



COGNITIVE THERAPY WORKSHEETS

TRAFFIC SIGNS



happyneuron

By 

MINI PACKET #23
MAY 2021

Welcome to our Mini Free Worksheet

This worksheet can be a fun way to stimulate and practice cognitive functions. Finding engaging exercises is an important part of creating an effective therapeutic strategy to keep your client motivated for continuing their therapy.

Feel free to use, print and share these worksheets as much as you want!

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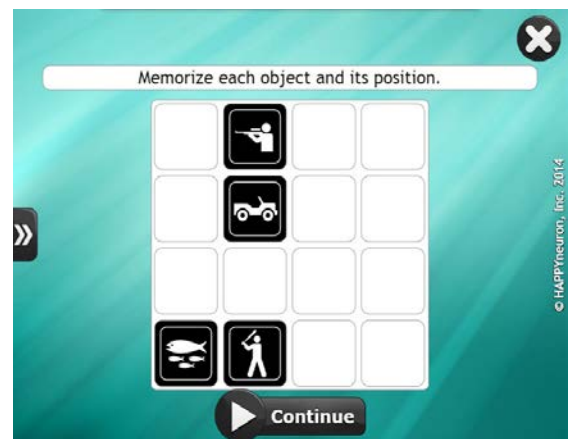
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You can also explore our [LinkedIn](#) and [Facebook](#) pages for more worksheets, but also weekly videos, articles, and much more.

What Does this Exercise Train?

Objects, Where Are You?

Visual and spatial information is abundant in everyday life in the forms of road signs, traffic lights, warning labels, and icons on a computer screen. Being able to distinguish objects from one another and locate them efficiently is essential for driving, maintaining personal safety, and functioning in the workplace. Your client will engage their hippocampus while activating the connections between the visual processing streams to correctly identify, remember, and place the objects they have seen.



The Team at



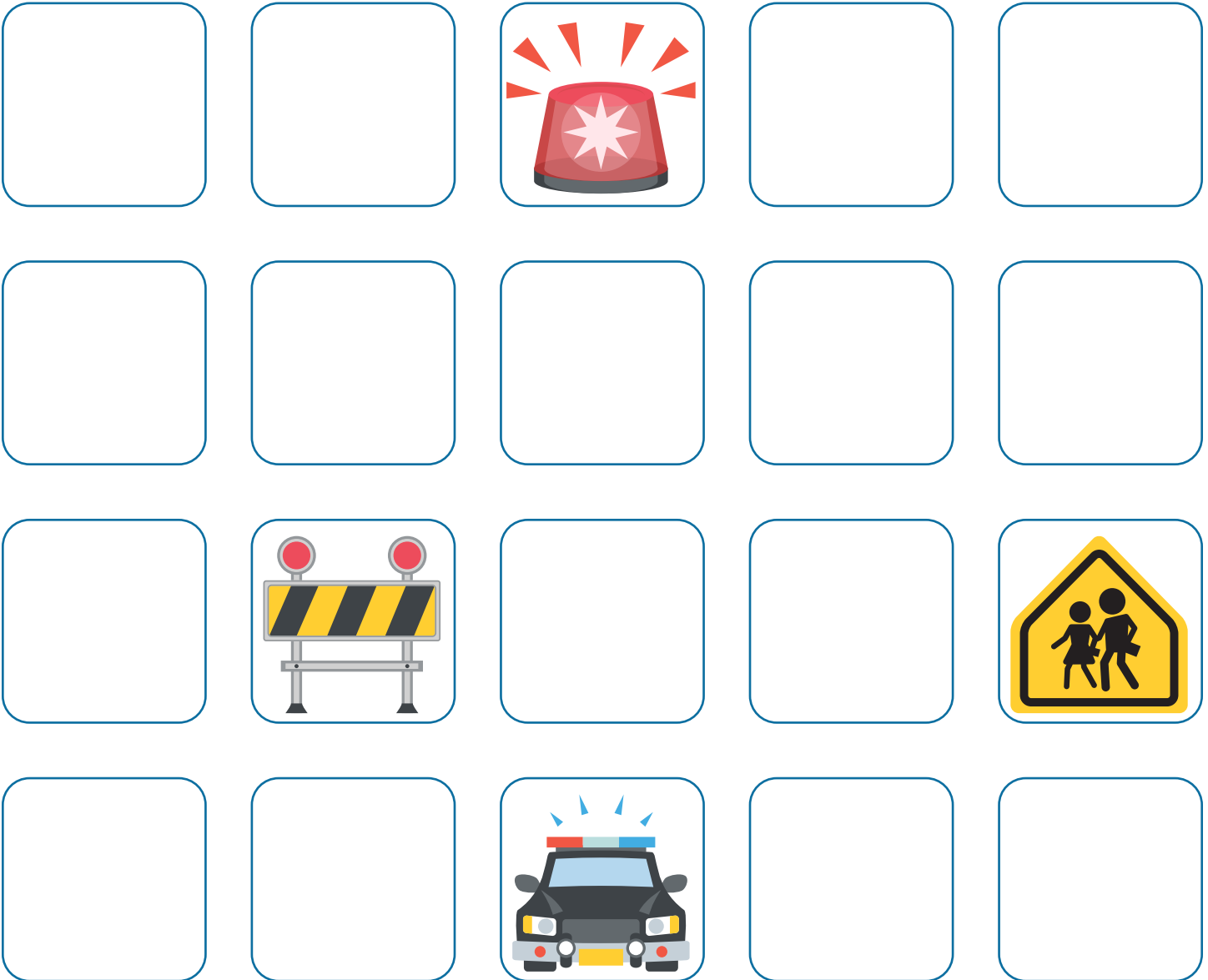
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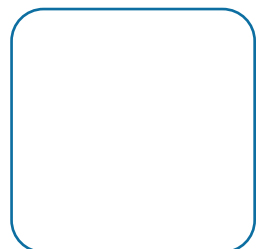
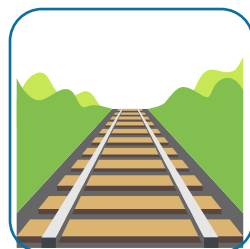
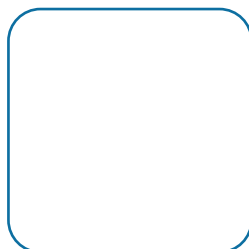
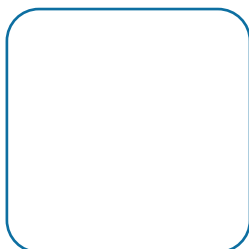
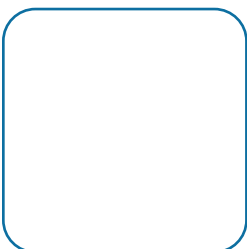
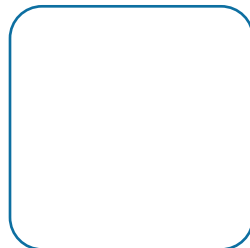
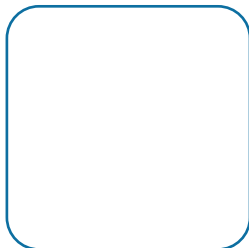
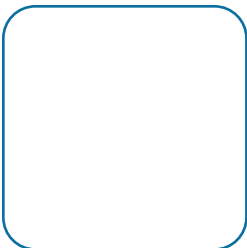
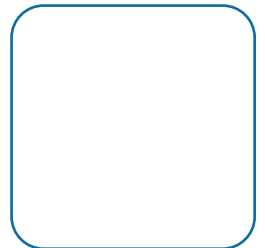
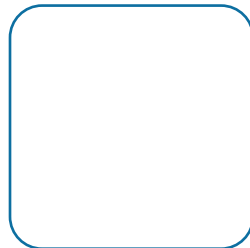
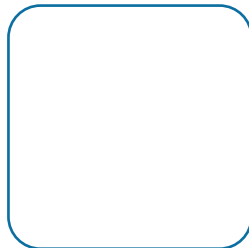
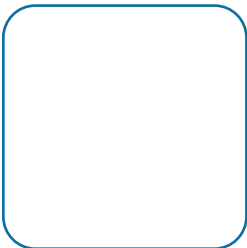
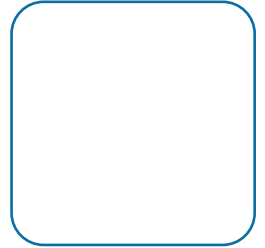
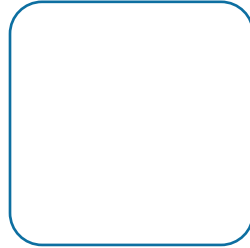
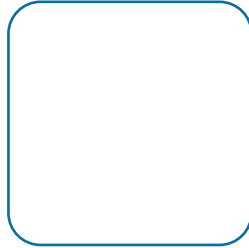
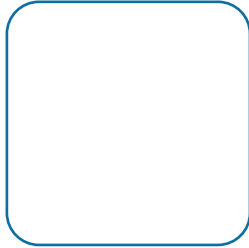
OBJECTS WHERE ARE YOU

In this exercise, you will see a grid of objects. You must memorize both the object and the location. On the next page, you will be asked to correctly place the objects where you found them in the blank grid #1. Please do not refer to the grids after you have memorized them.



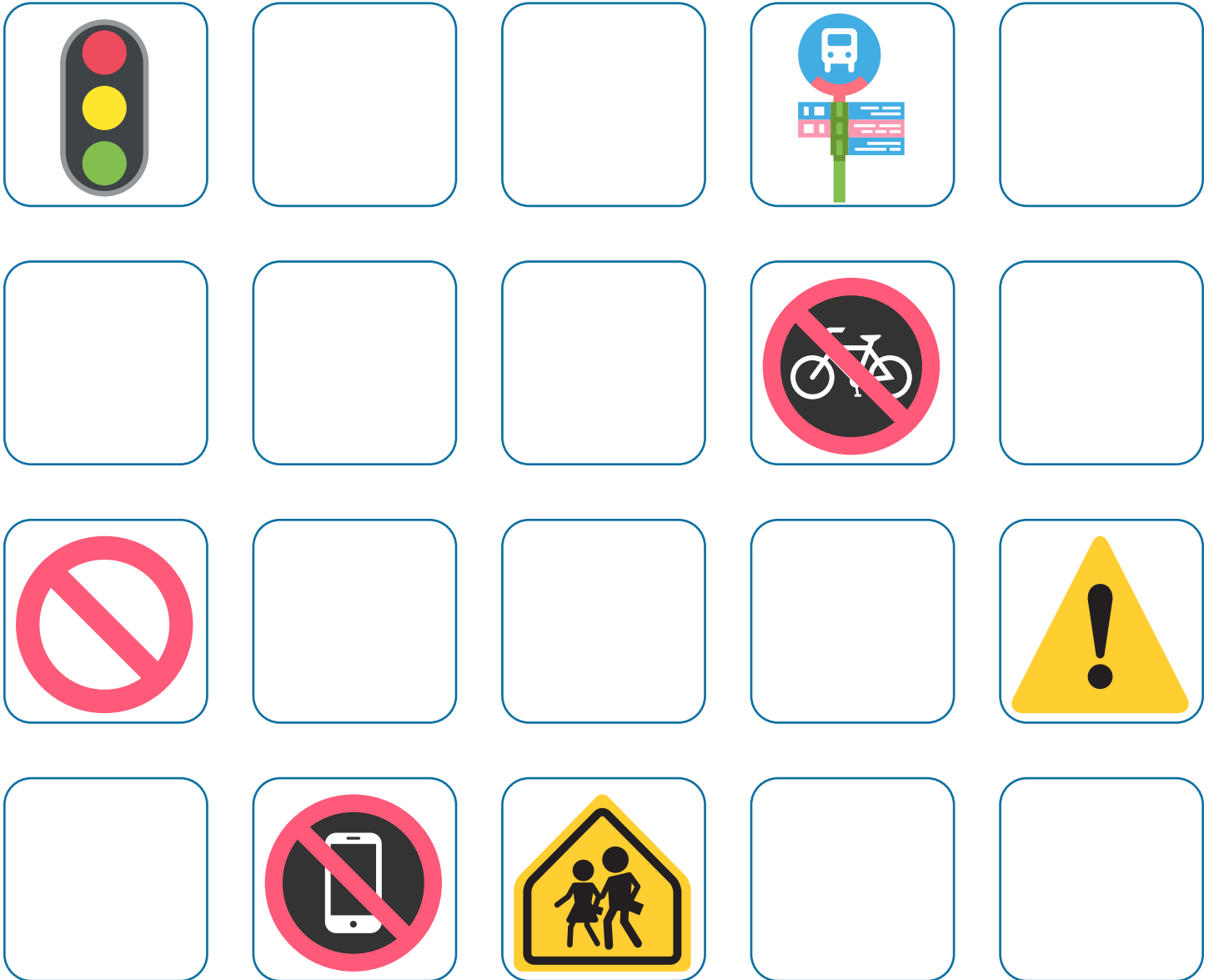
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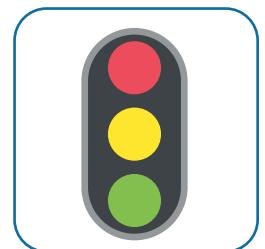
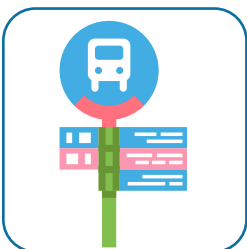
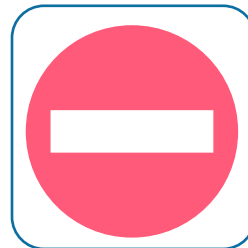
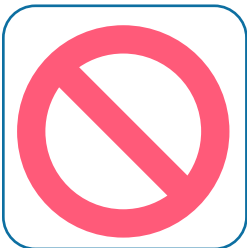
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OBJECTS WHERE ARE YOU

Print this page and cut out the shapes to use as an exercise tool. There are extra icons to be used as distractors.



OBJECTS WHERE ARE YOU

Blank Grid 1

Bridging Questions

- 1.) What situations do you encounter where it is important to remember where to look for something, like a sign, and remember the meaning of it?
- 2.) Think about your town. What landmarks are there? Where are they? Do you use landmarks to inform you of locations of stores/places to go in your town?
- 3.) Take a moment and think about symbols and communication. Do you think that using symbols, like emojis, may help you express yourself better? Are there some emotions/emojis that are difficult to understand?

