



COGNITIVE THERAPY WORKSHEETS

TREE ROOTS

ROOT IT OUT



MINI PACKET #110
DECEMBER 2024



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What does this exercise train ?



Memory



Visual-spatial reasoning



Executive functions



Language



Attention



ROOT IT OUT

In everyday life, we like to share jokes, things we have learned, and things we find amusing. Sometimes, accessing our memory to retrieve information for use on the spot can be very difficult. In this exercise, your client will be presented with the root of a word and they must derive as many words as they can using the root that they are given. While this exercise targets verbal memory and fluency, it can also help with word formation and learning by trial-and-error.

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ROOT IT OUT

Easy

Let's take some time to appreciate the outdoors! Come up with words related to ***nature or the outdoors*** that begin with each letter.

P

R

O

L

ROOT IT OUT

Medium

Unscramble the letters to figure out the nature words!

NTMUOANI

SGARS

REFORNAIST

RESTE

WOLERF

LINUGSTH

IBANWRO

DEAWMO

ROOT IT OUT

Medium

Come up with 4 adjectives to describe each image. Try not to re-use any words on the page.



ROOT IT OUT**Hard**

Come up with words related to nature or the outdoors that begin with each two-letter root.

TH**CL****AM****ST**

ROOT IT OUT

Hard

Unscramble the letters to figure out the nature words!

NOALVOC

EMCEOSSTY

ANNLEIDDO

HYOPSSIHETSTON

DWOFTRDO

ELGCRAI

NMNTRNOVEIE

MLAFADNR

ROOT IT OUT

Expert

Can you fill in the missing letters to complete the nature words below?

T	H			D	E	
---	---	--	--	---	---	--

C		O			Y
---	--	---	--	--	---

P	L			N	
---	---	--	--	---	--

C						Y	S			
---	--	--	--	--	--	---	---	--	--	--

	E		S		D	E
--	---	--	---	--	---	---

		V		R	S
--	--	---	--	---	---

BRIDGING QUESTIONS

In the exercises where you're given a root and must think of a list of words, did you have trouble pulling words from your memory? How might regular reading or journaling help you keep a wider range of words in your mind?

What strategy did you use to unscramble the words?

Which exercise did you have the most difficulty with? What specific skills do you think you would benefit from practicing?

Nature is calming and familiar to some, but can be mysterious or unfamiliar to others. How did the nature theme of this mini packet make you feel?

ANSWER KEY

Easy - Page 3

Suggested words:

P	R	O	L
Park	Rainbow	Ocean	Landscape
Pebbles	Rocks	Outside	Life
Peony	Rain	Ozone	Lava
Pansies	Roses	Osprey	Lake
Panda	Reeds	Octopus	Lion
Python	Reindeer	Organism	Lemur
Peaceful	Raccoon	Ostrich	Lemon
Pacific Ocean	Raven		

Medium - Page 4

MOUNTAIN
 GRASS
 RAINFOREST
 TREES
 FLOWER
 SUNLIGHT
 RAINBOW
 MEADOW

ANSWER KEY

Hard - Page 5

Suggested words:

TH	CL	AM	ST
Thunder	Climate	Amber	Street
Thorn	Clearing	Amethyst	Stars
Thistle	Cloud	Amazon forest	Stables
Thyme	Cloudy	Amphibian	Stinger
Thaw	Clover	Amoeba	Stump
Thicket			Stinger
			Stones
			Strawberry

Hard - Page 6

VOLCANO
ECOSYSTEM
DANDELION
PHOTOSYNTHESIS
DRIFTWOOD
GLACIER
ENVIRONMENT
FARMLAND

Expert - Page 7

THUNDER
CLOUDY
PLAINS
COUNTRYSIDE
SEASIDE
RIVERS



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