

6 Cognitive Domain as presented in 'Better Brain Health' by John H. Dougherty, Jr. MD

"Enriched environments: physical and intellectually"

Oxford Dictionary defines cognition as, "the mental action or process of acquiring knowledge and understanding through thought, experience & the senses."

6 Cognitive Domain:	1. Visual Spatial	2. Executive Function	3. Verbal Fluency	4. Memory	5. Attention	6. Orientation
Definition:	Focus in 3 dimensions, visualize images and scenarios, manipulate items	Abstract thought, planning, sequencing relevant information	Generate language	Recall events, working memory, short-term memory, rote memory	Concentration, focus, task completion	Time, place, location; awareness of self, engaged in everyday
Activities:	Maze puzzles Origami Arrange: flowers, silverware, items in order Jenga Game Dominoes Copying patterns (paper, art, clapping, tapping) Manipulating shapes (Tangle, objects) Collages Sorting: color, objects, Wrapping presents... Sort/Match shapes PVC Building Magic Sand Therapy Dough Concentration Game Exercise w/ props: pool noodle, light weight, scarves, pinwheels	Card Games: UNO, Surprise Card, Train Game, Rummy, Kings in the Corner, Follow recipe 20 questions game I spy game / jar What's missing? Planning shopping list, party list, Challenging activities Follow directions (scavenger hunt, Simon Says exercise) Tell Me A Story Rhythm activity	Word Games... Word Association Fill in the blank Rhyming words Reading Naming objects, Parts of the body Singing Finish lines Word Blurt.. Tell Me About... Reciting poems, sayings	Flash Cards Poems, pledge, prayer by memory Concentration Game Journaling Balance exercises Telling jokes Memory Tray Finish Lines Trivia Reminiscing Name It!!! Word Blurt Tell me About	Math problems Keeping score Movie with discussion TV show with discussion Spelling Puzzles (paper puzzles and jigsaw) Picture matching / folder matching Textures and scents Sudoku Puzzle Music New hobbies keep curious and engaged Meditation Folders/ match Toss and Add Game Train Game Painting Crafts Cooking	Reading News Fun Facts Choices Historical Events Life skills Solace Favorite Music Self-care Follow sports teams and stats Rest & Restoration
Sensory processing: 1. Visual -First 2. Verbal - second		3. Feel and touch 4. Taste 5. Smell	Brain Health? 30 minutes of exercise most days: Stretching, Walking, Yoga, Tai Chi, Strength Training... Rhythm, balance, flexibility		Directions for LED: Please rotate these activities throughout the week Note* I have added our activities to the activities mentioned in the book...	