do not have to use all the words.

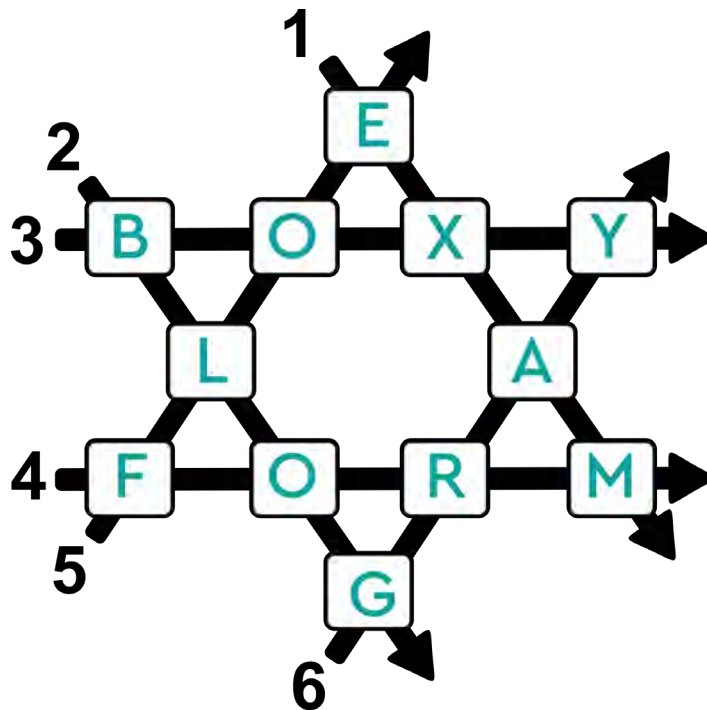
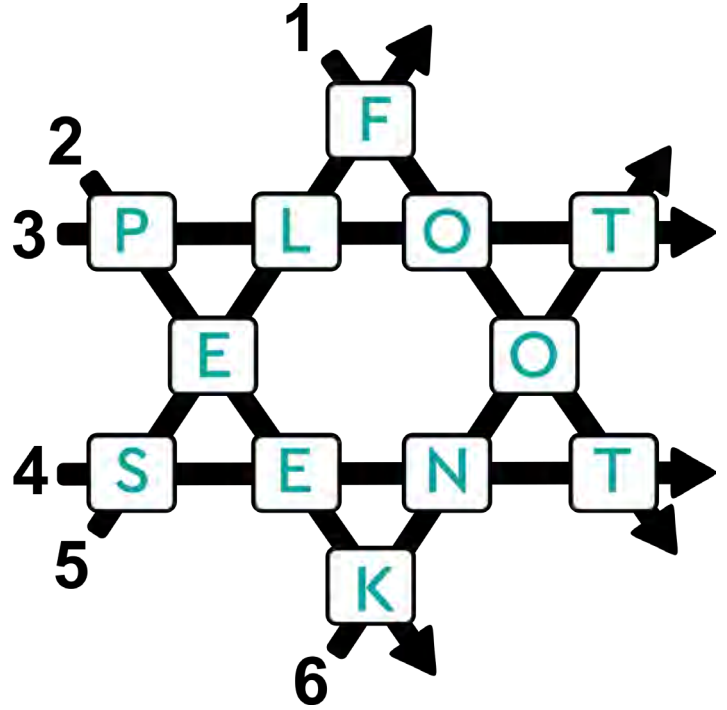
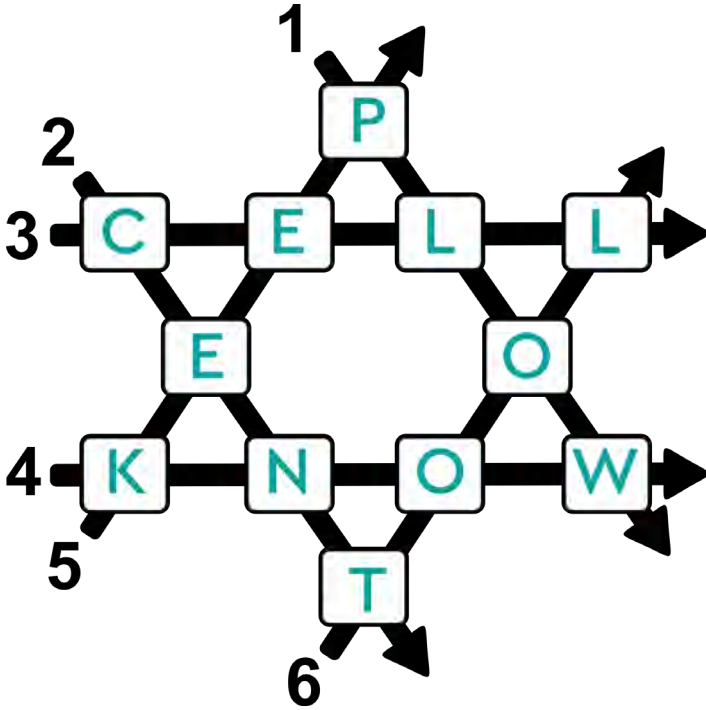
EXAM	GRAY	BLOG	BOXY	FLOE
BIRD	FORM	FROG	FREE	WENT
CUTE	SWAY	SUNK	ARMY	RAIN



WRITING IN THE STARS

SUGGESTED ANSWER KEY

THERE ARE AT LEAST 2 DIFFERENT SOLUTIONS FOR EACH STAR (FLIP IT VERTICALLY)



EMBROIDERY

Find the word in the mix of letters. The first letter is highlighted for you. Letters can be connected vertically and horizontally, but never diagonally.

Clue: A coming together, to collect

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

What kinds of _____s do you enjoy? Which ones do you not like as much? Talk about a _____ that you enjoyed in as much detail as you can. When did this _____ happen? Who was there? What were you doing?

EMBROIDERY

Find the word in the mix of letters. The first letter is highlighted for you. Letters can be connected vertically and horizontally, but never diagonally.

Clue: Harvested from bogs, popular juice/sauce

D	S	Q	J	I	V	D
L	A	N	B	W	I	X
C	R	O	E	R	R	U
T	R	E	D	S	Y	G

When was the last time you had something with _____ in it? Do you like _____?

EMBROIDERY

Find the word in the mix of letters. The first letter is highlighted for you. Letters can be connected vertically and horizontally, but never diagonally.

Clue: What you add to food to make it taste better

W	L	M	O	J	S	O
S	E	A	N	I	H	B
F	P	S	O	N	N	G
G	H	G	O	G	I	R

What kinds of _____ do you like or use when you have food?
What flavors of food do you enjoy?

EMBROIDERY

ANSWER KEY

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

W	L	M	O	J	S	O
S	E	A	N	I	H	B
F	P	S	O	N	N	G
G	H	G	O	G	I	R

D	S	Q	J	I	V	D
L	A	N	B	W	I	X
C	R	O	E	R	R	U
T	R	E	D	S	Y	G

Bridging Questions

Basketball in NY: Think about a task list. How might you go about planning and structuring your task list and choosing which tasks you complete in which order? How might looking at a task list and planning help you become more organized and effective?

Decipher: For some of these lyrics you had to complete, you were given some help. However, you had to solve one lyric without any help. What strategies did you use to complete the lyrics when you had help and how did this/these strategies/strategy change when you had no guidance? When you solve problems in daily life, how do you go about using clues versus how do you go about using previous knowledge to solve everyday problems?

Writing in the Stars: Sometimes, we have to use trial and error to solve problems. However, subtle clues are available to us that can help us make decisions. Which subtle clues did you use to choose the correct word and what knowledge do you have and apply when solving problems that you may not have explicit information about how to solve?

Embroidery:

How might a word search be similar to searching a pantry for ingredients, a closet for clothes to wear, a computer for a file, and a television for a channel? When you want something, how do you go about searching for it? What is the first step of your search? The last? What happens in between? What information is relevant to you in your search?

100+ FREE
PRINTABLE
COGNITIVE WORKSHEETS

DOWNLOAD NOW



If you like this worksheet, make sure to check out our website and download the rest of the [free worksheets](#). You can also explore our [LinkedIn](#) and [Facebook](#) for more worksheets, article, and much more.

