

## Cognitive Rehabilitation Exercises (COGS)

Hi parents.

Here is the COGS program I have run with my class over the last few years.

It is an exercise in ***teaching to think – not teaching to do!***

The program is based upon **Neuroplasticity**. Which means that the brain can adapt by creating new neuro pathways.

As kids with autism are visual learners – most of these activities are auditory learning based – So all activities are to strengthen listening skills and auditory memory retention. It sounds fancy, but it's very simple and useful.

I really enjoy using this program and my students really enjoy doing it.

**A few great books on neuroplasticity to reference.**

*The boy who was raised as a dog: Bruce Perry*

*The brain that changes itself: Norman Doidge MD*

*This is your brain on music: Daniel J Levitan*

Stay safe and hopefully see you all back at school soon.

Lee Carey

# COGS EXERCISES

	ACTIVITY	DESCRIPTION AND OBJECTIVE	RESOURCES REQUIERD
1	Colours, Cups and Numbers	Students instructed to place coloured cotton reels into different colours of cups. <b>Objective: improve auditory memory and receptive language skills.</b>	Painted Styrofoam cups Cotton reels or similar objects
2	Letters, Colours and Shapes	Students are instructed to pick up a letter, colour and shape card and then told to give the cards to members of the class through a series of clues <b>Objective: auditory comprehension of letters, numbers and shapes, improve auditory memory and receptive language skills.</b>	Shape Cards (see attached) Number Cards (see attached) Letter cards (see attached)
3	Memory Skills	Students instructed to write 3/4/5 letter number sequences <b>Objective: improve auditory memory and receptive language skills</b>	Paper Pencil
4	Music Therapy	Students to play simple nursery rhymes on glock and snare drum rudiments on the hand drums <b>Objective: improve auditory memory, differentiate right and left part of body, develop processing and fine motor skills, improve auditory memory</b>	Sheet music (see attached) Glockenspiel/keyboard or iPad
5	Word Banks	Students to read high frequency words and sentences <b>Objective: improve speech, letter and word recognition, increase verbal processing skills,</b>	Word Banks (see attached)

6	Patterns and Dots	Teacher create a pattern using 9 dots, Students are to copy the pattern with an eye patch over alternating eyes. <b>Objective: improve student's spatial awareness, gross motor development and attention</b>	Dot sheet (see attached)
7	Number Sheets	Students identify number and indicate with the amount of fingers <b>Objective to show evidence of number awareness and demonstrate fine motor skills</b>	Number cards (see attached)
8	Concentration Cups	Teachers put coloured cotton reels in 3 white cups and move the cups around. Students are to locate the colours  <b>Objective to develop to student's concentration skills</b>	Styrofoam cups  Cotton reels or similar object
9	Find the sound	BDS are to wear a blindfold. BDS Ss rattle and instrument. BDS are to name and locate the instrument.  <b>Objective to develop students' auditory skills, spatial awareness and new sensory processing skills</b>	Shaker or musical instrument  Blindfold
10	Faces	Students are to identify the emotions on the faces.  <b>Objective: Develop empathy and recognise body language and emotions</b>	Face cards (see attached)
11	Memory Recall	Teacher displays 3 – 5 letter cards. Students to memorise the letter through word association and recall the words after being distracted by counting from 1-10  <b>Objective: improve auditory memory and receptive language skills</b>	Letter Cards (see attached)
12	Name the sound	Teacher plays animal noises and guess the sound <b>Objective: improve auditory learning and memory retention</b>	Ipad Website:phonicsbloom.com -phase 1
13	Kicking a ball	Students drop kick a ball to each other <b>Objective: Increase hand, feet co ordination</b>	Soccer Ball

14	Position	Students are sked to place an object on top, behind, next to, inside, under and between a box  <b>Objective: Students learn about position</b>	Box
15	10 Deep Breaths	Students take 10 Deep Breaths in the morning  <b>Objective: Develop emotional regulation through breathing and meditation</b>	
20	Sight Reading – Crotchets and Quavers	Students read and play crotchets and quavers with rests on a drum <b>Objective: Students process reading music, listening to a metronome and gross motor skills</b>	Sheet music (see attached)  Metronome (available to download on a phone)  Drums – or something to tap on
21	Sentence Starters	Students order the words to construct a sentence	Sentence starters  See attached
22	Paraddidles	Right and left hand patterns  <b>Objective: Motor coordination and independence in co ordination</b>	Sheet - See attached

1

2

3

4

5

6

7

8

9

10

a

b

c

d

e

f

g

h

i

j

k

l

m

n

o

p

q

r

s

t

u

v

w

x

Y

z



## Word banks

1. I was ready to go.
2. It was a cold day
3. The boy had blue eyes
4. The music was loud
5. The waves broke onto the shore
6. He watched the TV
7. The girl was eating dinner
8. She played with her pet dog

9. It was a hot day
10. The boy kicked the ball
11. It was mine
12. The radio was on in the car
13. The dinner was hot
14. He was looking for his keys
15. It was raining
16. The ipad was not working
17. It was time to be calm

18. She was playing with her friends

19. She read a book

20. The umbrella did not work

21. The fish was a bright yellow

22. The bear roared

23. The snow fell onto the mountain

24. There was a blue and red pencil

25. I need a drink of water

26. It was time to go to school

27. I was thinking about food
28. They gave each other a high 5
29. There was a white bus
30. There was a shark at the beach
31. My favourite colour is purple
32. The dad was a quiet man
33. The mother cuddled her child
34. It was his birthday
35. The chips were salty and hot

36. We ate chocolate cake

37. The car was loud

38. We took a break

39. How do you do it?

40. It was a long drive

41. Time to wake up

42. He ate a hot dog

43. Pizza is nice to eat

44. The kite flew in the wind

45. He was turning a corner

46. You know how to run?

47. The rock was heavy

48. The dog was running home

49. The queen had a crown

51. Take it away.

52. The plane flew far away.

53. The school was quiet.

54. Suddenly there was a loud noise.
55. The boy jumped high in the air.
56. The ocean looked very blue and calm.
57. Fish swim in the sea.
58. We had vegetables for dinner.
59. The colour of the bus is white.
60. The moon comes out at night.
61. It was a really hot summer day.

62. The dad picked up his daughter.
63. They drove the car all night.
64. In the holidays I will sleep in.
65. The red car drove very fast.
66. The goat ate from the boy's hand.
67. Time to take her home.
68. Right where it belongs.
69. The day was dark, cloudy and bleak



70. The sun was burning yellow.
71. The crow flew to the top of the tree.
72. The class had a fun time at the zoo.
73. The boy rode the red bike.
74. The clock read it was half past five.
75. The boy had sausages for dinner.
76. It was a bright room with lots of toys.

77. The girl smiled because she was happy.

78. The man was sad and tired.

79. The boat floated on the water.

80. How many more times?

81. The boy was reading a scary book.

82. It began to snow.

83. In the autumn the leaves turn colours.

84. There was a lot of stars out.

85. He ran as fast as he could.

86. It began to rain outside.

87. He was scared of spiders.

88. She took money from the bank.

89. What is the problem?

90. I need help with this

91. The girl felt sick

92. He fell from the tree.

93. The boy asked for more.

94. It was sad to see.

95. It was the end of the day.

96. The grass was long and green.

97. He needed a haircut.

98. I would find a way.

99. What have I become?

100. You can have it all.

101. It was a bleak and grey afternoon.

102. He wondered what to do.

103. The boy ran as fast as he could.

104. The person at the shops wore a dark shirt.

105. It was time to think of something else.

106. The car drove faster and faster.

107. He missed his old house and his friends

108. It smelt like there was something rotten.

109. It began to rain heavily.

110. The winter season is cold and windy.

111. On the weekend they went to the beach for a swim.

112. The man could not show anybody.

113. The beach was calm and the water was warm.

114. Run far away from me.

115. He did not understand what to do.

116. How did it come to this?

117. The computer was turned off.

118. She stared out the window and waited.

119. He fell down the stairs.

120. It was a lonely place to be.

121. The girl loved going to school.

122. He missed her.

123. The toy was on top of the shelf.

124. It was below the seat.



125. The mother put her jumper on and walked.

126. I will drive to school.

127. The man climbed up the mountain.

128. He packed a bag of clothes.

129. The feather was white and soft.

130. He waited a long time for this moment.

131. He was hurt and sad.

132. Monday was the beginning of the school week.

133. He laughed at the joke.

134. The girl was upset and hungry.

135. What will we do on the weekend?.

136. You can choose to believe.

137. The old teacher was cruel and mean.

138. He hit the nail with a hammer.

139. He did not feel like eating anymore.

140. He took a large gulp of water.

141. He really was alone.

142. He pretended to be a sleep.

143. I hid it under the table.

144. The dinosaur roared.

145. The sharks swam to the shore.

146. It was a cold, clear night.

147. He was tired of hearing it.

148. If I just turn and run.

149. I've lost all control.

150. He had nothing to say

151. The pencil was sharp

152. He was mad at himself

153. The phone rang

154 The octopus was orange

155. A day late and a dollar short

156. The man lit a fire to keep warm

157. It was an early start to the day

158. My ears are ringing

159. The bike was red

160. The road was busy with traffic

161. He drank hot tea

162. She put on a dress

163. The house was big

164. I need to go to the toilet

165. The hotel was full

166. The children are happy

167. The end of the movie was happy

168. The bush was green

169. The king wore a gown

170. The fish was swimming

171. The boy had a head ache

172. She heated the soup up

173. He drank orange juice

174. The goat had black horns

175. The lion roared

176. How many more eggs?

177. The diamond was shiny

178. The number was wrong

179. The island was huge
180. The train was running late
181. The bus was on time
182. The snake slithered away
183. I am hungry
184. The orange was sweet
185. The gorilla was angry
186. It will all work out



187. She laughed at the joke

188. The book had no pictures

189. The horse ran fast

190. The joke was not funny

191. Little did he know

192. The apple was green

193. The journey was soon over

194. It was easy to spell

195. It was closed for the day

196. He said yes

197. It was a beautiful night

198. He knew it was right

199. The stars were out in the sky

200. I've waited so long.

201. He wore a blue jacket with a red shirt.

202. The weather got cold quickly.

203. The leaves fell off the tree.

204. There were Jelly beans in the jug.

205. The lemon was yellow and sour.

206. The boy's eyes were blue.

207. She was starting to get tired.

208. The colour of the ocean was a bright blue.

209. The jumper was scratchy and brown.

210. He left it there for a long time.

211. The pizza had pineapple on it.

212. The old lady drank the cup of tea

213. She was not a nice person to be around.

214. The camping trip was a fun time for everyone.

215. It was a very slow and boring day.

216. It was time to go for a run.

217. How could you not?

218. The car would not start.

219. There was quiet music playing in the room.

220. The movie was scary and tense.

221. The car drove fast.

222. She knew nothing.

223. The boy played with the puzzle.

224. He liked to read a book.

225. The night was cold and dark.

226. He sat and watched the TV

227. He could not wait for the weekend.

228. There was too much food.

229. It was fake and silly.

230. He drove the long way home.

231. It had to be done.

232. She called the police.

233. They went to the shops to get some milk.

234. The baby slept in the cot.

235. She sat staring at her phone.

236. The motorcycle was red.

237. There was a lot of money in the safe.

238. There needed to be a change to the time.

239. It was a lonely place to be.

240. The light shown in the night sky.

241. She needed help.

242. The window was open.

243. Australia is a big country.

244. It was the biggest wave ever seen.



245. It was time to eat lunch.

246. The ground was muddy and cold.

247. It glowed in the dark.

248. It was a good thing that the person left.

249. He felt sick and hungry.

250. The rose garden was in bloom.

251. The rain stopped and it was sunny.

252. It was a fun day at school.

253. The boy was playing soccer.

254. The colour of the sky was purple.

255. The man was tired and thirsty.

256. I didn't know she came home

257. The kitten was playing with wool.

258. He drove the red car to the beach.

259. It was time to get out of bed.

260. The spider had long legs.

261. She did not have enough money.

267. The television was on

268. The drum kit was loud and big.

269. He stayed up late and listened to music.

270. It was time for a run on the beach.

271. The forest was quiet and scary.

272. Suddenly, there was a knock on the door.

273. The storm went through the night.

274. He wanted peace and quiet.

275. In the summer time, the weather is hot.

276. In the winter time, the weather is cold.

277. He would never find another.

278. It was a big mistake.

279. In the holidays she went to the beach.

280. The boy ate a chicken sandwich.

281. The shop was closed.

282. He looked into her eyes.

283. The man wore a black shirt.

284. The woman brushed her hair.

285. He had a lot of patience.

286. He wrote lots of words in the book.

287. He didn't like the new songs.

288. He worked on a farm and sang at night.

289. She wanted everything to change.

290. I like to ride my bike.

291. The carrot was bright orange.

292. The banana was yellow.

293. Let me give the money to you.

294. I fell onto the ground.

295. The car sped off quickly.

296. It was time to jump.

297. His Dad was a good man.

298. The kite flew in the wind.

299. He slept all through the day.

300. I forgot to bring my lunch.

# Sentence Starters

**I**

**can**

**see**

**a**

**cat**

**What**

**is**

**the**

**time?**



**Where**

**is**

**the**

**book?**

**Let's**

**walk**

**to**

**school**

**Could**

**you**

**help**

**me?**

INCY WINCY SPI-DER

C C C D E E  
① ① ① ② ③ ③

CLIMBED UP THE WAT-ER SPOUT

E D C D E C  
③ ② ① ② ③ ①

DOWN CAME THE RAIN,

E E F G  
③ ③ ④ ⑤

AND WATCHED THE SPI-DER OUT

G F E F G E  
⑤ ④ ③ ④ ⑤ ③

OUT CAME THE SUN AND

C C D E E

Row row row your boat

C C C D E

Gent-ly down the steam

E D E F G

Merrily merrily merrily merrily

CCC GGG EEE CCC

# PARADIDDLES

RLRR LRLl

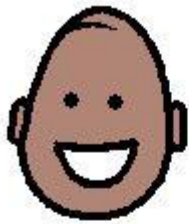
RLLR LRRL

RRLR LLRL

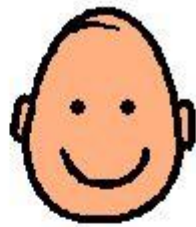
RLRL LRLR

RLRLRR LRLRLl

RLRLRLRR LRLRLRLl



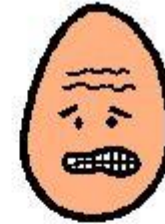
Happy



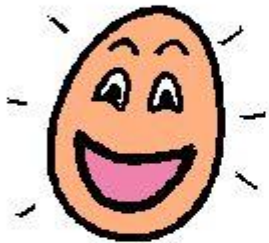
Cheerful



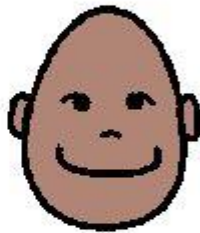
Sad



Worried



Excited



Content



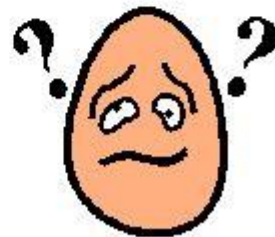
Scared



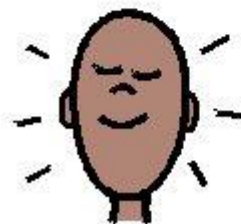
Silly



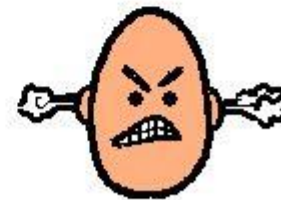
Frustrated



Confused

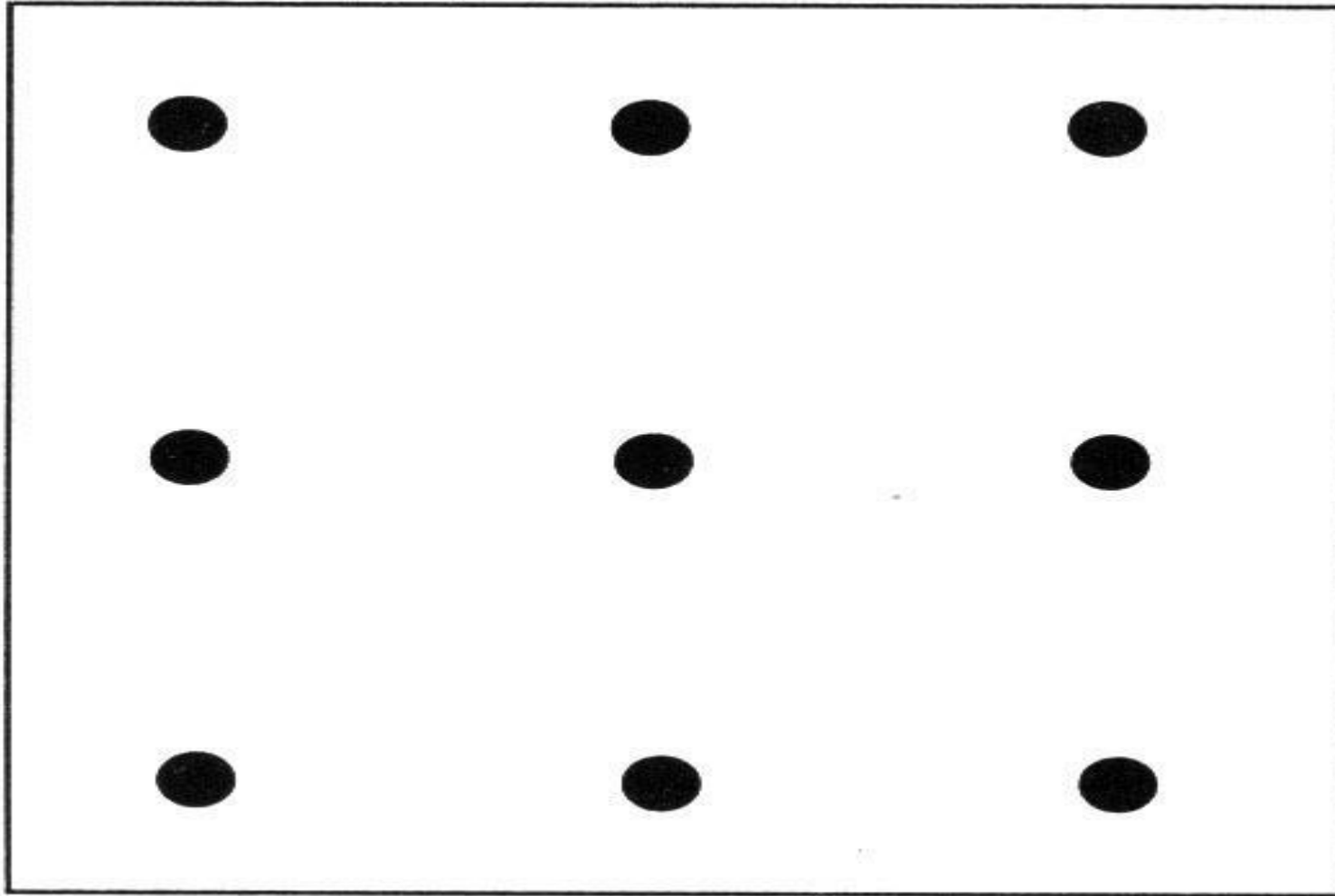


Proud



Angry

# Dot Sheet



## **Additional websites and resources**

[www.abcya.com](http://www.abcya.com) – marble maths, balloon pop subtraction,  
alphabet order

iPad apps – Rocket Speller, Toca Boca Kitchen Monster,  
Pepi Bath

Sound Therapy - <https://www.youtube.com/watch?v=VG2-4Wupwfl&t=2534s>