

## Cogworx Cognition and Focus Week 1 Session

1. Day/Date \_\_\_/\_\_\_
2. **Days/Weeks Used** \_\_\_/\_\_\_, **Days/Weeks Left** \_\_\_/\_\_\_
3. Joke du Jour

A man died and went to heaven. As he stood in front of St. Peter at the Pearly Gates, he saw a huge wall of clocks behind him.

He asked, "What are all those clocks?"

St. Peter answered, "Those are Lie-Clocks. Everyone on Earth has a Lie-Clock. Every time you lie the hands on your clock will move."

"Look at Mother Teresa's clock. The hands have never moved, showing that she never told a lie."

"Incredible," said the man.

St. Peter then says, "See Abraham Lincoln's clock. The hands have moved twice, telling us that Honest Abe told only two lies in his entire life."

"Why is the clock under the Congress label missing?" asked the man.

"Oh" says St. Peter, "The Congress clock is in Jesus' office. He's using it as a fan."

4. **History Trivia:** \_\_\_/\_\_\_
5. **Deep Breathing Exercise #1:** Four/Four
6. **Sit to Stand** (if appropriate)
7. **Toe Tapping Activity:** "American Patrol" Glenn Miller, 1942
  - a. **Exercise:** Jive Toe Tapping 1 PPT
8. **Stand to Sit** (if appropriate)
9. **Alphabet:** Reverse 1 PPT
10. **Worksheet:** Alphabet Game 1
11. **Language:** Compound Words-Animals PPT
12. **Worksheet:** Animal Idioms about Dogs
13. **History Trivia: Recall**
  - a. Who, What, When, Where?
  - b. Provide a multiple choice or T/F option
14. **Sit to Stand** (if appropriate)
15. **Music Memory Activity**
  1. "Puttin On The Ritz" (8) Fred Astaire, 1930