

Feuerstein's Cognitive Functions & Equipping Minds Cognitive Exercises

Efficient Cognitive Functions	Equipping Minds Cognitive Exercises
Focuses and perceives data through senses	Answering the questions: What do you see? How many do you see? What color do you see? What direction?
Systematically search (Systematically approach new objects or information.)	Reading from left to right. Animals, Numbers, Vowels Saying the objects on a Spot It card starting at 12:00 and going clockwise
Use labels as without a name, we can't think about it	Naming objects on Spot It, Blink, Set
Know where you are in Space	Colored Arrows: L, R, U, D and N, S,E, W Looking at a picture and saying what is in the boys right hand, left hand or what is behind, in front
Be aware of time: how much, how old, how often, sequence of events	Timing exercises Using Ten Category questions for Stare and President Cards
Conserve Constancies	Use a Constant Card in Spot It. The N-back symbols and colors become constants.
Collect precise and accurate data	Color Code, Let's Match and Xtreme Memory
Use more than one source of information: Keeping two ideas in the mind at the same time assists in comparing and higher order thinking	Working Memory exercises Remembering the sequence for the N-Back exercises
Define the problem: What am I to do?	Color Code
Search for relevant cues: What is relevant to the problem	Color Code/ Stare Cards
Spontaneous need to Compare	Sorting Blink Cards/ Finding a SET how are they the same and different / Use Stare Cards

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Recall and use several pieces of information	N-back exercises , Make A List
Understand Reality: cause and effect relationships	Tic Tac Toe, Drawing and Erasing
Use logical evidence	Stare
Abstract Thinking: visualizing	Giving meaning to symbols Tic Tac Toe/ Xtreme Memory with symbols
Use Hypothetical Thinking: If this is true, what else must be true	Perplexors When guiding an error with any working memory/ n-back "If this was number, whose turn is it"
Test the hypothesis	Color Code
Form categories	Categories for animals, Spot It cards
Consider another person's point of view	Tic Tac Toe with 2 and 3 people Stare Cards and Presidents: which hand or side is something located
Project Virtual Relationships	Stare Cards using Dots to teach how to make a square, triangle
Perseverance	Hard is Good, Struggling Well All of the exercises
Just moment... Let me think	Doing the N-backs, Stare Cards
Give a thoughtful response	Stare Card / President card discussions
Use precision and accuracy: Do it right, take your time, say it or complete it accurately	1-9 Number hunt
Visual Transporting	Tic Tac Toe
Show Self Control	Tic Tac Toe, Color Code

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