

Cogworx Cognition and Focus Week 9 Session

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

A little girl asks her mother, "How did the human race appear?" The mother answers, "Well, God made Adam and Eve and then they had kids. So all mankind was made." Two days later the little girl asks her father the exact same question. The father answers, "Many years ago, there were monkeys from which the human race evolved." The confused little girl returns to her mother and says, "Mom, you told me the human race was created by God and Dad said man developed from monkeys. Why do you have different stories?" The mother answers, "Well, I was referring to my side of the family and your dad was talking about his side."

4. **History Trivia:** ___/___
5. **Deep Breathing Exercise #1:** Four/Four
6. **Standing Exercise #1:** Sit to Stand (if appropriate)
7. **Toe Tapping Activity:** "Hey Ba Ba Re Bop" Tex Beneke, 1942
 - a. **Cognition and Focus PPT's:** Exercise: Jive Toe Tapping 1 PPT
8. **Stand to Sit** (if appropriate)
9. **Cognition PPT's:** Attention: Finger Counting PPT
10. **Worksheet:** Animal Idioms
11. **Cognition PPT's:** Memory ST: Bizz-Buzz 1 PPT
12. **Worksheet:** A Women's World
13. **History Trivia: Recall**
 - a. Who, What, When, Where?
 - b. Provide a multiple choice or T/F option
14. **Standing Exercise #1:** Sit to Stand (if appropriate)
15. **Music Memory Activity:**

"Be My Life's Companion and You'll Never Grow Old" "never grow old" (11) The Ames Brothers, 1952