

Mental sorting*Instruction*

Read the categories next to each square, then put the items from the list into the correct categories on the grid. This is an exercise in dividing and switching attention and thinking of more than one thing at a time.

	I own	I don't own
Heavier than me		
Lighter than me		

horse pencil toothbrush television shoes trousers
 slippers car watch compact disc hen tie
 diamond ring dog bus computer caravan hair gel

	I can do at present	I cannot do at present
Hobbies		
Jobs		

play football rock climbing fishing lawyer play golf
 teacher scientist sales manager run a marathon
 collect stamps milkman drive swim cinema
 read a book cook a meal typist go to a gym
 work in a garden centre

How did you find this exercise? Easy ☐ OK ☐ Hard ☐ What strategies did you use?

Two questions at a time

Instruction

One person in the group – the quizmaster – asks a simple general knowledge question to each person in the group in turn. The catch is that when a question is asked, the person being asked must give the answer to the question given to the person *before* them. The aim of the exercise is to answer the questions quickly and keep concentration going for as long as possible.

Example: To person A: What is the capital of England?

To person B: What is the colour of snow?

Person B replies: London.

Note: The person who gets the first question will not be able to give an answer first time around. After a while, try making it harder by using a two question delay before the answer is given.

Examples of questions

Name an animal you would find in a zoo.	What is a rectangle?
Who is the British Prime Minister?	Name one famous tennis player.
Where is Paris?	What day is it today?
How many legs does a donkey have?	How many items in a score?
Name two vegetables.	What colour is a red cabbage?
What do you call a baby cow?	Name two kinds of alcoholic drink.
What is the capital of Australia?	What is your favorite coloured shirt?
What is a hammer for?	Who is the US President?
What is a small boat called?	How many in a dozen?
What day comes after Monday?	What colour is an orange?
What's another name for Father Christmas?	How many legs does a centipede have?
Where is Alaska?	How many legs does a spider have?
How many inches in a foot?	Where do you keep your money?
What is usually the colour of the sky?	Who was the previous Prime Minister?
What colour is grass?	What do you call the place where you live?

Write down and then discuss what strategies you use to selectively attend to the previous question.

How did you find this exercise? Easy ☐ OK ☐ Hard ☐ What strategies did you use?

Thinking past the obvious

Instruction

Think of four possible reasons for each of the following unusual situations – be as creative as possible:

A group of people wearing hats.

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A crowd of people looking up at a building.

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A group of seven-year-olds with jam jars.

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A person with 40 punnets of strawberries in a supermarket trolley.

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A woman with an empty pram.

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Think of a bizarre situation of your own, and create four possible explanations.

How did you find this exercise? Easy ☐ OK ☐ Hard ☐ What strategies did you use?