

Today's Orientation Board

Stage: Early

Fill in the blanks together to start the day.



Today is _____.



The date is _____.



The season is _____.



The weather is _____.



I am at _____.



Caregiver tip: Do this board every morning at the same time.



What Time Is It?

Stage: Early

Look at each clock and write the time below it.



Caregiver tip:

Start with the hour hand,
then the minute hand.



Match the Season

Stage: Early

Draw a line from each photo to the correct season.



WINTER



SPRING



SUMMER



FALL



Caregiver tip: Ask what season it is right now outside.



Days of the Week

Stage: Early

Write the missing days in the empty boxes.

SUNDAY

TUESDAY

THURSDAY

Today is _____

Tomorrow will be _____



Caregiver tip: Say the days out loud together before writing.



Months of the Year

Stage: Early

Circle the month we are in, then check your birthday month.

January



February



March



April



May



June



July



August



September



October



November



December



Caregiver tip: Talk about a memory from your favorite month.

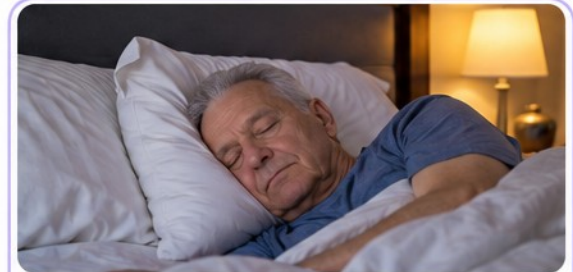


Morning, Afternoon or Evening?

Stage: Middle

Write M, A or E in the box under each picture.

M = Morning, A = Afternoon, E = Evening



Caregiver tip: Connect each picture to your own daily routine.



Which Room Does It Belong To?

Stage: Middle

Draw a line from each object to the right room.



BATHROOM



BEDROOM



KITCHEN



LIVING ROOM



Caregiver tip: Walk to the real room together afterward.



All About Me

Stage: Early

Complete each sentence about yourself.



My name is _____



I was born in _____



My hometown is _____



My job was _____



My favorite food is _____



The people I love: _____



Caregiver tip: Keep this sheet and read it back on hard days.



Match the Holiday

Stage: Middle

Draw a line from each holiday to its month.



•



•



•



•



Caregiver tip: Share a favorite memory from one of these holidays.



•

JULY

•

OCTOBER

•

NOVEMBER

•

DECEMBER

Where Do I Live?

Stage: Middle

Color your state on the map and fill in the lines.



My state is _____

My city is _____

My street is _____

My zip code is _____



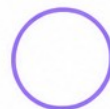
Caregiver tip: Point to the state where you were born too.



Find the Differences

Stage: Middle

Find 5 differences between the two pictures.



Caregiver tip:

Look at one corner at a time, then compare.

Spot the Odd One Out

Stage: Early

Circle the picture that does not belong in each row.



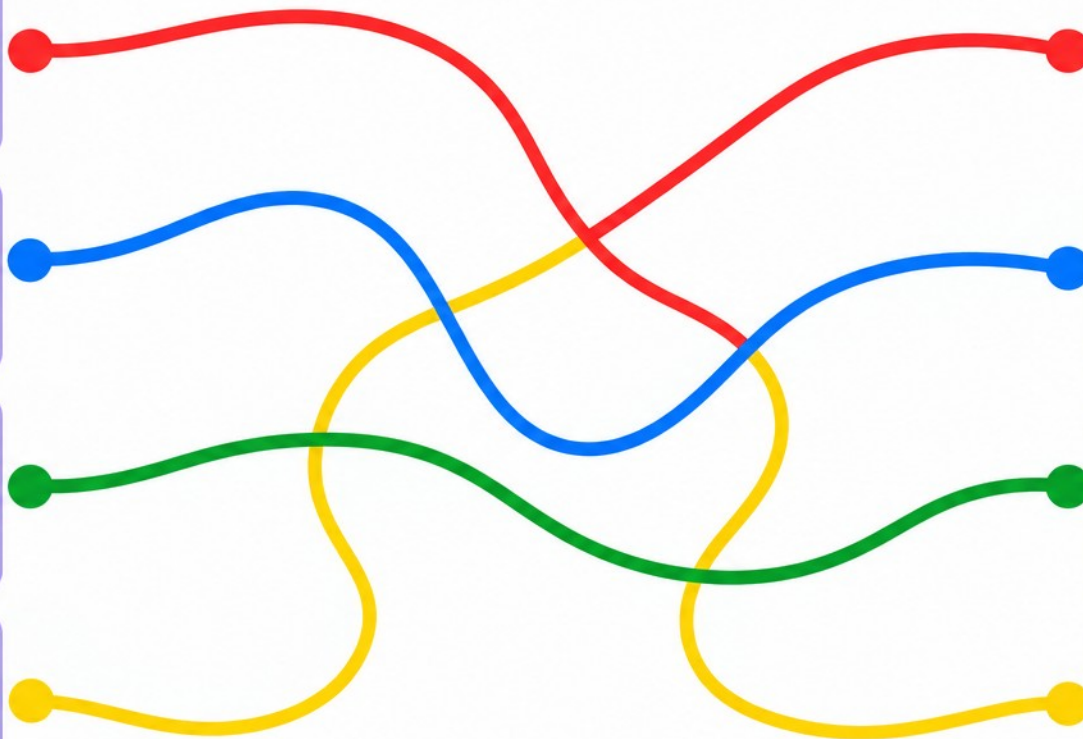
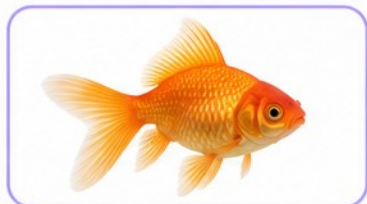
Caregiver tip:

Ask why the odd item is different.

Follow the Line

Stage: Early

Use your finger to follow each line and find where it ends.



Caregiver tip:

Trace slowly and say the name out loud at the end.

Count the Coins

Stage: Middle

Count each type of coin and write the number.



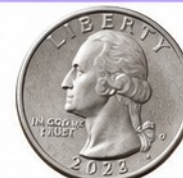
Pennies



Nickels



Dimes



Quarters



Caregiver tip:

Use real coins from a jar to make it hands-on.

Letter Hunt

Stage: Middle

Circle every letter A you can find.

A	B	M	Q	A	R	F	T
K	A	D	J	L	A	G	P
S	H	A	V	N	C	A	Z
R	T	G	A	E	K	M	D
P	L	F	X	A	B	S	H

How many did you find? _____



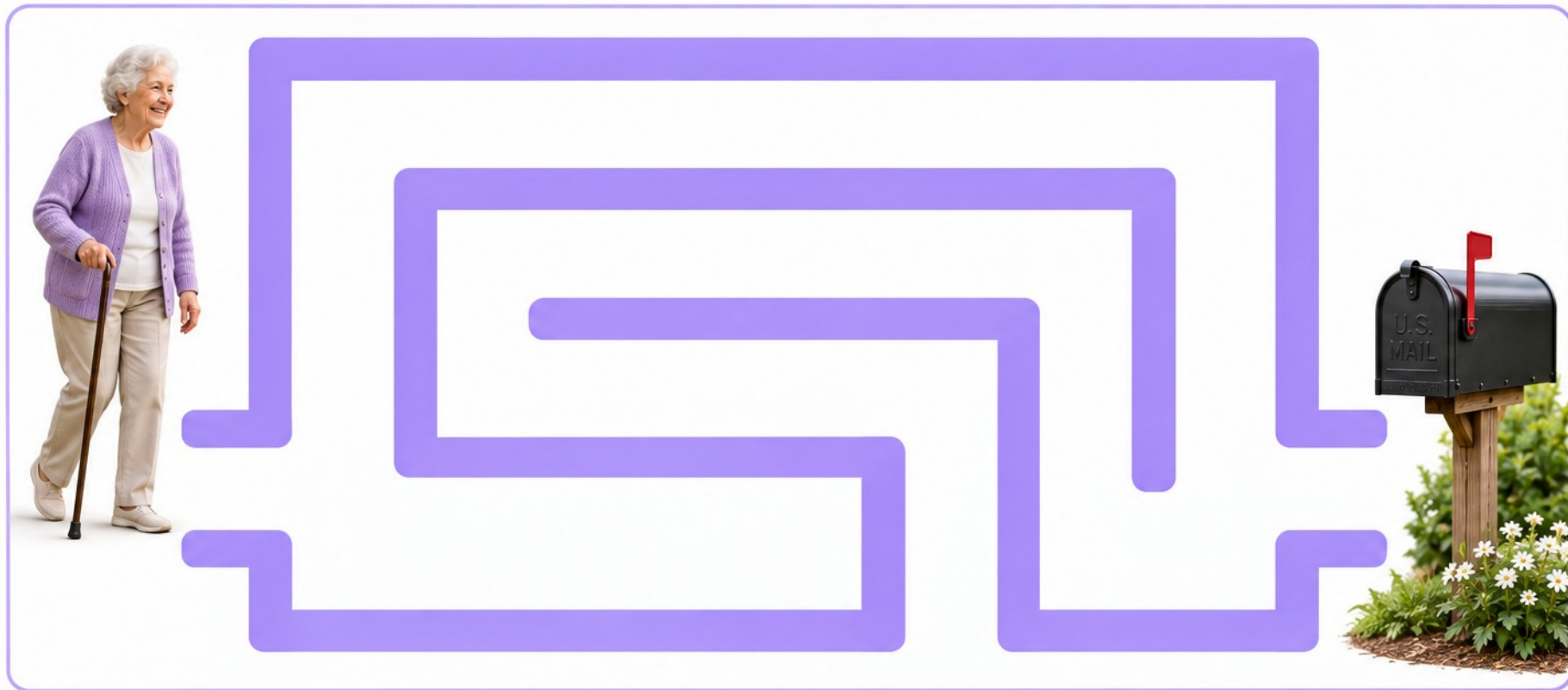
Caregiver tip:

Go row by row with a finger to keep your place.

Simple Maze

Stage: Early

Help Grandma find her way to the mailbox.



Caregiver tip:

Guide with your finger before using a pen.

Word Search: In the Kitchen

Stage: Middle

Find the 6 hidden words and circle them.

P	L	A	T	E	X	C	U	P
M	B	O	W	L	F	G	H	K
F	O	R	K	P	Q	Z	L	M
X	N	E	V	A	N	I	T	B
S	P	O	O	N	C	D	P	L
K	L	M	P	A	N	R	U	T
D	F	G	H	J	Q	W	X	Y
Z	C	V	B	N	M	K	L	P

CUP



PAN



FORK



PLATE



SPOON



BOWL



Caregiver tip:

Cross out each word on the list when found.

Sort by Color

Stage: Late

Draw a line from each object to its color.



RED

BLUE

YELLOW



Caregiver tip:

Name the color out loud as you draw each line.

What Changed?

Stage: Middle

Look at both rooms. Write 3 things that changed.



1. _____
2. _____
3. _____



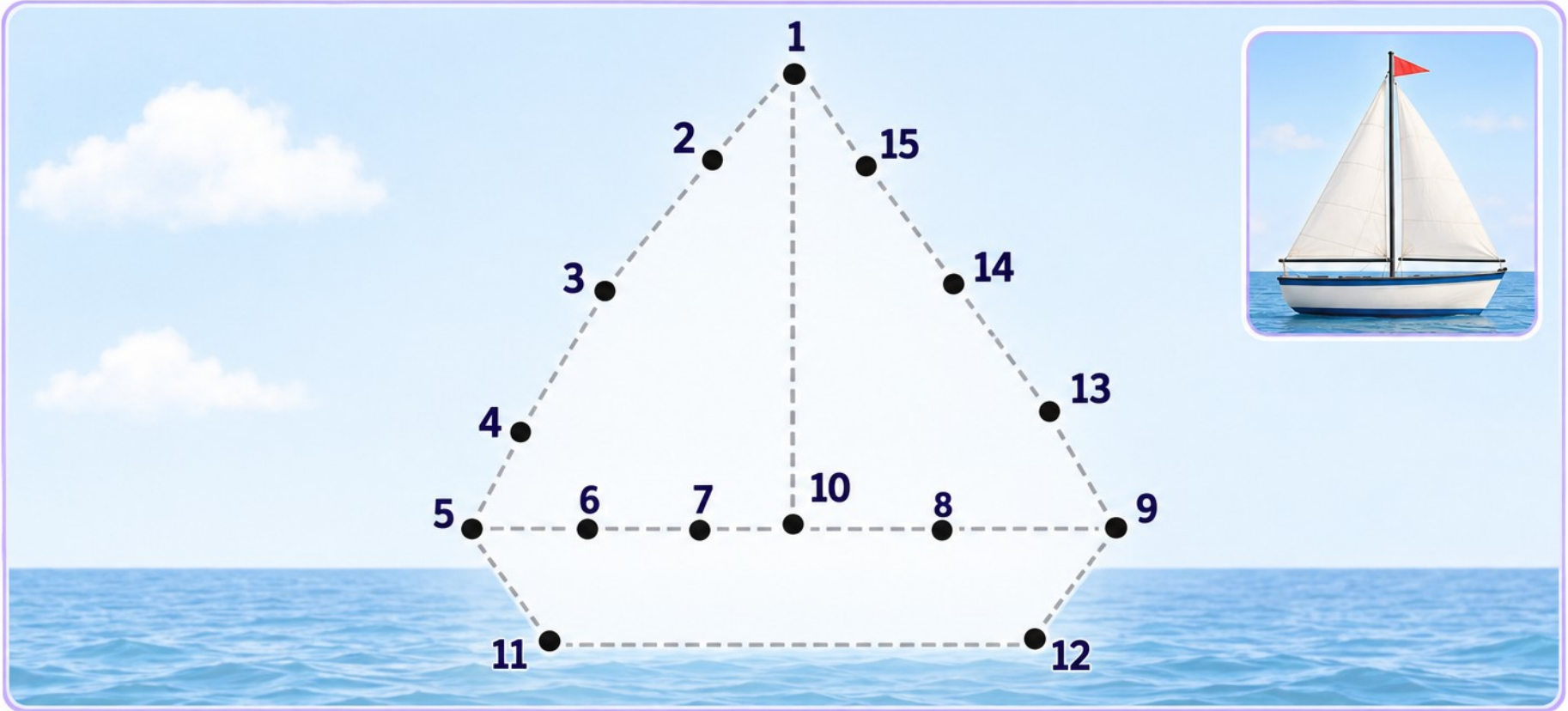
Caregiver tip:

Start with big objects, then small details.

Dot-to-Dot Sailboat

Stage: Early

Connect the dots from 1 to 15.



Caregiver tip:

Count each number out loud before drawing.

Remember the Objects

Stage: Middle

Look for 30 seconds, cover the pictures, then write what you remember.



1. _____

2. _____

3. _____

4. _____

5. _____

6. _____



Caregiver tip: Start with 3 objects if 6 feels like too many.



Grocery List Recall

Stage: Middle

Read the list, cover it, then check only the items you saw.

My List



milk



eggs



bread



bananas



cheese

Check the items you saw:

- ☐ milk
- ☐ apples
- ☐ eggs
- ☐ bread
- ☐ rice
- ☐ bananas
- ☐ cheese
- ☐ juice



Caregiver tip: Say each item out loud twice before covering.



Who Was Here?

Stage: Middle

Learn the names, cover the top row, then write each name below.



Mary



John



Linda



Robert



Caregiver tip: Link each name to something familiar.



Number Recall

Stage: Early

Read the numbers out loud, cover them, then write them down.

4 7 2

9 1 5 8

3 6 0 2 7



Caregiver tip:

Repeat the numbers in a rhythm, like a song.



What Is Missing?

Stage: Late

Look at the top row. One object is missing from the bottom row. Circle it.



Caregiver tip: Cover the top row with your hand before answering.



Story Recall

Stage: Middle

Read the story, then answer the questions.

Helen went to the park on Sunday. She fed the ducks with her grandson Tom. They ate ice cream and went home at 4 o'clock.

1. Where did Helen go?

2. Who was with her?

3. What did they eat?



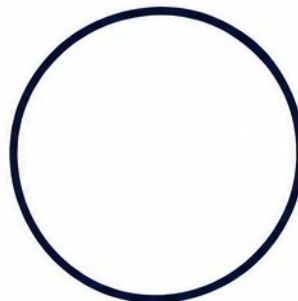
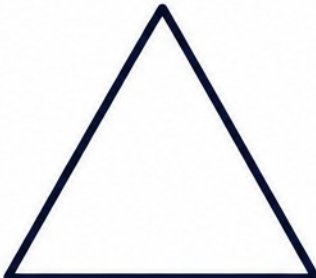
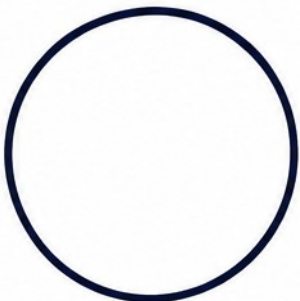
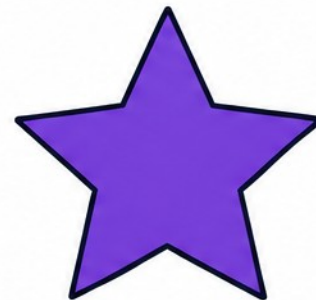
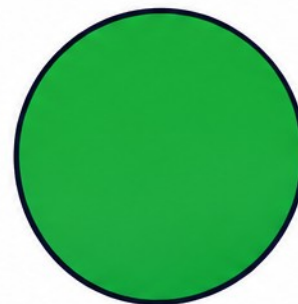
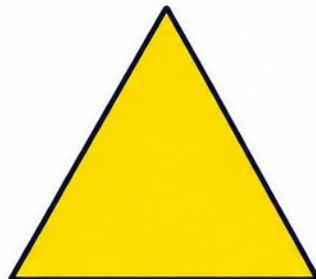
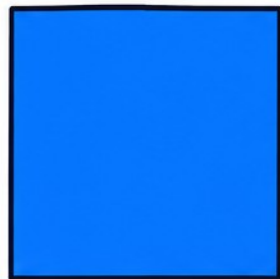
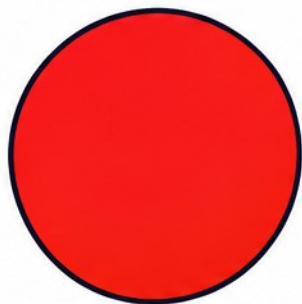
Caregiver tip: Read the story out loud together first.



Pattern Memory

Stage: Middle

Study the colored shapes, cover them, then color the empty shapes the same way.



Caregiver tip:

Say the colors out loud
in order.



Matching Pairs

Stage: Early

Draw a line to connect each pair of matching pictures.



Caregiver tip: Turn it into a game: name each pair when connected.



Where Did I Put It?

Stage: Middle

Look at the room, cover it, then answer.



Where are the keys? _____

Where are the glasses? _____

Where is the hat? _____

Where is the phone? _____



Caregiver tip: Practice this with real objects at home.



Yesterday and Today

Stage: Early

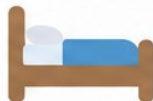
Complete each sentence.



Yesterday I ate _____.



Yesterday I talked to _____.



Last night I slept _____.



This morning I _____.



Today I will _____.



Tonight I want to _____.



Caregiver tip: Use photos
or a calendar to help remember.



My Childhood Home

Stage: Early

Complete each sentence about the home you grew up in.



My street was _____

My town was _____

I lived with _____

My favorite room was _____

A happy memory: _____



Caregiver tip: Let the person talk; write for them if needed.

Songs From My Youth

Stage: Early

Fill in the blanks and hum the tune.



A song I loved: _____

A singer I liked: _____

Where I heard it: _____

Who I danced with: _____

It made me feel _____

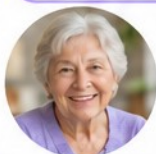


Caregiver tip: Play the song on a phone while writing.

Then and Now

Stage: Middle

Draw a line from each old object to its modern version.



Caregiver tip: Ask which one they used and when.

A Special Day

Stage: Early

Remember a wedding, a birthday or a big celebration.



The day was _____

The place was _____

People who came: _____

I wore _____

The best moment: _____



Caregiver tip: Look at old photos together before writing.

Classic American Cars

Stage: Middle

Check the cars you remember and answer below.

☐

1957 Chevrolet Bel Air

☐

1965 Ford Mustang

☐

1950s Cadillac

☐

Ford pickup truck

My first car was _____

A trip I took by car: _____



Caregiver tip: Talk about road trips and gas prices back then.

Kitchen Memories

Stage: Early

Who made these foods in your family?



Made by _____ Made by _____ Made by _____ Made by _____

A recipe I loved: _____



Caregiver tip: Smells and tastes can bring back strong memories.

Name the Old-Time Object

Stage: Middle

Write the name of each object from the past.



Caregiver tip: Ask how each object was used.

My Working Years

Stage: Early

Complete each sentence about your work life.



My first job was _____

I worked at _____

A coworker I liked: _____

Tools I used: _____

I was proud of _____



Caregiver tip: Ask about the first paycheck.

Holidays We Celebrated

Stage: Early

Write a family tradition for each holiday.



Our tradition:



Our tradition:



Our tradition:



Our tradition:



Caregiver tip: Look for a photo from one of these holidays.

My Family Photo Page

Stage: Late

Place a photo in each frame and write who is in it.



Who: _____

When: _____



Who: _____

When: _____



Who: _____

When: _____



Who: _____

When: _____



Caregiver tip: Choose photos with clear, smiling faces.

Picture and Word Matching

Stage: Early

Draw a line from each picture to the matching word.



DOG

FLOWER

CUP

APPLE

KEY



Caregiver tip: Say the word out loud as you draw the line.

Name the Objects

Stage: Late

Point to or say the name of each object.



Caregiver tip:

Give the first sound if the person gets stuck.



Finish the Saying

Stage: Middle

Complete each famous saying.

An apple a day keeps the _____

The early bird catches the _____

Better late than _____

Home sweet _____

A penny saved is a penny _____



Caregiver tip:

Sing or say the first half slowly.



Opposites

Stage: Middle

Write the opposite of each word.



HOT



BIG



UP



DAY



HAPPY



OPEN



Caregiver tip: Act out the word with your hands.



Category Lists

Stage: Middle

Write 5 things for each category.



FRUITS

1. _____
2. _____
3. _____
4. _____
5. _____



ANIMALS

1. _____
2. _____
3. _____
4. _____
5. _____



CITIES

1. _____
2. _____
3. _____
4. _____
5. _____



Caregiver tip:

Start with the easiest category.



Rhyme Time

Stage: Middle

Write a word that rhymes with each picture.



CAT



SUN



TREE



HOUSE



BALL



Caregiver tip: Rhymes are easier when said out loud.



Fill in the Missing Letter

Stage: Early

Write the missing letter under each picture.



A PLE



D G



H USE



C R



B RD



Caregiver tip: Say the word slowly, sound by sound.



Describe the Picture

Stage: Middle

Look at the photo and complete each sentence.



I see _____.

They are _____.

The weather is _____.

This reminds me of _____.



Caregiver tip:
There are no wrong
answers here.



Words That Start With...

Stage: Middle

Write 3 words for each letter.

B

1. _____

2. _____

3. _____

M

1. _____

2. _____

3. _____

S

1. _____

2. _____

3. _____



Caregiver tip:

Look around the room
for ideas.



Read and Answer

Stage: Middle

Read the short text, then answer the questions.

Every Saturday, Frank walks to the farmers market on Main Street. He buys fresh corn, tomatoes and a jar of honey. Then he sits on a bench and drinks coffee with his friend Bill.

Where does Frank go? _____

What does he buy? _____

Who is his friend? _____



Caregiver tip:

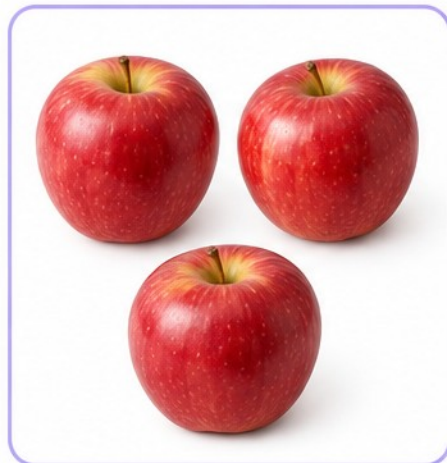
Read one sentence at a time.



Count the Objects

Stage: Late

Count the items in each box and write the number.



Caregiver tip:

Touch each object as you count.

Simple Addition

Stage: Early

Solve each problem.



$$2 + 3 = \square$$



$$4 + 1 = \square$$



$$5 + 2 = \square$$



$$3 + 3 = \square$$



$$6 + 2 = \square$$



$$1 + 4 = \square$$



Caregiver tip:

Use fingers or buttons to count.

Counting Coins

Stage: Middle

Add up the coins in each row and write the total.



Total: \$



Total: \$



Total: \$



Total: \$



Caregiver tip:

Use real coins to check the answers.

At the Grocery Store

Stage: Middle

Add the prices and find the change.



\$1.50



\$2.00



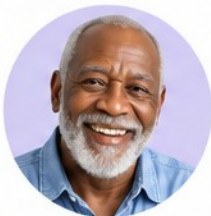
\$3.25



\$0.75

Total: \$

Change from \$10.00: \$



Caregiver tip:

Talk about what these items cost years ago.

Number Patterns

Stage: Middle

Fill in the missing numbers.

2, 4, 6,

,

5, 10, 15,

,

10, 9, 8,

,

1, 3, 5,

,



Caregiver tip:

Say the pattern out loud before writing.

Which Number Is Bigger?

Stage: Early

Circle the bigger number in each pair.

7 or **3**

12 or **21**

45 or **54**

100 or **99**

8 or **18**



Caregiver tip:

Compare the first digit first.

Reading the Calendar

Stage: Early

Look at the calendar and answer.

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

1. What day of the week is the 15th?

2. How many Sundays are there?

3. Circle today's date on the calendar.



Caregiver tip:

Keep a real calendar on the wall too.

Sort by Size

Stage: Late

Number the objects from 1 (smallest) to 4 (biggest).



Caregiver tip:

Compare two objects at a time.

Recipe Math

Stage: Middle

Read the recipe and double it.

Pancakes (serves 2):

1 cup flour

1 egg

1 cup milk

2 tablespoons sugar



For 4 people:

_____ cups flour

_____ eggs

_____ cups milk

_____ tablespoons sugar



Caregiver tip:

Cook the real recipe together afterward.

Easy Sudoku

Stage: Middle

Fill the grid so every row and column has the numbers 1, 2, 3 and 4.

1		3	
	3		2
3		2	
	1		4

Example (Solved)

1	2	3	4
4	3	1	2
3	4	2	1
2	1	4	3



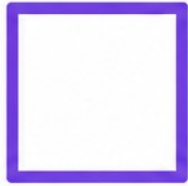
Caregiver tip:

Start with the row that has the most numbers.

Copy the Shape

Stage: Early

Copy each shape into the empty box next to it.



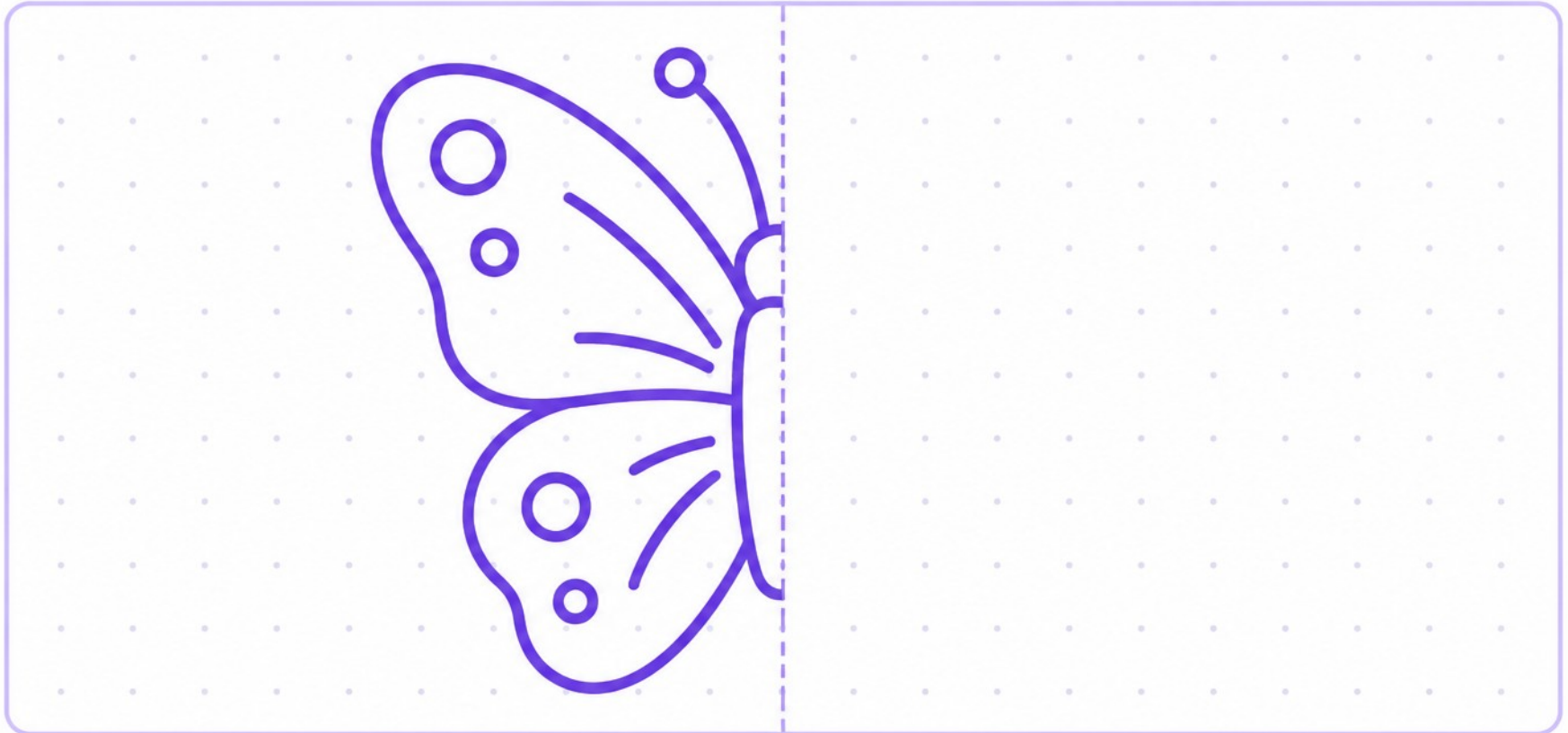
Caregiver tip:

Trace the shape with a finger first.

Complete the Picture

Stage: Middle

Draw the other half of the picture.



Caregiver tip:
Match one line at a time.

Which Piece Fits?

Stage: Middle

Circle the piece that completes the picture.



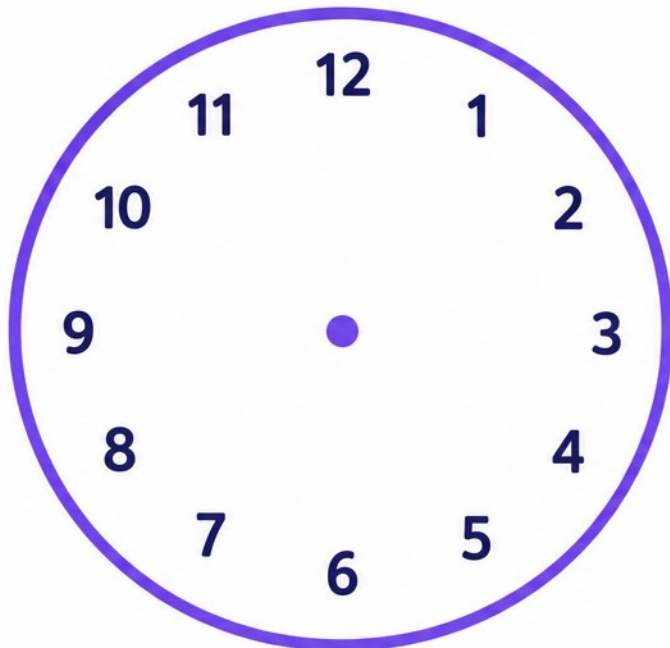
Caregiver tip:

Look at the colors around the hole.

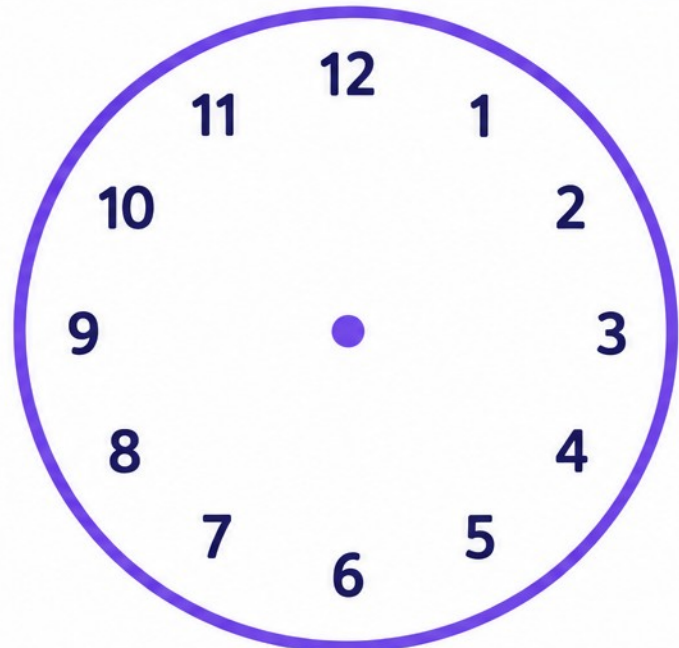
Draw the Clock Hands

Stage: Middle

Draw the hands to show each time.



3:00



10:30



Caregiver tip:

Short hand is hours, long hand is minutes.

Shadow Match

Stage: Early

Draw a line from each object to its shadow.



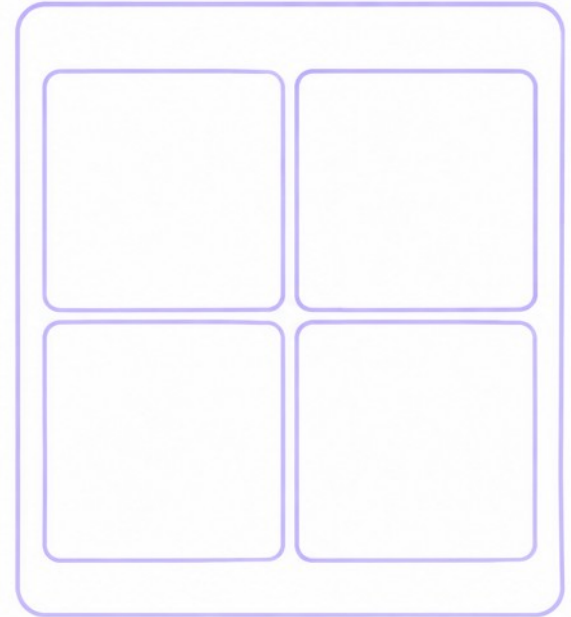
Caregiver tip:

Look at the outline, not the color.

Picture Puzzle

Stage: Late

Number the pieces in order to complete the picture.



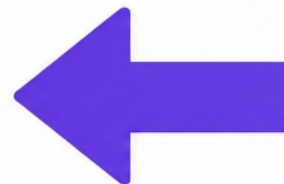
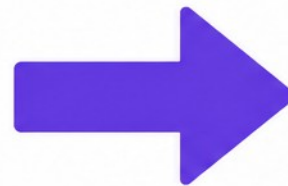
Caregiver tip:

Cut the pieces out for a hands-on puzzle.

Left or Right?

Stage: Early

Write L or R under each picture.



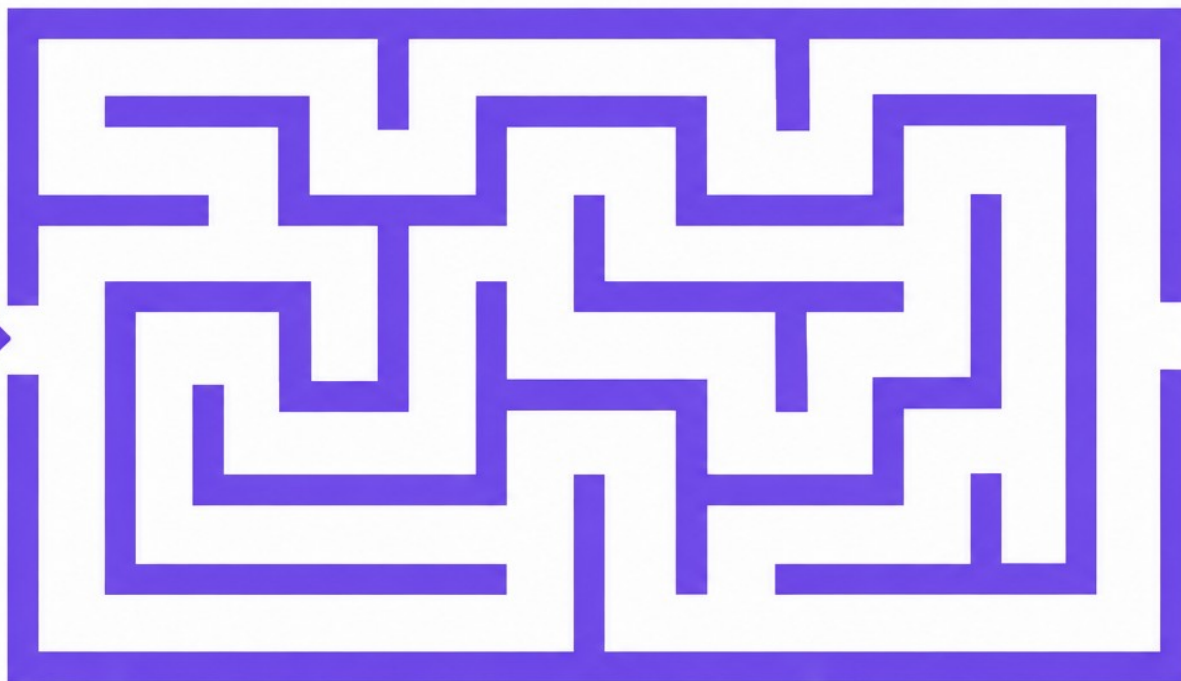
Caregiver tip:

Hold up your own hands to compare.

Garden Maze

Stage: Middle

Help Grandpa find his way to the garden.



Caregiver tip:

Try again if you reach a dead end.

Find the Hidden Shapes

Stage: Middle

Find 5 circles and 3 triangles hidden in the picture.



Circles found: _____ Triangles found: _____



Caregiver tip:

Trace each shape with a finger when found.

Trace the Path

Stage: Late

Trace each line with a pen from the star to the heart.



Caregiver tip:

Use a thick marker for easier grip.

Sequence the Routine

Stage: Middle

Number the steps of making a cup of tea from 1 to 4.



Caregiver tip: Do the real steps in the kitchen afterward.



Getting Dressed

Stage: Early

Number the clothes in the order you put them on.



Caregiver tip: Lay out real clothes in order.



Plan My Day

Stage: Middle

Write what you will do at each part of the day.



MORNING



AFTERNOON



EVENING



Caregiver tip: Include one fun activity every day.



Make a Grocery List

Stage: Middle

Write 3 items for each category.



FRUITS & VEGETABLES

1. _____
2. _____
3. _____



DAIRY

1. _____
2. _____
3. _____



BREAD & CEREAL

1. _____
2. _____
3. _____



CLEANING

1. _____
2. _____
3. _____



Caregiver tip: Check the fridge together first.



What Comes Next?

Stage: Early

Draw the next picture in each pattern.



Caregiver tip: Say the pattern out loud like a rhythm.



Sort Into Groups

Stage: Middle

Write the number of each picture in the correct group.

1



2



3



FOOD

4



5



6



CLOTHING

7



8



9



TOOLS



Caregiver tip: Ask what the objects in each group have in common.



What Would You Do?

Stage: Middle

Write what you would do in each situation.



The lights go out at night.



You feel very thirsty.



It starts to rain while you are outside.



Caregiver tip: Talk through each answer together.



Pack for the Beach

Stage: Middle

Check only the things you need for a day at the beach.



Sunscreen

☐

Towel

☐

Winter coat

☐

Sunglasses

☐

Hat

☐

Snow shovel

☐

Water bottle

☐

Umbrella

☐

Scarf

☐

Flip-flops

☐

Caregiver tip: Imagine the sun and the sand.



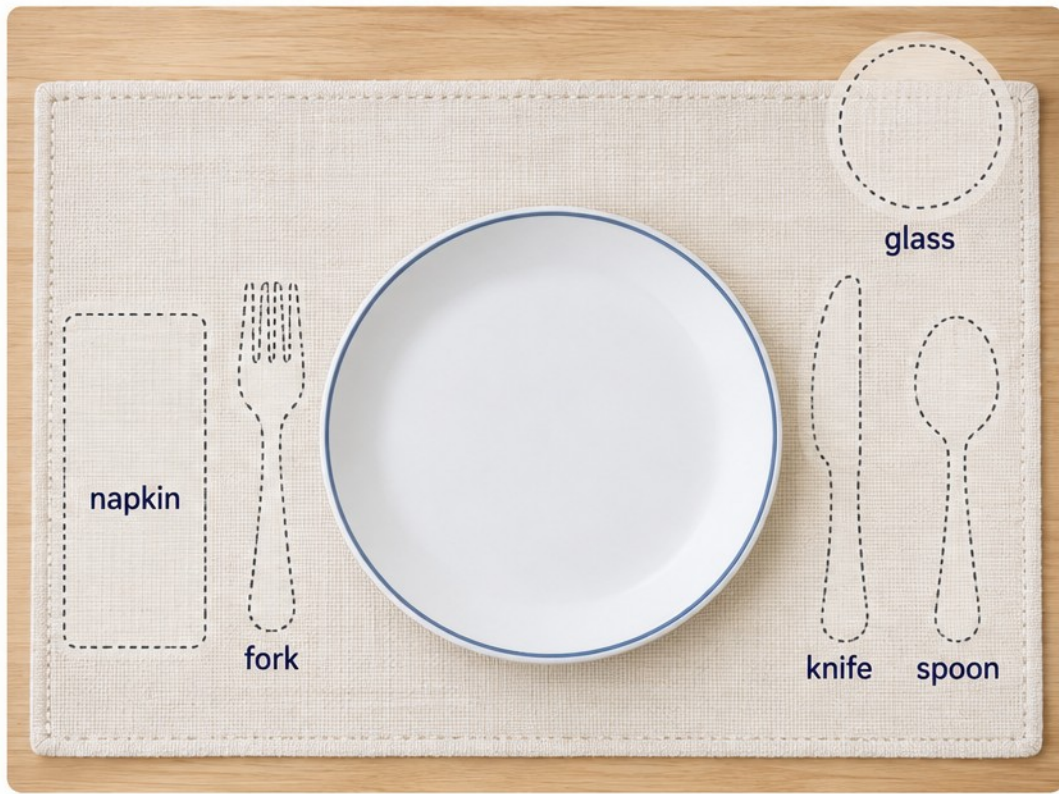
Set the Table

Stage: Early

Draw where each item goes.



Example



Caregiver tip: Practice with real dishes at dinner.



Shopping on a Budget

Stage: Middle

You have \$20. Choose what you can buy.



I will buy: _____

Total: \$ _____

Money left: \$ _____



Caregiver tip: Use play money to make it real.



Seated March and Count

Stage: Early

March in your chair and count out loud.



Set 1: march 10 steps



Set 2: march 10 steps and clap



Set 3: march 10 steps and count backwards from 10



Caregiver tip: Keep feet flat and back straight.



Finger Exercises

Stage: Late

Do each hand movement and check the box.



Open and close
the fist.



Touch the thumb
to each finger.



Spread the
fingers wide.



Wave the hand.



Caregiver tip:

Do it with both hands, slowly.



Clap the Rhythm

Stage: Early

Clap the pattern, then make your own.

1



CLAP



CLAP



CLAP

2



CLAP



CLAP



CLAP

3



CLAP



CLAP



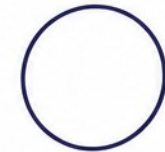
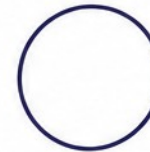
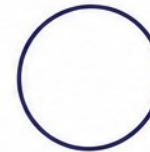
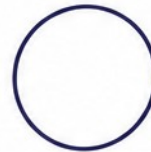
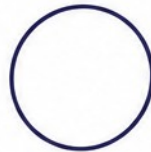
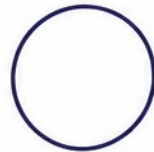
CLAP



CLAP

4

Your rhythm



Caregiver tip: Try tapping the table instead of clapping.



Balloon Tap and Name

Stage: Middle

Tap the balloon and name an animal each time.



Animals I named:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____



Caregiver tip: Switch to fruits or cities for a new round.



Walk and Talk

Stage: Middle

Take a step and say a word for each letter.



A

1. _____

2. _____

3. _____

B

1. _____

2. _____

3. _____

C

1. _____

2. _____

3. _____



Caregiver tip: Hold onto a rail or a helper if needed.



Chair Stretches

Stage: Early

Do each stretch and check the box.



☐ neck side to side



☐ shoulder rolls



☐ arms up over head



☐ ankle circles



Caregiver tip:

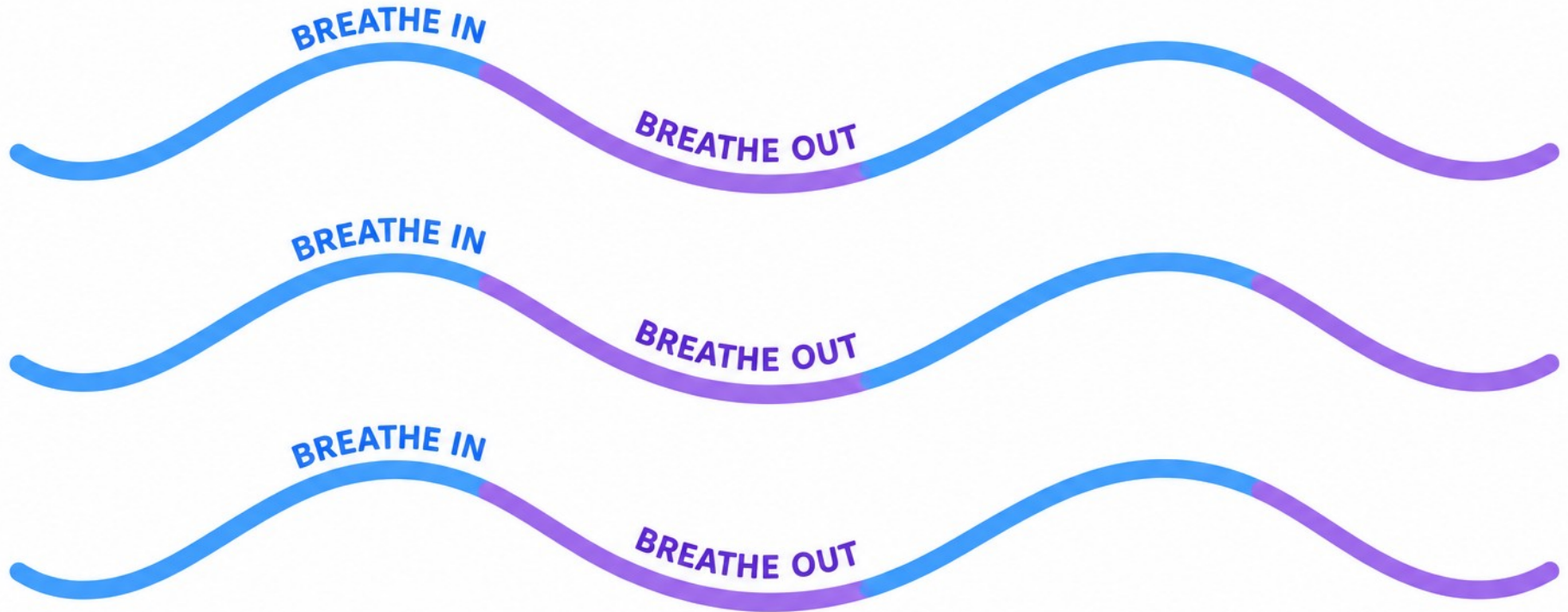
Breathe slowly during each stretch.



Breathe and Trace

Stage: Late

Breathe in while tracing the blue line, breathe out on the purple line.



Caregiver tip: Repeat five times for a calm moment.



Squeeze and Count

Stage: Early

Squeeze the ball 10 times with each hand.



Right hand



Left hand



Caregiver tip: A rolled sock works if you have no ball.



Music and Move

Stage: Middle

Play a favorite song and follow the checklist.



- ☐ Tap your feet to the beat
- ☐ Clap on the chorus
- ☐ Sway side to side
- ☐ Sing one line

Song we played: _____



Caregiver tip: Choose music from their teenage years.



Mirror Me

Stage: Middle

Copy each pose and check the box.

☐

arms up

☐

hands on head

☐

touch shoulders

☐

hands on hips

☐

arms out wide

☐

hands together



Caregiver tip: The caregiver shows the pose first.



My Pill Organizer

Stage: Middle

Draw the pills in the right boxes following the plan.

MON	TUE	WED	THU	FRI	SAT	SUN
AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM

Morning: 1 blue pill



Evening: 1 white pill



Caregiver tip:

Check the real organizer together each morning.



Safe or Not Safe?

Stage: Middle

Check SAFE or NOT SAFE for each picture.

☐

Safe

☐

Not safe

☐

Safe

☐

Not safe

☐

Safe

☐

Not safe

☐

Safe

☐

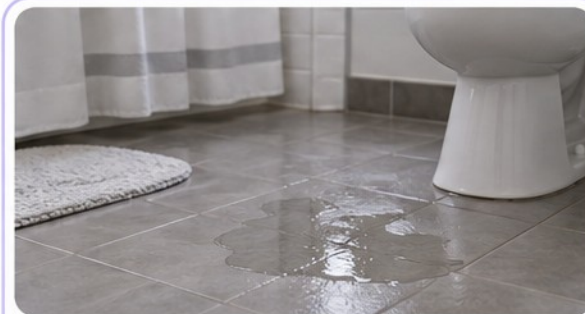
Not safe

☐

Safe

☐

Not safe

☐

Safe

☐

Not safe



Caregiver tip: Walk around the house looking for these.



My Important Numbers

Stage: Early

Write the phone numbers you should know.



Emergency: 911



My doctor: _____



My family: _____



My neighbor: _____



Pharmacy: _____



Caregiver tip: Keep a copy
by the phone and in a wallet.



Sort the Laundry

Stage: Late

Draw a line from each item to the right basket.



Caregiver tip: Sort real laundry together on wash day.



Reading a Food Label

Stage: Middle

Read the label and answer the questions.



1 How many calories per serving?

2 How much sugar?

3 When does it expire?



Caregiver tip: Check a real box in the pantry.



Write the Appointments

Stage: Middle

Write each appointment on the right day and time.

	MON	TUE	WED	THU	FRI	SAT	SUN
Morning							
Afternoon							

Appointments to Write:

Doctor — Tuesday 10 AM

Lunch with Mary —
Thursday 12 PM

Church — Sunday 9 AM



Caregiver tip: Use a large wall calendar at home too.



My Emergency Card

Stage: Early

Complete the card and keep it in your wallet.

Name: _____

Address: _____

Date of birth: _____

Allergies: _____

Medications: _____

Emergency contact: _____



Caregiver tip: Make a photocopy for the caregiver.



Three Good Things

Stage: Early

Write three things you are thankful for today.



1. _____

2. _____

3. _____

Today I smiled because _____



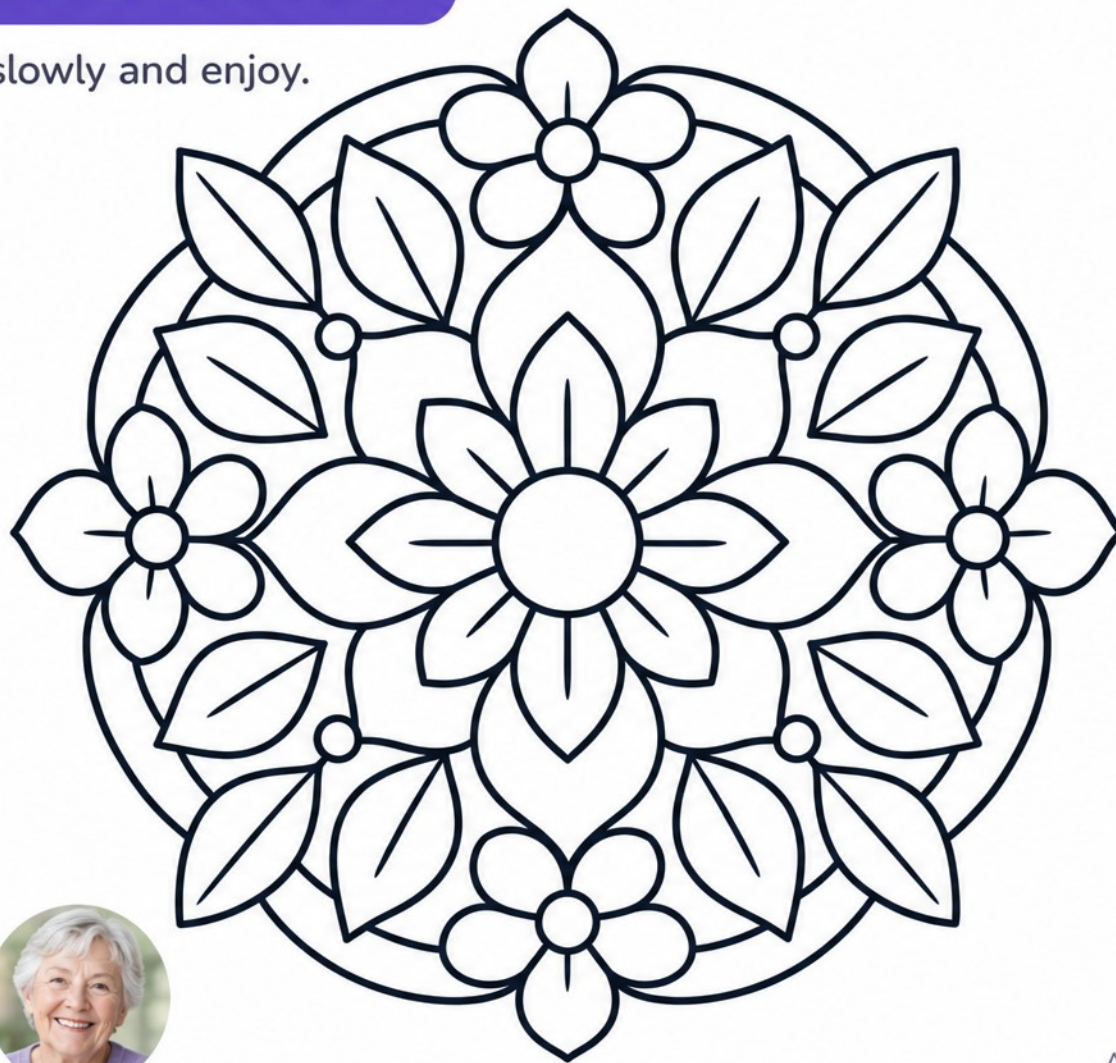
Caregiver tip: Read past pages
on difficult days.



Relax and Color

Stage: Late

Color the picture slowly and enjoy.



Caregiver tip:
Use thick crayons
or markers.



My Progress Tracker

Stage: Early

Check a box for each day you did an activity.

	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1	☐	☐	☐	☐	☐	☐	☐
Week 2	☐	☐	☐	☐	☐	☐	☐
Week 3	☐	☐	☐	☐	☐	☐	☐
Week 4	☐	☐	☐	☐	☐	☐	☐

Activities I liked most: _____



Caregiver tip: Celebrate every completed week.

