

Brain Injury Attention Exercises

It is recommended that you complete some of these tasks 2-3 times a day for a maximum of 20 minutes at a time

- Complete a wordsearch
- Complete a crossword
- Complete a Sudoku puzzle
- Try to do simple maths in your head - use any opportunity to use numeracy in your daily life e.g. attempt to add up the total of your shopping trolley
- Mindful reading - Read an article and attempt to remember 5 key points from the article
- Listen to the radio - Practice repeating and recalling what people say in your head

- When meeting new people - try to observe 4 points about them and recall them later e.g. colour of their hair eyes, clothing etc.
- Write a journal - at the end of the day take 20 minutes to think about your day and jot down any details that you can recall. Try and picture your day as you recall it and think of any specific details of people or places you have noticed.