



COGNITIVE THERAPY WORKSHEETS

MEMORY LIBRARY

SEIZE THE KEYWORDS



MINI PACKET #107

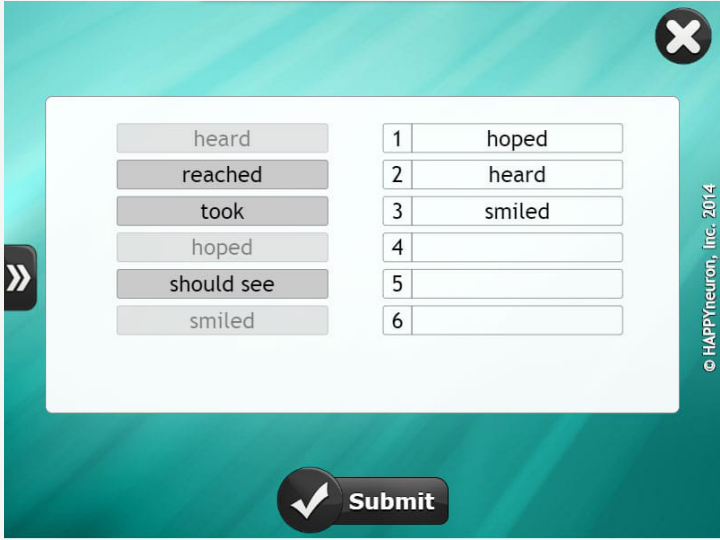
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What does this exercise train ?



Memory
●●●●●

Visual-spatial reasoning
○●●●○

Executive functions
●●●●○

Language
●●●●●

Attention
●●●●○

SEIZE THE KEYWORDS

Retaining information for later use is important for remembering directions to desired locations, functioning in the workplace, completing homework on time, and for running errands. In this exercise, clients must memorize the key elements of a text in order to reconstruct the text in a logical manner. While challenging verbal memory, this exercise also challenges clients to practice the foundational skill of delayed recall.

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VIDEOS

Please Scan the QR code or visit the packet page for video access.



Easy



Medium



Hard

visit:

<https://worksheets.happyneuronpro.com/product/mini-packet-107/>

**We love
worksheets,
but...**



our digital tool is even better!

Our digital program has customizable exercises, automatic tracking, and more features to optimize your therapy. Scan to try it!



SEIZE THE KEYWORDS

Easy

Read the story in the video. Then, place the verbs in the order that they appeared in the story.

wrote

found

contained

1
_____2
_____3

SEIZE THE KEYWORDS

Easy

Read the story in the video. Then, place the verbs in the order that they appeared in the story.

guided

discover

handed

said

1

2

3

4

SEIZE THE KEYWORDS

Medium

Read the story in the video. Then, place the verbs in the order that they appeared in the story.

go

love

read

speculated

lasted

1

2

3

4

5

SEIZE THE KEYWORDS

Medium

Read the story in the video. Then, place the verbs in the order that they appeared in the story.

dreaming

growing

were

read

jump

drift

1

2

3

4

5

6

SEIZE THE KEYWORDS

Hard

Read the story in the video. Then, place the verbs in the order that they appeared in the story.

moved

filled

discovered

transporting

wandered

opened

whispered

1

2

3

4

5

6

7

SEIZE THE KEYWORDS

Hard

Read the story in the video. Then, place the verbs in the order that they appeared in the story.

danced

found

opened

was

floated

cherished

enveloped

1
_____2
_____3
_____4
_____5
_____6
_____7

BRIDGING QUESTIONS

Were there any strategies you used to remember the order of the verbs?

This activity asks you to retain verbal information and recall it later. Why do you think this is an important skill to practice?

Recalling verbal information can be useful when grocery shopping, or remembering signs and directions while driving. What other activities in your life require you to remember important information and utilize it later?

ANSWER KEY

Easy – Page 3

Found
Contained
Written
Borrow
Went
Recognized

Easy – Page 4

Reached
Handed
Gave
Said
Contains
Guided
Discover

Medium – Page 5

Reading
Take
Lasted
Speculated
Go
Asked
Wants
Study

Medium – Page 6

Growing
Jump
Read
Were
Drift
Dreaming
Travel
Grew

Hard – Page 7

Moved
Discovered
Whispered
Opened
Filled
Transporting
Wandered
Slipped
Lost
Rekindled

Hard – Page 8

Nestled
Stood
Cherished
Was
Found
Hidden
Opened
Enveloped
Whisked
Danced



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