

Table of Contents

Meet the Author	1
Introduction.....	1
Cognitive Development	2
Cognitive Skills Defined	2
Memory	2
Attention	2
Processing	3
Logic and Reasoning.....	3
Comprehension	3
Screenings, Assessments, and Exercises	4
Primitive Reflex Assessment.....	4
Vision Screening	6
Simple Eye Exercises.....	6
Balance Screening	6
Dominance Screening	7
Ear Exercises	7
Learning Screening	7
Equipping Minds: Typical Cognitive Development Program	12
Before you Begin.....	17
Tools for the Exercises	17
Daily Routine	18
Daily Training Schedule	19
Cognitive Exercises	20
Xtreme Memory.....	20
Xtreme Tic Tac Toe.....	24
Stroop Effect Animals.....	28
Processing Games	38
Directions	39
I See You	46
Number Hunt and Fluency 1-5	47
Letter and Number Hunt 1-9.....	49

Find It, Write It, Say It.....	53
Picture It.....	59
Break the Code	60
Make a List.....	63
Total Recall	64
Presidents	65
Tangrams.....	68
Visual Thinking Cards	68
Color Code	69
Perplexors	69
College Students and Trainers	70
Spelling	70
Aristotle & Socratic Questions.....	71
Building Comprehension through Vocabulary	72
Working Memory Exercise	73
Study Skills.....	76
Instructional Methods for Trainers and Teachers	77
The Seven Laws of Teaching, by John Milton Gregory	78
Other Resources	84
Auditory Training	84
Visual Training.....	84
Phone/Tablet Apps.....	84
Worksheets	85
Daily Reflex Exercises.....	85
Daily Schedule	86
Attendance Record.....	87
Home Exercise Checklist.....	88
Progress Record.....	89
Daily Study Skills Schedule	90
Eye Can Learn Worksheet: www.eyecanlearn.com	91
EyeQ™ Advantage Worksheet: www.eyeqadvantage.com	92
Vocabulary Worksheet	93

Processing Games

Cognitive Skill: visual processing, working memory, attention, long-term memory, logic and reasoning

Challenges: Play each game as quickly as possible. Progress to more difficult levels when the levels become easy. For the first few rounds, you will need to say what you are playing.

	Time	Time	Time
Set: Read the directions provided with the game or at www.setgame.com. Time yourself.			
Play with solids only.			
Play with outlines only.			
Play with stripes only.			
Sort the deck by number, then by color, and then by shape.			
Play full deck; count the number of sets found in 5 min.			
With the full deck, track time to complete the entire game.			
Blink or a deck of cards: Read the directions provided when playing the game.			
Processing Drill: Flip the entire deck of cards one at a time, and say the number you see. Next, say the color you see. Then, say the shape/suit you see.			
Working Memory: Flip the cards one at a time, and alternate by saying the number of the first card, the color of the second card, and the shape of the third card. Continue this pattern with the entire deck.			
Sort the deck by number, then by color, and then by shape, and record your time.			
Say number of the first card, number and color of the second card, number, color, and shape of the third. Continue pattern.			
Say the number, color, and shape of each card.			
Play 2 players. Read the directions.			
Play alone, and time yourself.			
Say number, color, and shape with 2-3 people, switching places half way through the deck.			
Deck of Cards: Flip the cards and say card after a red card. Hold that number value in place and add to the next card.			
Qwitch or a deck of cards. Read the directions provided when playing the game.			
Play = by matching the same number or letter.			
Play =, + by matching either = or +.			
Play =, +, - by matching either =, +, or -.			
Play alone, and time yourself; compete against partner's time.			
Place the cards down into 3 piles, and alternate saying = on the first pile (B2 is B2), then + on the second (A3 is B4), then – on the third (E8 is D7). When adding, 7 will be 8, and G will be H. When subtracting, 1 will be 8, and A will be H.			
Play on 3 piles: =, +, -. Play against yourself, and time yourself.			
Spot It. There are many variations. Play as directed.			
Recall the animals/objects seen.			
Place the animals/objects in categories or classifications.			