

CogworxABC Balance and Cognition Week 35 Session

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

There was a plane and it had 5 people in it: a president, a lawyer, a young teenage boy, a priest and a blonde girl. The pilot announced that the plane was going to crash so one of them has to jump off without a parachute because there was only 4 onboard. They began talking to each other about who was going to jump off without a parachute. The president spoke first and said "I run a country so I should get a parachute" so he grabbed a parachute and jumped. Then the blonde spoke and she said "I look beautiful so I should get one too" so she grabbed one and jumped. The next person to speak was the lawyer and he said "I help people solve their problems so I should get one" so he jumped. Now there was only two people left: the priest and the teenage boy. The priest said to the boy "here you take the last parachute and go because I want you to live a long life and I'm at peace with my mine" but then the boy said "no, it's all right, father because there is still two parachutes left. The blonde just took my backpack"

4. **History Trivia:** _____/_____
5. **Deep Breathing #3:** Four/Seven/Eight
6. **Concentration Drill #3:** Yardstick Tap
R6,L12,L24,R24,L18,R30,L30,L12,R6,R18,L6,L24,R12,L18,
R18,R24,L30,L6,R12,R24,L30,R30,R6,L12,L24,R24,L18,
R30,L30,L12,R6,R18,L6,L24,R12,L18,R18,R24,L30,L6, R24
R12,R24,L30,R30,L12,R24,R30,L12,R6,L6,R12,R18,L30,
R12,L30,R6,L24,L18,L30,R6,L6,R12,R18,L30,R12,L30,L12,
7. **Cross-Lateral Drill #5:**
Bal. and Cog. PPT: Cross-Lateral: Slap Tap Deuce PPT
8. **Standing Exercise #1:** Sit-to-Stand
9. **Toe Tapping Activity:** "Rockin' Robin", Bobby Day, 1957
Bal. and Cog. PPT: Exercise: Jive Toe Tapping 3 PPT
10. **Standing Exercise #12:** Toe Squats
11. **Standing Exercise #9:** Single Leg Stance: Number Foot Drawing
R- Forward 2 – 14 L- Reverse 14 - 2
12. **Stand to Sit**
13. **Balance and Cognition PPT:** Seated
 - a. Exe. Function: Time will Tell 2 PPT
 - b. Alphabet: Arrows 2 PPT
14. **History Trivia Recall:** Who, What, When, Where?'s
15. **Standing Exercise:** Sit-to-Stand
16. **Music Memory Activity:**
"Marianne" (11) The Hilltoppers, 1957

