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#### History Behind Simple Brain Exercises to Combat Memory Challenges

In 2012, I attended a conference of non-profit senior living providers. One session was a report out of a program translated from Japanese. This report found that focusing on the prefrontal cortex of the brain might help seniors stabilize and improve their cognitive functions.

At the time, my mom was showing signs of cognitive decline, repeating herself and not remembering, though still able to independently function in her daily tasks. The focus in Japan was on those with advanced dementia, not those with mild cognitive challenges or with an early dementia diagnosis.

I asked my mom to take a leap of faith with me and commit, daily, to a minimum of 30 minutes of simple mental exercises which would engage her "working memory." The goal was to enhance recall and processing which is associated with the prefrontal cortex of the brain. Research in Japan had identified that simple math done quickly, reading out loud, and handwriting were three ways which trigger greater brain activity in the prefrontal cortex and could support an improvement in brain function.

My mom adopted these simple mental exercises daily: reading out loud from books, magazines, or newspapers; handwriting in a diary; completing simple math problems timed for focus.

Within less than 30 days, my mom's recall improved and her repeating was significantly reduced. Later, she was even able to learn Mahjong and start playing the best bridge of her life. It is now years later and she continues to progress well while still following the three-step program.

Though there is no known cure at this time for diseases like Alzheimer's and other dementias, progress is achieved if the symptoms can be pushed out five to ten years. This would be considered a win for many families.

Following success with my mom, while I was working at an assisted living community in Seattle, a curriculum was created which also showed positive signs for those residents who engaged in the program on a consistent basis.

Now, a new curriculum is available to Goodwin House, called StrongerMemory.

Though there is no guarantee of cognitive improvement, there are also no negative side effects from trying StrongerMemory, as this is a non-pharmacological option.

In the pages to follow, you will find many math sheets designed for ease of completion along with writing topics recommended to inspire handwritten work.

We encourage you to copy these pages for further use and share them with others.

Our goal with StrongerMemory by Goodwin House is to positively support as many people as possible on their brain health journey.

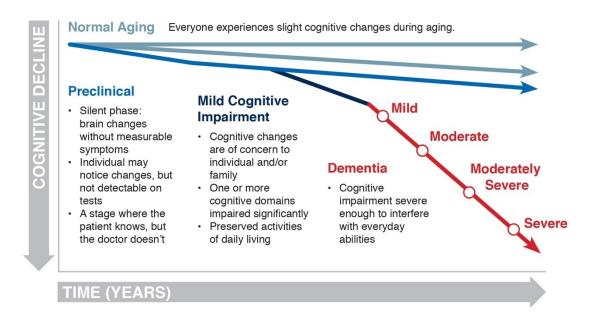
All the best,

#### **Rob Liebreich**

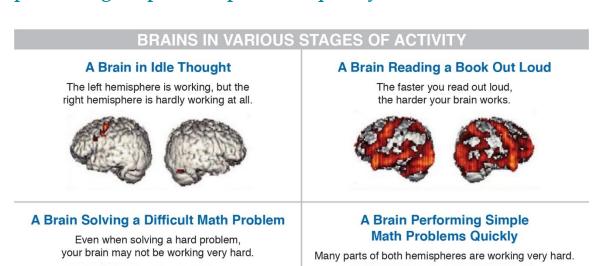
Son, Husband, Father, and President & CEO of Goodwin House Incorporated, an organization with the mission:

To support, honor, and uplift the lives of older adults and the people who care for them through a faith-based, nonprofit organization affiliated with the Episcopal Church.

#### Aging is a natural process. Dementia is not.



Two tools in the battle for cognitive health are reading out loud and performing simple math problems quickly.



Work conducted by Professor Ryuta Kawashima, Tohoku University, Sendai, Japan

#### **CALENDAR**

Copy and use this sheet to track your daily progress – write down the amount of time you spend each day these exercises. It is best to engage in these exercises every day for 20 to 30 minutes, though engaging in these exercises at least four to five times a week should still be beneficial.

#### MONTH:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

# SECTION 1 Quick Math Sheets

#### **Directions For Those Solving the Problems:**

The object of completing these math pages is to create focus. The key to just do the math without worrying about the right answers. The problems are intended to be simple. They should not cause anxiety. If the math problems are causing you stress, feel free to repeat a previous sheet or return to an earlier packet instead.

Complete all of the problems in this section as fast as possible.

Please use a timer to track the time it takes to complete the math sheet. This is intended as a tool to help track your progress over time.

Once you complete a sheet, please read the problems and answers out loud before going to the next task.

We suggest you make several blank copies of each page before your first use so that you can re-do the exercises multiple times.

#### **Directions For Those Supporting the Process:**

Having someone to cheer on the daily efforts either in person or remotely is helpful and encourages one to stay engaged with the work. If you are supporting someone doing these packets, your tasks are twofold:

- 1. Cheer on the effort!
- 2. Positive feedback!

#### **STAGE 1:**

Please complete these math questions as quickly as possible

Awesome! Great Job! Way to go!

Time of completion:

Be proud! Success! Nice work!

Congratulations! Keep up the good work!

Doing nice work! Keep it up!

Effort is key! You can do it!

Fantastic! Your math is strong!

Great results! You are making it work!

High five! You are making a difference!

#### **STAGE 2:**

Please complete these math questions as quickly as possible

Awesome! Great Job! Way to go!

Time of completion:

Be proud! Success! Nice work!

Congratulations! Keep up the good work!

Time of completion:

Doing nice work! Keep it up!

Effort is key! You can do it!

Fantastic! Your math is strong!

Great results! You are making it work!

High five! You are making a difference!

Incredible! Your math is great!

Just keep going, you can do it!

Keep it up, you are fantastic!

#### **STAGE 3:**

Please complete these math questions as quickly as possible

Awesome! Great Job! Way to go!

Be proud! Success! Nice work!

$$700$$
 $700$ 
 $800$ 
 $800$ 
 $\pm 2$ 
 $\pm 3$ 
 $\pm 1$ 
 $\pm 2$ 
 $900$ 
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 $900$ 
 $900$ 
 $\pm 1$ 
 $\pm 2$ 
 $\pm 3$ 
 $\pm 4$ 
 $900$ 
 $900$ 
 $900$ 
 $900$ 
 $\pm 5$ 
 $\pm 6$ 
 $\pm 7$ 
 $\pm 8$ 

Congratulations! Keep up the good work!

Time of completion:

$$700$$
 $700$ 
 $700$ 
 $\pm 4$ 
 $\pm 5$ 
 $\pm 6$ 
 $\pm 7$ 
 $700$ 
 $700$ 
 $600$ 
 $600$ 
 $\pm 8$ 
 $\pm 9$ 
 $\pm 5$ 
 $\pm 6$ 
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 $500$ 
 $\pm 7$ 
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 $\pm 6$ 
 $500$ 
 $500$ 
 $500$ 
 $400$ 
 $\pm 7$ 
 $\pm 8$ 
 $\pm 9$ 
 $\pm 7$ 
 $400$ 
 $400$ 
 $300$ 
 $300$ 

Doing nice work! Keep it up!

<u>+8</u>

400

<u>+9</u>

Time of completion: \_\_\_\_\_

300

<u>+9</u>

400

<u>+8</u>

$$1000$$
 $1000$ 
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 $\pm 7$ 
 $\pm 8$ 
 $1000$ 
 $1100$ 
 $1100$ 
 $1100$ 
 $\pm 9$ 
 $\pm 1$ 
 $\pm 2$ 
 $\pm 3$ 
 $1100$ 
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 $\pm 100$ 
 $\pm 100$ 
 $\pm 4$ 
 $\pm 5$ 
 $\pm 6$ 
 $\pm 7$ 
 $\pm 100$ 
 $\pm 100$ 
 $\pm 1200$ 
 $\pm 1200$ 
 $\pm 8$ 
 $\pm 1$ 
 $\pm 2$ 
 $\pm 3$ 

Effort is key! You can do it!

1200
 1200
 1200
 1200

 
$$\pm 4$$
 $\pm 5$ 
 $\pm 6$ 
 $\pm 7$ 

 1300
 1300
 1300
 1300

  $\pm 1$ 
 $\pm 2$ 
 $\pm 3$ 
 $\pm 4$ 

 1300
 1300
 1400
 1400

  $\pm 5$ 
 $\pm 6$ 
 $\pm 1$ 
 $\pm 2$ 

 1400
 1400
 1500

  $\pm 3$ 
 $\pm 4$ 
 $\pm 5$ 
 $\pm 1$ 

 1500
 1500
 1500
 1600

  $\pm 2$ 
 $\pm 3$ 
 $\pm 4$ 
 $\pm 1$ 

Fantastic! Your math is strong!

$$1600$$
 $1600$ 
 $1700$ 
 $1700$ 
 $\pm 2$ 
 $\pm 3$ 
 $\pm 1$ 
 $\pm 2$ 
 $1800$ 
 $1800$ 
 $1800$ 
 $\pm 4$ 
 $1800$ 
 $1800$ 
 $\pm 8$ 
 $\pm 1$ 
 $1800$ 
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 $\pm 1$ 
 $1800$ 
 $\pm 1$ 
 $\pm 1$ 
 $\pm 1$ 
 $1900$ 
 $\pm 1$ 

Great results! You are making it work!

1900
 1900
 1700
 1700

 
$$\pm 8$$
 $\pm 9$ 
 $\pm 3$ 
 $\pm 4$ 

 1700
 1700
 1700
 1700

  $\pm 5$ 
 $\pm 6$ 
 $\pm 7$ 
 $\pm 8$ 

 1700
 1600
 1600
 1600

  $\pm 9$ 
 $\pm 4$ 
 $\pm 5$ 
 $\pm 6$ 

 1600
 1600
 1500
 1500

  $\pm 7$ 
 $\pm 8$ 
 $\pm 9$ 
 $\pm 5$ 

 1500
 1500
 1500
 1500

  $\pm 6$ 
 $\pm 7$ 
 $\pm 8$ 
 $\pm 9$ 

High five! You are making a difference!

$$500$$
 $600$ 
 $700$ 
 $800$ 
 $\pm 5$ 
 $\pm 4$ 
 $\pm 3$ 
 $\pm 2$ 
 $900$ 
 $100$ 
 $200$ 
 $300$ 
 $\pm 1$ 
 $\pm 9$ 
 $\pm 8$ 
 $\pm 7$ 
 $400$ 
 $1000$ 
 $1000$ 
 $1000$ 
 $\pm 6$ 
 $\pm 1$ 
 $\pm 2$ 
 $\pm 3$ 
 $1000$ 
 $1000$ 
 $1000$ 
 $1000$ 
 $\pm 4$ 
 $\pm 5$ 
 $\pm 6$ 
 $\pm 7$ 
 $1000$ 
 $1000$ 
 $100$ 
 $200$ 

Incredible! Your math is great!

<u>+9</u>

<u>+10</u>

Time of completion: \_\_\_\_\_

+10

<u>+8</u>

Just keep going, you can do it!

Keep it up, you are fantastic!

**STAGE 4:** 

100	100	100	100
+10	<u>+20</u>	<u>+30</u>	<u>+40</u>
100	100	100	100
+50	<u>+60</u>	<u>+70</u>	<u>+80</u>
100	200	200	200
<u>+90</u>	<u>+10</u>	<u>+20</u>	+30
200	200	200	200
<u>+40</u>	+50	<u>+60</u>	<u>+70</u>
200	300	300	300
+80	+10	+20	+30

Awesome! Great Job! Way to go!

Be proud! Success! Nice work!

<u>+40</u>

<u>+30</u>

Time of completion: \_\_\_\_\_

<u>+10</u>

<u>+20</u>

$$700$$
 $700$ 
 $800$ 
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 $+20$ 
 $+30$ 
 $+10$ 
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 $900$ 
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 $+90$ 
 $+30$ 
 $+40$ 
 $+50$ 
 $800$ 
 $800$ 
 $800$ 
 $800$ 

Congratulations! Keep up the good work!

<u>+80</u>

Time of completion:

<u>+90</u>

<u>+70</u>

<u>+60</u>

$$700$$
 $700$ 
 $700$ 
 $+40$ 
 $+50$ 
 $+60$ 
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 $700$ 
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 $+80$ 
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 $+60$ 
 $600$ 
 $600$ 
 $600$ 
 $500$ 
 $+70$ 
 $+80$ 
 $+90$ 
 $+60$ 
 $400$ 
 $+80$ 
 $+90$ 
 $+80$ 
 $+90$ 

Doing nice work! Keep it up!

1000 <u>+10</u>	1000 <u>+20</u>	1000 <u>+30</u>	1000 <u>+40</u>
1000	1000	1000	1000
<u>+50</u>	<u>+60</u>	<u>+70</u>	<u>+80</u>
1000	1100	1100	1100
<u>+90</u>	<u>+10</u>	<u>+20</u>	<u>+30</u>
1100	1100	1100	1100
<u>+40</u>	<u>+50</u>	<u>+60</u>	<u>+70</u>
1100	1200	1200	1200
+80	+10	+20	+30

Effort is key! You can do it!

1200	1200	1200	1200
<u>+70</u>	<u>+60</u>	<u>+50</u>	+40
1300	1300	1300	1300
<u>+40</u>	<u>+30</u>	<u>+20</u>	<u>+10</u>
1400	1400	1300	1300
<u>+20</u>	<u>+10</u>	+60	<u>+50</u>
1500	1400	1400	1400
<u>+10</u>	<u>+50</u>	<u>+40</u>	+30
1600	1500	1500	1500
<u>+10</u>	<u>+40</u>	<u>+30</u>	<u>+20</u>

Fantastic! Your math is strong!

1600	1600	1700	1700
<u>+20</u>	<u>+30</u>	<u>+10</u>	<u>+20</u>
1000	1000	1900	1000
1800	1800	1800	1800
<u>+10</u>	<u>+20</u>	<u>+30</u>	<u>+40</u>
1000	1000	1000	1000
1800	1800	1800	1800
<u>+50</u>	<u>+60</u>	<u>+70</u>	<u>+80</u>
1800	1900	1900	1900
<u>+90</u>	<u>+10</u>	<u>+20</u>	<u>+30</u>
1900	1900	1900	1900
<u>+40</u>	<u>+50</u>	<u>+60</u>	<u>+70</u>

Great results! You are making it work!

1900	1900	1700	1700
<u>+80</u>	<u>+90</u>	<u>+30</u>	<u>+40</u>
1700	1700	1700	1700
	<u>+60</u>	+70	<u>+80</u>
<u>+50</u>	<u>+00</u>	<u>+70</u>	<del>+00</del>
1700	1600	1600	1600
<u>+90</u>	<u>+40</u>	<u>+50</u>	<u>+60</u>
1600	1600	1600	1500
<u>+70</u>	<u>+80</u>	<u>+90</u>	<u>+50</u>
1500	1500	1500	1500
<u>+60</u>	<u>+70</u>	<u>+80</u>	<u>+90</u>

High five! You are making a difference!

Incredible! Your math is great!

$$100$$
 $200$ 
 $300$ 
 $400$ 
 $+60$ 
 $+50$ 
 $+40$ 
 $+30$ 
 $500$ 
 $600$ 
 $100$ 
 $200$ 
 $+20$ 
 $+10$ 
 $+70$ 
 $+60$ 
 $300$ 
 $400$ 
 $500$ 
 $600$ 
 $+50$ 
 $+40$ 
 $+30$ 
 $+20$ 
 $400$ 
 $+50$ 
 $+40$ 
 $+30$ 
 $+20$ 

Just keep going, you can do it!

Keep it up, you are fantastic!

**STAGE 5:** 

Awesome! Great Job! Way to go!

Be proud! Success! Nice work!

<u>+40</u>

<del>+30</del>

Time of completion: \_\_\_\_\_

<u>+10</u>

<u>+20</u>

$$702$$
 $703$ 
 $801$ 
 $802$ 
 $+20$ 
 $+30$ 
 $+10$ 
 $+20$ 
 $901$ 
 $902$ 
 $903$ 
 $904$ 
 $+10$ 
 $+20$ 
 $+30$ 
 $+40$ 
 $905$ 
 $906$ 
 $907$ 
 $908$ 
 $+50$ 
 $+60$ 
 $+70$ 
 $+80$ 
 $806$ 
 $807$ 
 $808$ 
 $809$ 
 $+60$ 
 $+70$ 
 $+80$ 
 $+90$ 

Congratulations! Keep up the good work!

$$704$$
 $705$ 
 $706$ 
 $707$ 
 $+40$ 
 $+50$ 
 $+60$ 
 $+70$ 
 $708$ 
 $709$ 
 $605$ 
 $606$ 
 $+80$ 
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 $+90$ 
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 $507$ 
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 $509$ 
 $407$ 
 $+70$ 
 $+80$ 
 $+90$ 
 $+70$ 
 $408$ 
 $409$ 
 $308$ 
 $309$ 
 $+80$ 
 $+90$ 
 $+80$ 
 $+90$ 

Doing nice work! Keep it up!

1001 <u>+10</u>	1002 <u>+20</u>	1003 <u>+30</u>	1004 <u>+40</u>
1005	1006	1007	1008
<u>+50</u>	<u>+60</u>	<u>+70</u>	<u>+80</u>
1009	1101	1102	1103
<u>+90</u>	<u>+10</u>	<u>+20</u>	<u>+30</u>
1104	1105	1106	1107
<u>+40</u>	<u>+50</u>	<u>+60</u>	<u>+70</u>
1108	1201	1202	1203
+80	+10	+20	+30

Effort is key! You can do it!

1204	1205	1206	1207
<u>+40</u>	<u>+50</u>	<u>+60</u>	<u>+70</u>
1301	1302	1303	1304
<u>+10</u>	<u>+20</u>	<u>+30</u>	+40
1305	1306	1401	1402
<u>+50</u>	<u>+60</u>	<u>+10</u>	+20
1403	1404	1405	1501
+30	<u>+40</u>	+50	+10
1502	1503	1504	1601
+20	+30	+40	+10

Fantastic! Your math is strong!

1602	1603	1701	1702
<u>+20</u>	+30	<u>+10</u>	+20
1801	1802	1803	1804
<u>+10</u>	<u>+20</u>	<u>+30</u>	<u>+40</u>
1805	1806	1807	1808
<u>+50</u>	+60	<u>+70</u>	+80
1809	1901	1902	1903
<u>+90</u>	<u>+10</u>	<u>+20</u>	+30
1904	1905	1906	1907
<u>+40</u>	<u>+50</u>	<u>+60</u>	<u>+70</u>

Great results! You are making it work!

1908	1909	1703	1704
<u>+80</u>	<u>+90</u>	<u>+30</u>	<u>+40</u>
1705	1706	1707	1708
<u>+50</u>	<u>+60</u>	<u>+70</u>	<u>+80</u>
1709	1604	1605	1606
<u>+90</u>	<u>+40</u>	<u>+50</u>	<u>+60</u>
1607	1608	1609	1505
<u>+70</u>	<u>+80</u>	<u>+90</u>	<u>+50</u>
1506	1507	1508	1509
<u>+60</u>	<u>+70</u>	<u>+80</u>	+90

High five! You are making a difference!

Incredible! Your math is great!

$$106$$
 $205$ 
 $304$ 
 $403$ 
 $+60$ 
 $+50$ 
 $+40$ 
 $+30$ 
 $502$ 
 $601$ 
 $107$ 
 $206$ 
 $+20$ 
 $+10$ 
 $+70$ 
 $+60$ 
 $305$ 
 $404$ 
 $503$ 
 $602$ 
 $+50$ 
 $+40$ 
 $+30$ 
 $+20$ 
 $405$ 
 $+80$ 
 $+70$ 
 $+60$ 
 $405$ 
 $+50$ 
 $+40$ 
 $+30$ 
 $+20$ 

Just keep going, you can do it!

Keep it up, you are fantastic!

**STAGE 6:** 

111	112	113	114
+10	+20	+30	+40
115	116	117	118
+50	<u>+60</u>	<u>+70</u>	+80
119	211	212	213
+90	+10	+20	+30
214	215	216	217
+40	+50	+60	<u>+70</u>
218	311	312	313
+80	+10	+20	+30

Awesome! Great Job! Way to go!

Be proud! Success! Nice work!

614

<u>+40</u>

613

<del>+30</del>

Time of completion: \_\_\_\_\_

711

<u>+10</u>

612

<u>+20</u>

$$712$$
 $713$ 
 $811$ 
 $812$ 
 $+20$ 
 $+30$ 
 $+10$ 
 $+20$ 
 $911$ 
 $912$ 
 $913$ 
 $914$ 
 $+10$ 
 $+20$ 
 $+30$ 
 $+40$ 
 $915$ 
 $916$ 
 $917$ 
 $918$ 
 $+50$ 
 $+60$ 
 $+70$ 
 $+80$ 
 $919$ 
 $813$ 
 $814$ 
 $815$ 
 $+90$ 
 $+30$ 
 $+40$ 
 $+50$ 
 $816$ 
 $817$ 
 $818$ 
 $819$ 
 $+60$ 
 $+70$ 
 $+80$ 
 $+90$ 

Congratulations! Keep up the good work!

$$714$$
 $715$ 
 $716$ 
 $717$ 
 $+40$ 
 $+50$ 
 $+60$ 
 $+70$ 
 $718$ 
 $719$ 
 $615$ 
 $616$ 
 $+80$ 
 $+90$ 
 $+50$ 
 $+60$ 
 $617$ 
 $618$ 
 $619$ 
 $516$ 
 $+70$ 
 $+80$ 
 $+90$ 
 $+60$ 
 $517$ 
 $518$ 
 $519$ 
 $417$ 
 $+70$ 
 $+80$ 
 $+90$ 
 $+70$ 
 $418$ 
 $419$ 
 $318$ 
 $319$ 
 $+80$ 
 $+90$ 
 $+80$ 
 $+90$ 

Doing nice work! Keep it up!

<u>+80</u>

<u>+90</u>

1011
 1012
 1013
 1014

 
$$\pm 10$$
 $\pm 20$ 
 $\pm 30$ 
 $\pm 40$ 

 1015
 1016
 1017
 1018

  $\pm 50$ 
 $\pm 60$ 
 $\pm 70$ 
 $\pm 80$ 

 1019
 1111
 1112
 1113

  $\pm 90$ 
 $\pm 10$ 
 $\pm 20$ 
 $\pm 30$ 

 1114
 1115
 1116
 1117

  $\pm 40$ 
 $\pm 50$ 
 $\pm 60$ 
 $\pm 70$ 

 1118
 1211
 1212
 1213

  $\pm 80$ 
 $\pm 10$ 
 $\pm 20$ 
 $\pm 30$ 

Effort is key! You can do it!

1214 +40	1215 +50	1216 +60	1217 <u>+70</u>
1311	1312	1313	1314
<u>+10</u>	<u>+20</u>	<u>+30</u>	<u>+40</u>
1315	1316	1411	1412
<u>+50</u>	<u>+60</u>	<u>+10</u>	<u>+20</u>
1413	1414	1415	1511
<u>+30</u>	<u>+40</u>	<u>+50</u>	<u>+10</u>
1512	1513	1514	1611
<u>+20</u>	<u>+30</u>	<u>+40</u>	<u>+10</u>

Fantastic! Your math is strong!

1612 <u>+20</u>	1613 +30	1711 <u>+10</u>	1712 <u>+20</u>
1811	1812	1813	1814
<u>+10</u>	<u>+20</u>	<u>+30</u>	<u>+40</u>
1815	1816	1817	1818
<u>+50</u>	<u>+60</u>	<u>+70</u>	<u>+80</u>
1819	1911	1912	1913
<u>+90</u>	<u>+10</u>	<u>+20</u>	<u>+30</u>
1914	1915	1916	1917
<u>+40</u>	<u>+50</u>	<u>+60</u>	<u>+70</u>

Great results! You are making it work!

1918	1919	1713	1714
<u>+80</u>	<u>+90</u>	<u>+30</u>	<u>+40</u>
1715 <u>+50</u>	1716 <u>+60</u>	1717 <u>+70</u>	1718 <u>+80</u>
1719 <u>+90</u>	1614 <u>+40</u>	1615 <u>+50</u>	1616 <u>+60</u>
1617	1618	1619	1515
<u>+70</u>	<u>+80</u>	<u>+90</u>	<u>+50</u>
1516 +60	1517 <u>+70</u>	1518 +80	1519 <u>+90</u>

High five! You are making a difference!

Incredible! Your math is great!

+101

<del>+90</del>

Time of completion: \_\_\_\_\_

+101

<u>+80</u>

$$116$$
 $215$ 
 $314$ 
 $413$ 
 $+60$ 
 $+50$ 
 $+40$ 
 $+30$ 
 $512$ 
 $611$ 
 $117$ 
 $216$ 
 $+20$ 
 $+10$ 
 $+70$ 
 $+60$ 
 $315$ 
 $414$ 
 $513$ 
 $612$ 
 $+50$ 
 $+40$ 
 $+30$ 
 $+20$ 
 $711$ 
 $118$ 
 $217$ 
 $316$ 
 $+10$ 
 $+80$ 
 $+70$ 
 $+60$ 
 $415$ 
 $514$ 
 $613$ 
 $712$ 

Just keep going, you can do it!

<u>+40</u>

+30

Time of completion: \_\_\_\_\_

<u>+20</u>

<u>+50</u>

Keep it up, you are fantastic!

**STAGE 7:** 

111	112	113	114
<u>+11</u>	<u>+22</u>	+33	+44
115	116	117	118
+55	<u>+66</u>	<u>+77</u>	+88
119	211	212	213
+99	<u>+11</u>	<u>+22</u>	+33
214	215	216	217
+44	+55	<u>+66</u>	<u>+77</u>
218	311	312	313
+88	<u>+11</u>	<u>+22</u>	+33

Awesome! Great Job! Way to go!

314	315	316	317
+44	<u>+55</u>	<u>+66</u>	<u>+77</u>
411	412	413	414
+11	+22	+33	+44
415	416	511	512
+55	<u>+66</u>	<u>+11</u>	+22
513	514	515	611
+33	<u>+44</u>	<u>+55</u>	+11
612	613	614	711
+22	<u>+33</u>	<u>+44</u>	+11

Be proud! Success! Nice work!

Congratulations! Keep up the good work!

Doing nice work! Keep it up!

<u>+88</u>

<u>+99</u>

Time of completion: \_\_\_\_\_

<del>+99</del>

<u>+88</u>

<u>44</u>
18
<u>88</u>
13
<u>33</u>
17
<u>77</u>
13
<u>33</u>
3; 1; 7;

Effort is key! You can do it!

1217	1216	1215	1214
<u>+77</u>	<u>+66</u>	<u>+55</u>	<u>+44</u>
1314	1313	1312	1311
<u>+44</u>	<u>+33</u>	+22	<u>+11</u>
1412	1411	1316	1315
<u>+22</u>	<u>+11</u>	<u>+66</u>	+55
1511	1415	1414	1413
<u>+11</u>	<u>+55</u>	<u>+44</u>	+33
1611	1514	1513	1512
+11	+44	+33	+22

Fantastic! Your math is strong!

1612	1613	1711	1712
<u>+22</u>	+33	<u>+11</u>	<u>+22</u>
1811	1812	1813	1814
<u>+11</u>	<u>+22</u>	<u>+33</u>	<u>+44</u>
1815	1816	1817	1818
<u>+55</u>	<u>+66</u>	<u>+77</u>	<u>+88</u>
1819	1911	1912	1913
<u>+99</u>	<u>+11</u>	<u>+22</u>	<u>+33</u>
1011	4045	4046	4045
1914	1915	1916	1917
<u>+44</u>	<u>+55</u>	<u>+66</u>	<u>+77</u>

Great results! You are making it work!

1918	1919	1713	1714
<u>+88</u>	<u>+99</u>	<u>+33</u>	<u>+44</u>
1715	1716	1717	1718
<u>+55</u>	<u>+66</u>	<u>+77</u>	<u>+88</u>
1719	1614	1615	1616
<u>+99</u>	<u>+44</u>	<u>+55</u>	<u>+66</u>
1617	1618	1619	1515
<u>+77</u>	<u>+88</u>	<u>+99</u>	<u>+55</u>
1516	1517	1518	1519
<u>+66</u>	<u>+77</u>	<u>+88</u>	<u>+99</u>

High five! You are making a difference!

Incredible! Your math is great!

+102

<del>+99</del>

Time of completion: \_\_\_\_\_

+103

<u>+88</u>

Just keep going, you can do it!

1101 +2202	2202 <u>+1101</u>	1101 <u>+3303</u>	2202 +2202
3303	1101	2202	3303
<u>+1101</u>	<u>+4404</u>	+3303	+2202
4404	1101	2202	3303
<u>+1401</u>	<u>+5505</u>	<u>+4404</u>	+3303
4404	5505	1101	2202
<u>+2202</u>	<u>+1101</u>	<u>+1101</u>	<u>+1101</u>
3303	4404	5505	6606
+1101	+1101	+1101	+1101

Keep it up, you are fantastic!

#### **STAGE 8:**

Please complete these math questions as quickly as possible

Awesome! Great Job! Way to go!

Be proud! Success! Nice work!

Congratulations! Keep up the good work!

Doing nice work! Keep it up!

Effort is key! You can do it!

Fantastic! Your math is strong!

Great results! You are making it work!

High five! You are making a difference!

Incredible! Your math is great!

Just keep going, you can do it!

Keep it up, you are fantastic!

#### **STAGE 9:**

## Please complete these math questions as quickly as possible

Awesome! Great Job! Way to go!

Be proud! Success! Nice work!

Congratulations! Keep up the good work!

Doing nice work! Keep it up!

Effort is key! You can do it!

Fantastic! Your math is strong!

Great results! You are making it work!

High five! You are making a difference!

Incredible! Your math is great!

Just keep going, you can do it!

Keep it up, you are fantastic!

#### **STAGE 10:**

Please complete these math questions as quickly as possible

Awesome! Great Job! Way to go!

Be proud! Success! Nice work!

Congratulations! Keep up the good work!

Doing nice work! Keep it up!

Effort is key! You can do it!

Fantastic! Your math is strong!

Great results! You are making it work!

High five! You are making a difference!

Incredible! Your math is great!

Just keep going, you can do it!

Keep it up, you are fantastic!

#### **STAGE 11**

### Please complete these math questions as quickly as possible

Awesome! Great Job! Way to go!

Be proud! Success! Nice work!

Congratulations! Keep up the good work!

Doing nice work! Keep it up!

Effort is key! You can do it!

Fantastic! Your math is strong!

Great results! You are making it work!

High five! You are making a difference!

Incredible! Your math is great!

Just keep going, you can do it!

Keep it up, you are fantastic!

#### **STAGE 12:**

Please complete these math questions as quickly as possible

Awesome! Great Job! Way to go!

Be proud! Success! Nice work!

Congratulations! Keep up the good work!

Doing nice work! Keep it up!

Effort is key! You can do it!

Fantastic! Your math is strong!

Great results! You are making it work!

High five! You are making a difference!

Incredible! Your math is great!

Just keep going, you can do it!

Keep it up, you are fantastic!

# SECTION 2 Writing Sheets

#### **Directions:**

Handwrite your answers to the following writing suggestions. Take your time. This is for your own use. No need to worry about correct spelling or proper grammar.

Once you complete the answer, please read your work out loud.

1.	Write about what you like to do for fun:

2.	Do you think it is more important to work		
	hard or to have fun? Is it possible to do both?		

3.	What is the most unusual thing you have
	ever done?

4.	If you could go on a trip tomorrow, where	
	would you go, who would you go with, and	
	why that location?	

5.	What inspires you - what is something that
	has inspired you to learn more, or to
	become a better person?

6.	What is more valuable, creativity or	
	intelligence? Why?	

7.	What was your first job? What did you like	
	or dislike about it?	

8.	Did you have a favorite job? What was it?

9.	What is a job that sounds interesting to you?

10.	Write about what you would do on a
	sunny day:

11. Describe what a perfect day would be like	
for you:	

12.	What are some of your greatest achievement

13.	If you could relive one day in your life,
	which would it be and why?
	J

## 14. How would your friends and family describe you?

15. In your life, what has been your greatest
"gift"?

16.	What is your heritage? Do you know where
	your parents and grandparents were from?

17. Do you identify with your heritage? Do you
practice any traditions related to it?

18.	Do you think it's important to remember
	where you are from and to teach following
	generations about it?

19.	Do you think it's important to learn about
	other cultures? Why or why not?

20.	In your opinion, what is a culture that is
	most interesting to you?

21.	Write about something you learned recently
	that was interesting to you:

22.	Write about something you would like
	to learn more about:

## 23. Have your interests changed over your lifetime? How?

24. l	Do you think it's important to set goals?
7	Why or why not?

25.	What are some things you need to be happy
	and content?

26.	What is your favorite season? Why do you
	like it?

27.	What are some activities you enjoy doing
	when it's cold outside?

28.	What did you do during the summertime
	when you were growing up?

29.	Have you traveled a lot? Do you prefer to
	visit cities, beaches, mountains, other
	countries?

30.	What v	was you	ır favoı	rite son	g in hig	h school?

31.	Name a	film s	tar you	ı admi:	red in y	our yo	outh

32. What did you do with your first paycheck?

33.	Describe a historical event you remember
	clearly.

34.	What is	s the bes	st age t	to be a	nd why	?

35.	Did you grow up visiting the beach? Write					
	about a time you went to the beach what					
	do you remember?					
·						
·						
·						

36.	Write about a place you enjoy visiting.

37. Do you have any memorable experiences of
a trip that didn't go as planned? What
happened?

38.	Write about something you've done that
	others might not know about you:

39.	Write about something you can't live witho

40.	Write about the best place you've lived.
	What did you like about it?

41.	What are your favorite books and why?

12.	What a	re your	favorite	e movie	es and v	vhy?
		_				
		_				
		_				
		_				

43.	What are your favorite activities and why?

44.	Write about an event you remember hearing
	about on the news during your lifetime.
	Was there something that made an impact
	on you?
·	

45.	Was there a popular culture icon, celebrity,			
	or politician that you admired earlier in life?			
	How about now?			

46.	What is a trait that you value in other people'
	Is there something you admire in others or
	look for in friends?

47.	Write abou	ıt a game	you play	yed grow:	ing up.

48.	Did you enjoy playing indoors or outdoors
	as a kid? What kinds of things did you do
	for fun?

49.	Did you have any hobbies growing up?
	What were they?

50.	Write about the neighborhood you grew up
	in. Was it in a small town or a big city?

What are some of your interests? Do you
have any favorite subjects to learn about?

52.	Do you have siblings? How many? What
	are their names? What is the best thing
	about having siblings?

53.	What is something you've done in your life
	that may have impacted others?

54.	Who or what in your life helped make you
	the person you are today?

55.	Are you a morning person or a night
	person? Has that changed over your life?
·	

56.	What are some things you like to do when
	you have free time?

57.	Do you have a morning or evening routine?		
	What are some things you like to do every		
	day?		

58.	Have you ever had to overcome a challenge?

59.	Write about a time you accomplished
	something you set out to do.

60. What motivates you or inspires you?	

61.	What is your favorite city? What do you like
	about it?

62.	Where are some places that you have lived?

63.	Have you moved around a lot or lived in one			
	area?	What was your best moving story?		

64.	Have you ever had a role model in life? Who
	was it? Why were they your role model?

65.	Who or what has had a strong influence on			
	your life?			

66.	What is a quality or trait that you value in
	other people?

67.	What did you	like/not enjoy about your first
	airplane ride?	Where did you go?

68.	What is the name of your favorite pet? What			
	did you like to do with your favorite pet?			

69.	Who was your favorite teacher? What
	subject did they teach? Why were they
	your favorite teacher?

70.	Did you go camping growing up? What		
	was your favorite thing about camping?		
	What was your least favorite thing about		
	camping?		

71.	What was your first car that you owned?		
	Did it have a name? What was your favorite		
	adventure with the car?		

72. How many languages do you speak? V				
	there a time where people were speaking			
	and you wish you understood what they			
	were saying?			

73.	What was your favorite chore growing up
	and why?

74.	What was your least favorite chore growing
	up and why?

75. If you won \$1 million dollars, what would		
you do with the winnings?		

76.	76. If you could solve one issue in the world,		
	what would it be and why?		

77.	Have you ever played a musical instrument		
	and if so, what was it? What is your most		
	memorable moment with this instrument?		

78. What is your favorite musical and why?		

79. If you could eat one food for a year, what			
would it be	and why?		

a child?

81.	What was your favorite gift you received as
	an adult?

82.	If you were a superhero character, what		
	would your name be and what super power		
	would you have?		

83.	What was your favorite swimming moment
	growing up?

84.	What was the name of and your favorite
	adventure with your stuffed animal?

85.	What was the greatest holiday gift you ever
	received and why?

86.	What was your favorite volunteer experience
	and why?

87.	If you could make your own wine or beer,
	what kind would you make, and what
	would you call it and why?

88.	What is your favorite sports team memory
	of all time?

89.	Where were you when we landed on the
	moon in 1969? What stands out about the
	moment?
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·	
·	
·	

90.	What planet would you like to visit and why

91. If you could make your own Hollywood	
movie, what would the title be and what	
would it be about?	

92.	If you could own your own restaurant,
	what would be your specialty and why?
·	

93.	Who was your favorite relative who was
	not your parents or siblings and why?
·	
·	

94.	If you could go back in time, what time
	would you go back to and why?
·	

95.	. Tell me about your greatest day in the sno	)W.

96.	Write about your first love.

97.	'. Write about your first kiss.	

98.	If you were an animal, what animal would
	you be and why?

99.	If you could choose one way to be famous
	in the world between being a famous sports
	star/Hollywood star/Nobel Prize winner,
	which would you choose and why?
·	

100.	What is one thing you have yet to do in		
	your life that you would like to complete?		

## Reading Out Loud

## **Directions:**

Grab your favorite book, pick up the nearest magazine, read positive news stories – it's your choice. Just find something that you can read – out loud – for 10 minutes or more a day. You can even read to someone in your network of family and friends!