

**Attainment's**

# **MIND YOUR MIND**

**A Whole  
Brain  
Workout  
for  
Older  
Adults**

ADAPTED  
FROM THE  
AWARD-  
WINNING  
WORKSHOP  
PROGRAM

by **Beatrice Seagull**  
and **Sara Seagull**



This CD contains a printable PDF of the entire book.  
You can review and print pages from your computer.  
The PDF (portable document format)  
requires Acrobat Reader software.

If you have Acrobat Reader already on your computer,  
open the file MindYourMind.pdf from the CD.

To install Acrobat Reader:  
Windows: Run ARINSTALL.EXE on the CD.  
Mac: Run Reader Installer on the CD.

After installation, run Acrobat Reader and  
open the file MindYourMind.pdf from the CD.

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# Warm-ups

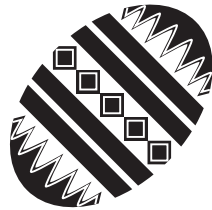
Name 10 parts of the body  
that are made up of only 3 letters

— — —  
— — —  
— — —  
— — —  
— — —  
— — —  
— — —  
— — —  
— — —  
— — —



# Warm-ups

Name 10 things smaller than an egg



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# Clichés & Proverbs

Some expressive phrases – to be used in times of trouble or joy – remain from the “good old days.” Below are some clichés, similes, proverbs and other phrases that will be familiar to you. *Your answers will vary depending on where you grew up.*

*How many can you complete? Fill in the blanks. The first one is completed for you.*

- |                               |                            |
|-------------------------------|----------------------------|
| 1. As fresh as a <u>DAISY</u> | 11. As brave as a _____    |
| 2. As brown as a _____        | 12. As stiff as a _____    |
| 3. As neat as a _____         | 13. The coast is _____     |
| 4. As smart as a _____        | 14. As cool as a _____     |
| 5. No bed of _____            | 15. Calm before the _____  |
| 6. Bless your lucky _____     | 16. As ugly as _____       |
| 7. Burn the midnight _____    | 17. Burden of _____        |
| 8. As the crow _____          | 18. As white as a _____    |
| 9. As vain as a _____         | 19. As stubborn as a _____ |
| 10. As meek as a _____        | 20. As warm as _____       |

## *Some More to Complete*

1. To err is human, to \_\_\_\_\_
2. A rolling stone gathers \_\_\_\_\_
3. All that glitters \_\_\_\_\_
4. He’s like a bull in \_\_\_\_\_
5. The spirit is willing but \_\_\_\_\_
6. The way to a man’s heart is \_\_\_\_\_
7. The hand is quicker \_\_\_\_\_
8. People who live in glass houses \_\_\_\_\_
9. Too many cooks \_\_\_\_\_
10. You wonder where the yellow went when you \_\_\_\_\_



## DO YOU REMEMBER THE OTHER HALF?

*This exercise involves finding the “other half.” Having a part or clue, you can more readily retrieve the rest. It is known that help in the form of clues can link or connect the thoughts making the retrieval process easier.*

Some of these couples you will know from stage, screen, television, mythology, current events, and history. Some you will not know, depending on your life’s experiences. Some have more than one “right answer.” Not to worry! Do what you can.

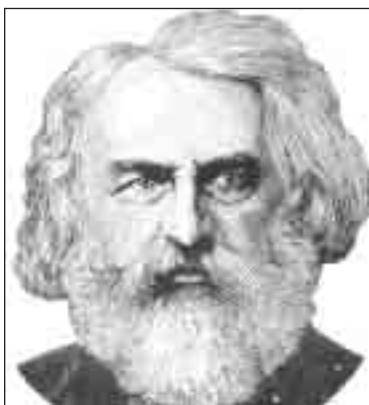
1. MUTT & \_\_\_\_\_
2. ROMEO & \_\_\_\_\_
3. TONTO & \_\_\_\_\_
4. PAUL NEWMAN & \_\_\_\_\_
5. ROY ROGERS & \_\_\_\_\_
6. LUCY & \_\_\_\_\_
7. ANTONY & \_\_\_\_\_
8. POPEYE & \_\_\_\_\_
9. BONNIE & \_\_\_\_\_
10. PUNCH & \_\_\_\_\_
11. CAIN & \_\_\_\_\_
12. OZZIE & \_\_\_\_\_
13. NELSON EDDY & \_\_\_\_\_
14. LAUREL & \_\_\_\_\_
15. AMOS & \_\_\_\_\_
16. LIGGETT & \_\_\_\_\_
17. BARNES & \_\_\_\_\_
18. SIMON & \_\_\_\_\_
19. FERDINAND & \_\_\_\_\_
20. TARZAN & \_\_\_\_\_
21. LUNT & \_\_\_\_\_
22. JOHNSON & \_\_\_\_\_
23. LEWIS & \_\_\_\_\_
24. SCARLETT O’HARA & \_\_\_\_\_
25. EDWARD VIII & \_\_\_\_\_
26. MICKEY MOUSE & \_\_\_\_\_
27. SAMSON & \_\_\_\_\_
28. JOHN SMITH & \_\_\_\_\_
29. ABE LINCOLN & \_\_\_\_\_
30. MICKEY ROONEY & \_\_\_\_\_
31. TIPPER & \_\_\_\_\_
32. FRED ASTAIRE & \_\_\_\_\_
33. DANTE & \_\_\_\_\_
34. ADAM & \_\_\_\_\_
35. BURNS & \_\_\_\_\_
36. PROCTOR & \_\_\_\_\_
37. TONY MARTIN & \_\_\_\_\_
38. AL JOLSON & \_\_\_\_\_
39. FRANKIE & \_\_\_\_\_
40. MARCIA CLARK & \_\_\_\_\_
41. RODGERS & \_\_\_\_\_
42. GILBERT & \_\_\_\_\_
43. REGIS & \_\_\_\_\_
44. ROMULUS & \_\_\_\_\_
45. TRISTAN & \_\_\_\_\_
46. BLONDIE & \_\_\_\_\_
47. SACCO & \_\_\_\_\_
48. EDGAR BERGEN & \_\_\_\_\_
49. ABBOT & \_\_\_\_\_
50. JOHN LENNON & \_\_\_\_\_





## Practice: Remembering Names

Assign a NAME to each person pictured, along with an ADJECTIVE that seems appropriate for their appearance. After completing this task, study the faces below and memorize the names and adjectives that you assigned to them. Next, turn the page and read the “tools for remembering” in the top section. These tools will be useful in helping you remember the names. After reading the tools, list the names and adjectives that you memorized on the lines provided.





# LOOKING AT SHAPES

Observe the symbols in the next row carefully.



Find them in the grouping below. Some may be upside down or reversed. Circle the ones you find and then count how many times each symbol appears. (Write the answers on the bottom)

A large rectangular area containing a grid of various symbols for a search task. The symbols include the six target symbols from the previous row, as well as other shapes like squares with 'X' marks, squares with checkmarks, and squares with triangles.

○\_\_\_ □\_\_\_ ✕\_\_\_ ≋\_\_\_ ∞\_\_\_ ☿\_\_\_



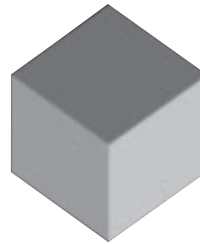
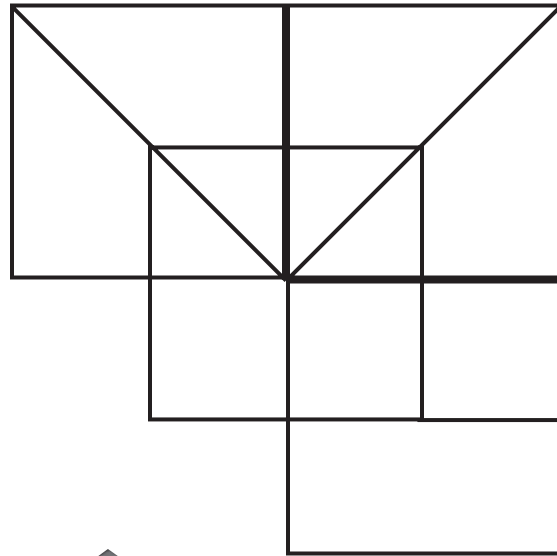
TIME FOR  
THIS EXERCISE  
ONE MINUTE

# COUNTING SHAPES

How many squares? \_\_\_\_\_

How many triangles? \_\_\_\_\_

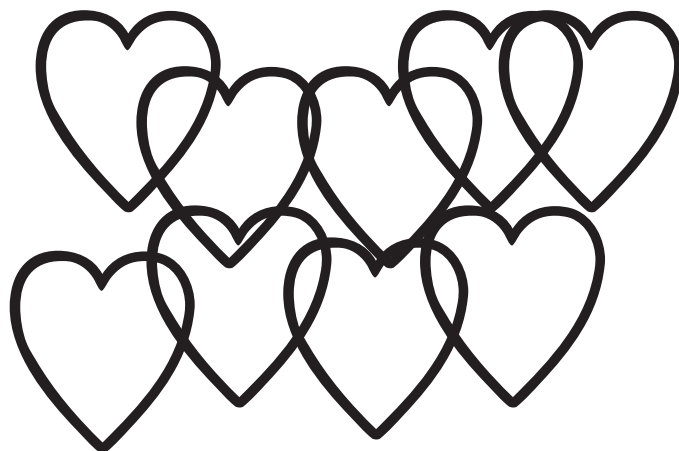
How many rectangles? \_\_\_\_\_



Count the cubes. How many do you see? \_\_\_\_\_

Count the hearts.  
How many do you see?

\_\_\_\_\_

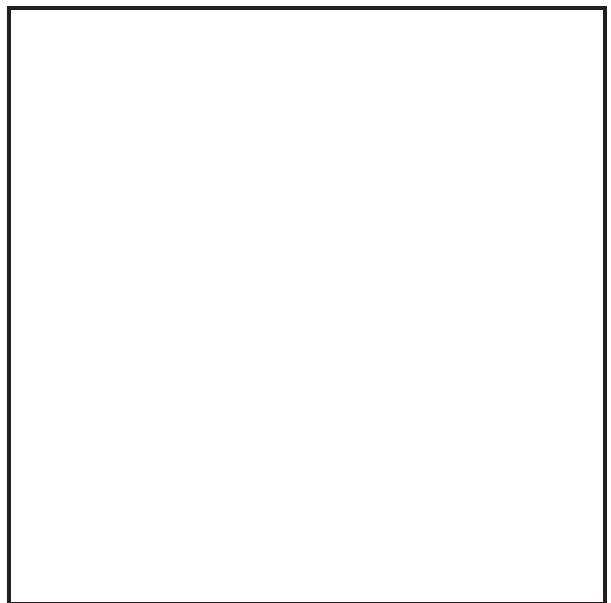
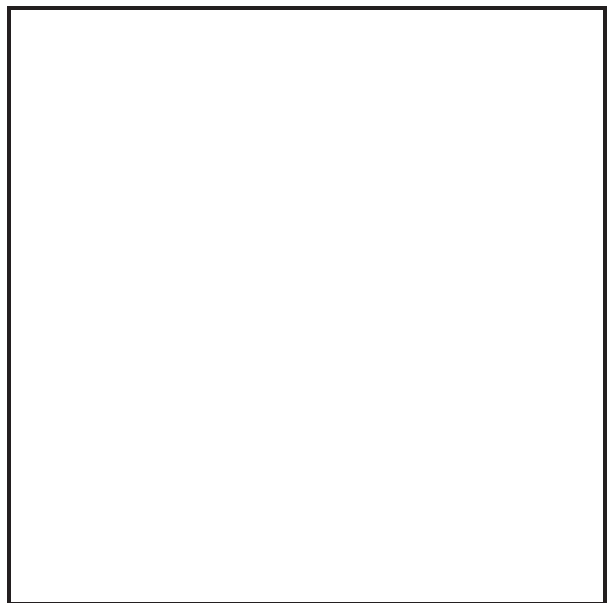
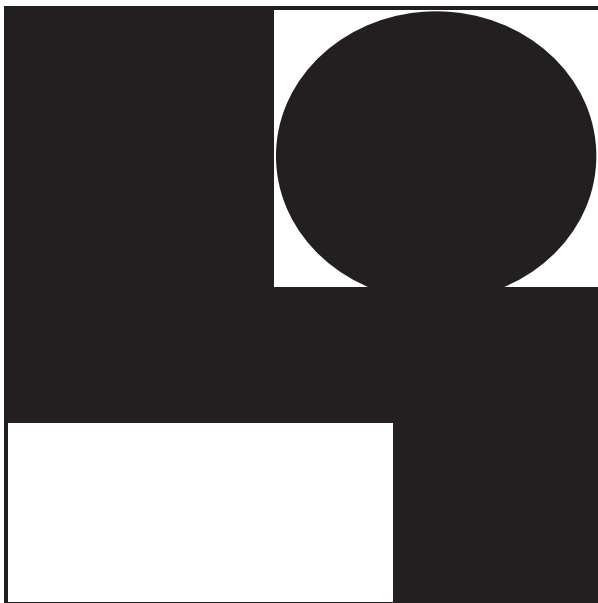




# IDENTIFYING NEGATIVE SPACE

Negative space is often used by artists. It is the unfilled spaces in a painting. It also could be identified as the background of a painting.

Below are some geometric forms.  
 The white spaces are the negative spaces.  
 Draw the white shapes in the empty boxes  
 so that the black shapes in the left hand  
 side take form.





# TRAILS ACROSS THE UNITED STATES

This is a *spatial orientation* activity. Do it as a timed activity

**DIRECTIONS:**

A. Draw a continuous line connecting all the numbers.

Start at #1 in Florida and end with #14.

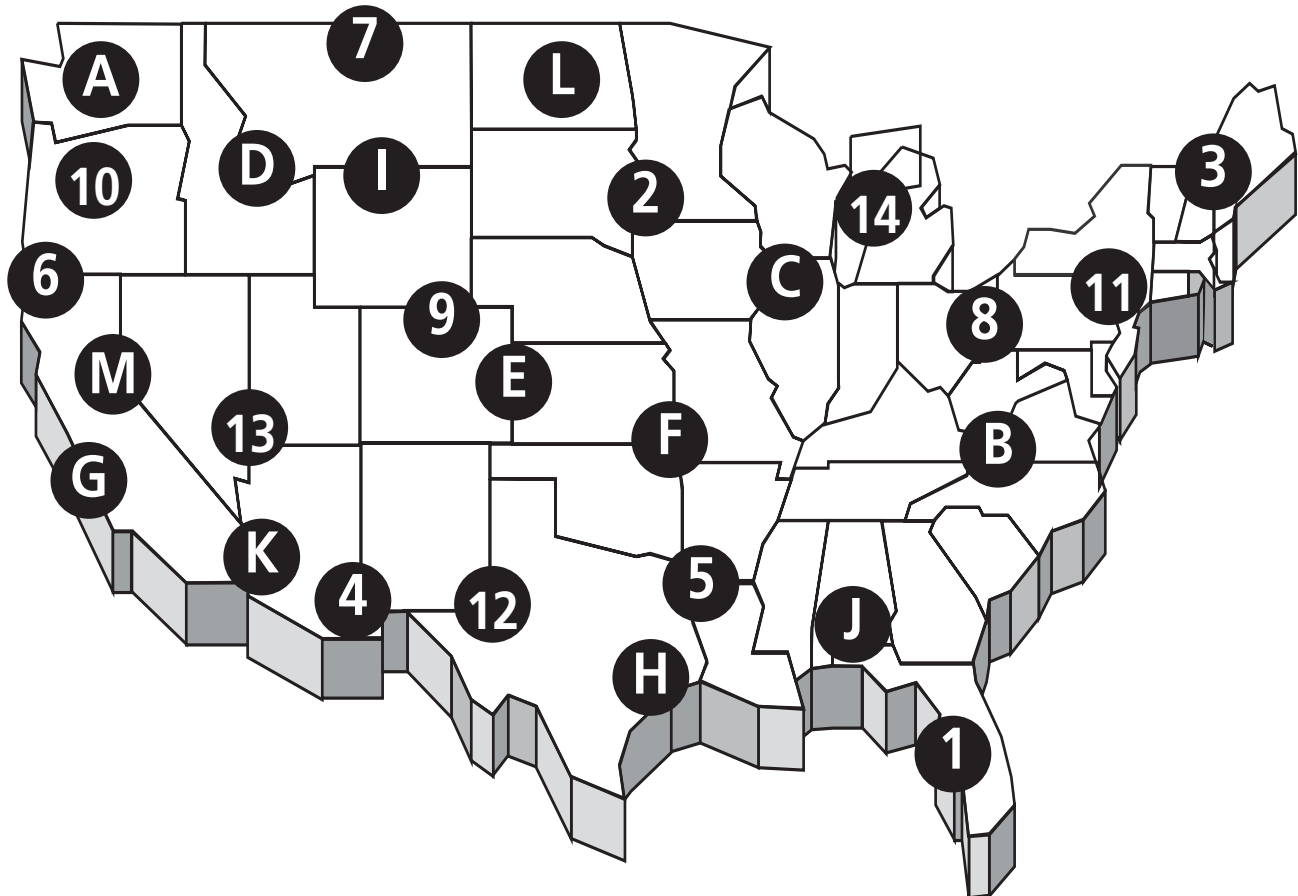
B. Next, draw a continuous line connecting all the letters.

Start with "A" in Washington state on the top left, and end with "M."

*Try to use different colored pencils to draw separate lines for the letter and number trails.*



TIME FOR  
THIS EXERCISE  
ONE MINUTE



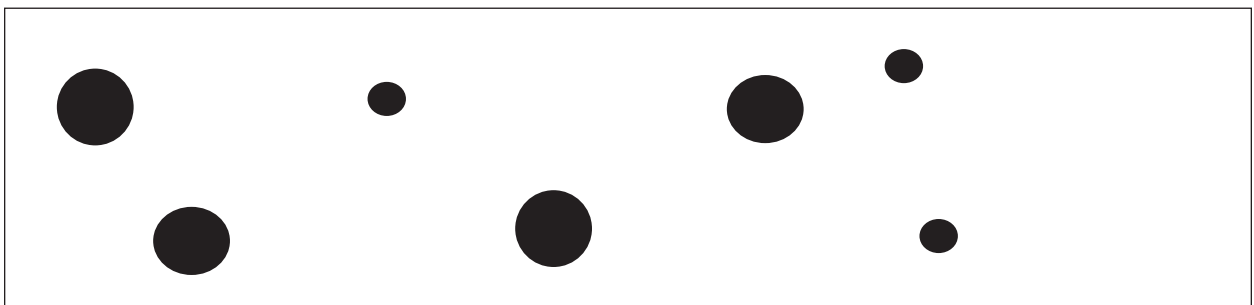
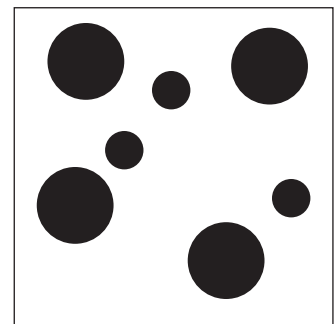
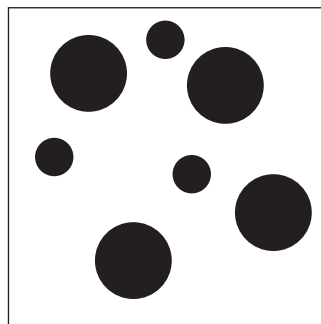
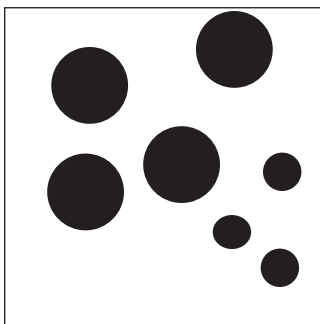
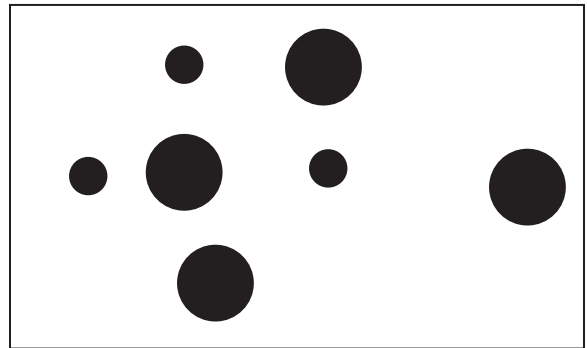
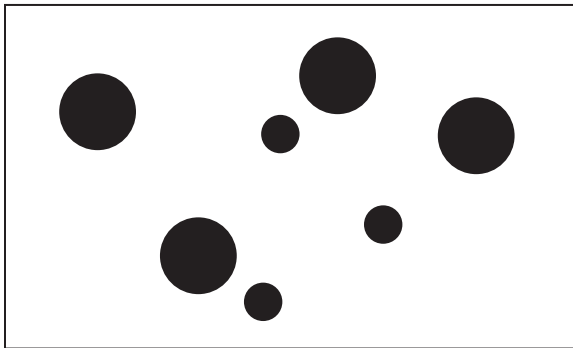
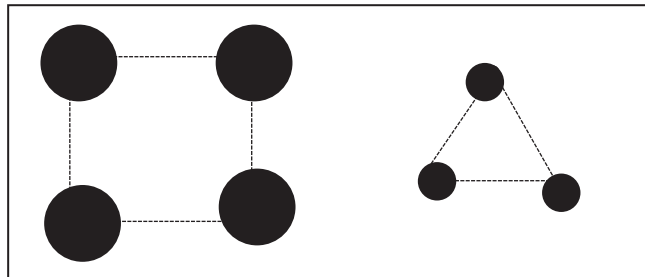


# MAKING CONNECTIONS

In each box, connect the large dots to form a 4-sided figure.  
Then, connect the smaller dots to form a triangle. (they may overlap).



TIME FOR  
THIS EXERCISE  
ONE MINUTE

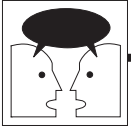




# BODY LANGUAGE: Non-Verbal Communication

Gestures and facial expressions convey messages such as anger, joy, approval, uncertainty, stress, warning, and concentration.  
Observe these pictures and write down what they communicate to you.





## Metacognitive Reflections for Communication

Now that you have completed the section on COMMUNICATION, give some thought to changes you might have experienced.

☒ Rate your ability to follow directions:

GOOD

NEEDS IMPROVEMENT

- ☒ Listening and following directions are skills which can benefit from practice.
- ☒ When you give directions, are you using precise language?
- ☒ What did you learn about giving directions? Are you clear about what you want to communicate?
- ☒ Play the paraphrase game as often as possible. “I hear you saying...”
- ☒ Have you acquired some new words? Try to incorporate some of them into your conversations. Reaching out to the younger generation to share their new words will give you an opportunity to interact with them in a new way.
- ☒ Can you make time to do some creative writing? Will you include more adjectives in your writing?
- ☒ Phone communication skills: what kind of messages do you leave on phone machines? Are they well organized and informative?
- ☒ Make a chart on how to program phone numbers on your cell or portable phone. Check out the directions given in the manual and try to simplify.
- ☒ Remember – good communication is the basis for how well you present yourself.

*In what ways can you improve your communication?*

