

The page is decorated with numerous teal triangles of various sizes and orientations, scattered across the white background. Some triangles have a slight 3D effect with a darker shade on one side.

COGNITIVE THERAPY WORKSHEETS

VISUAL MEMORY



happyneuron

By 

MINI PACKET #3
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Welcome to our Mini Free Worksheet

This worksheets can be a fun way to stimulate cognitive functions. Finding engaging exercises is an important part of creating an effective therapeutic strategy since it will keep the patient motivated for continuing these sessions.

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

Want more worksheets?

If you like these worksheets, make sure to check out our website and download all the other worksheets available for free.

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?

Shapes and Colors

Every day we encounter a myriad of different symbols and logos, including traffic signs, markers for shops and stores, even computer icons! This exercise demands attention to detail and the use of discrimination and differentiation for shapes. It calls upon the user's visual short-term memory. Visual short-term memory enables the brain to store visual information such as shapes and locations of objects. They then have to pay attention to the visual details to discriminate between the figures and build strategies in order to not forget the objects they have memorized.



Instructions

In this exercise, the patient has to memorize several figures of various types and colors of betta fish. They then have to answer some questions regarding the details of the fish they have seen from memory.

The Team at



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SHAPES AND COLORS

Check out the fish tank below. There are 4 different types of Betta fish. Memorize details on all of them and answering the questions on the following page without referencing this page.



SHAPES AND COLORS

1. How many All Red Betta Fish are there?

2. How many Yellow Betta Fish are there?

3. How would you describe the top fish in the top left corner?

4. How many fish have blue and red colors on them?



SHAPES AND COLORS



1. All Red Fish
Total: 8



2. Yellow Fish
Total: 6



3. Purple body fish with red fins.
Total: 4



4. Blue & Red Fish
Total: 4