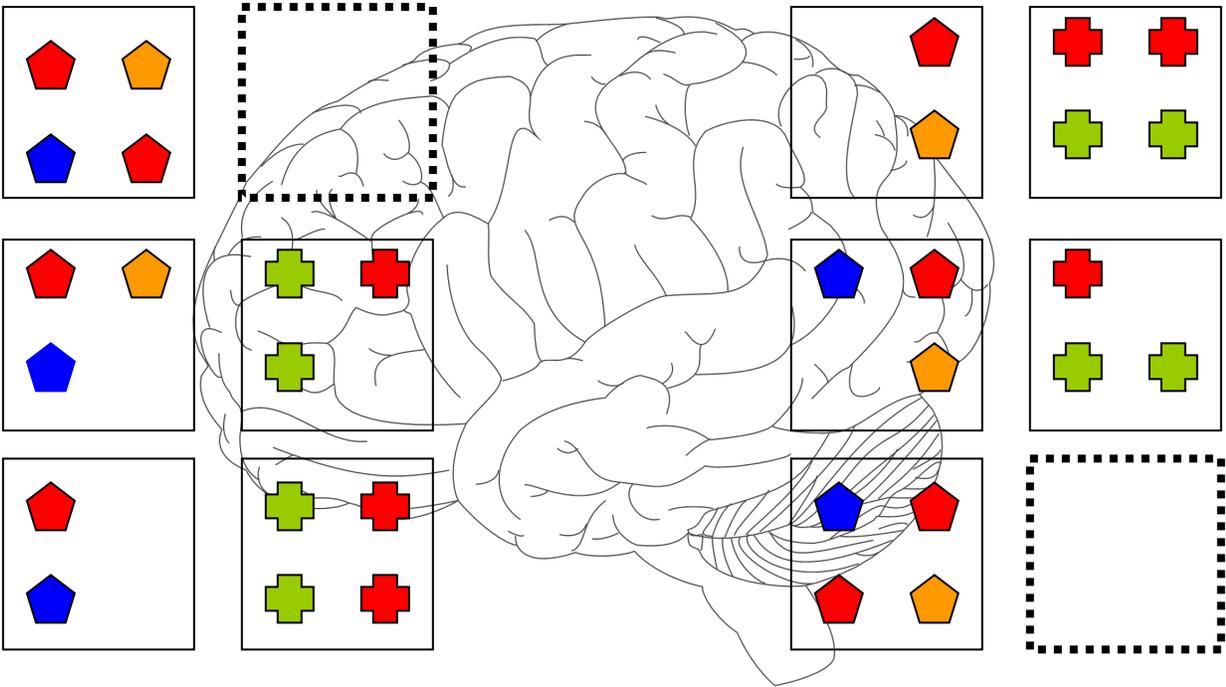


Concentration & Attention Task (CAT)



Carefulness and Mindfulness Training

By
Art McKenna, Psy.D.
2016

You are not to use these tasks as diagnostic tools or assessment instruments; these tasks are not a measure of intelligence or a measure of any psychological concept or variable. You are not to use these tasks as outcome measures. There are no implicit or explicit guarantees of a cure or success. The advice and strategies contained herein may not be suitable for your situation. You should consult with a competent professional in your field where appropriate. I am not liable for any loss of profit or any other commercial damages, including but not limited to specific, incidental, consequential, or other damages.

Introduction

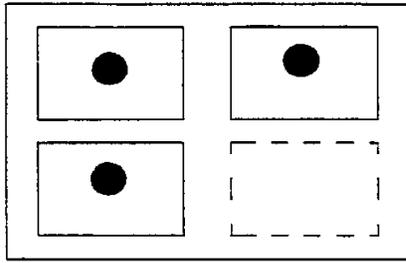
Carefulness (Universal Index 19)

Expanding your sense of uniqueness is when you perform a task, you want to be mindful and careful in what you are doing. In the Psychology of Being Unique (PBU), you want to develop a healthy sense of self-determination. When you expand your uniqueness, you tend to enjoy trying new activities and exhibiting intellectual curiosity. You also tend to express your own opinions. PBU claims that you are more persuasive, and you have a greater willingness to challenge your assumptions and beliefs. Expanding your uniqueness, you want to temper your sense of individuality with constructive self-control in which you inhibit your impulses, you are aware of social rules and expectations. With mindfulness and carefulness, you want to use flexible thinking and spontaneity while being careful and socially aware of your surroundings.

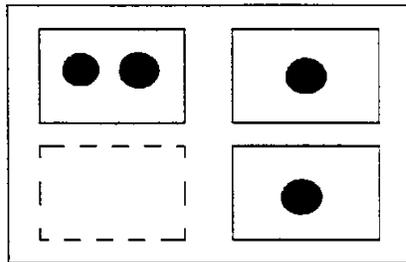
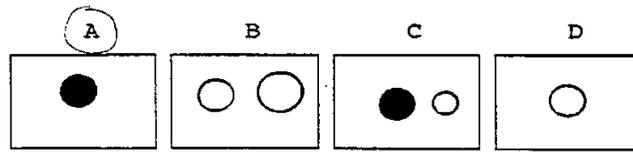
Contents

Complete the Matrix Carefully.....	4
Cognitive Flexibility	9
Study 1.	24
Answer Sheet: only the ones you saw in the middle.....	26
Study 2	27
Answer Sheet	29
Study 3 People Doing Something.....	30
Memory for Abstract Designs 1: Form A: Part I: All at all the designs but only remember the ones on the left.....	37
Memory for Abstract Designs I Answer Sheet	39
Memory for Simple Designs II – study all the designs but you will only be asked the one’s on the left.....	40
Memory for Abstract Designs II: Answer Sheet	42
Memory for Abstract Designs III: Form A: Look at all of these designs but only remember the ones on the left	43
Memory for Abstract Designs” Design III Answer Sheet: Which one was most like the one you studied?	45
Memory for Abstract Designs III	46
Memory for Abstract Designs III: Answer Sheet	48
Memory for Abstract Designs IV – study the entire page several times – remember the ones on the left.....	49
Memory for Abstract Designs IV: Answer sheet	50
Memory for Abstract Designs: V: remember them all – especially the ones on the left	53
Memory for Abstract Designs V: Answer Sheet V.....	55
Memory for Abstract Designs VI: study all the designs and remember the ones on the left	56
Memory for Abstract Designs VI: Answer sheet	58
CAREFUL OBSERVATIONS.....	59

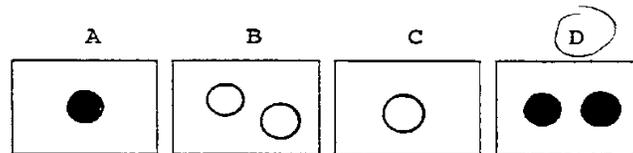
Complete the Matrix Carefully



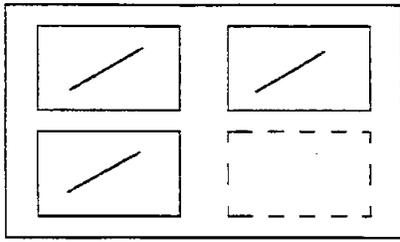
EXAMPLE X.



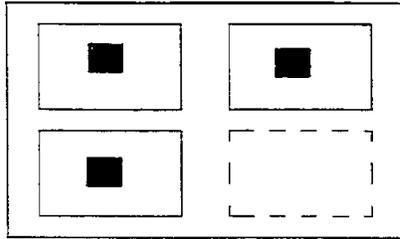
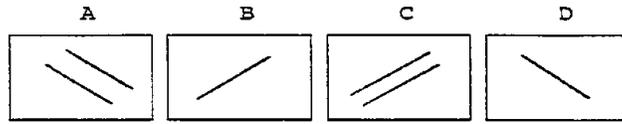
EXAMPLE Y.



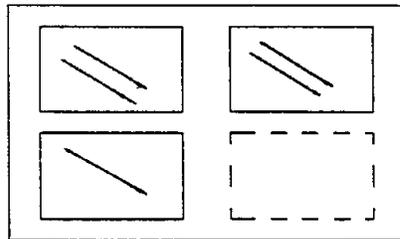
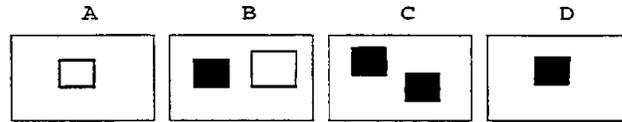
COMPLETE THE DESIGN



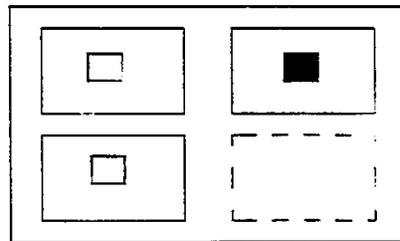
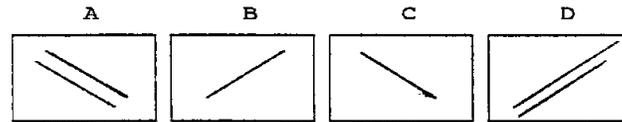
ITEM 1.



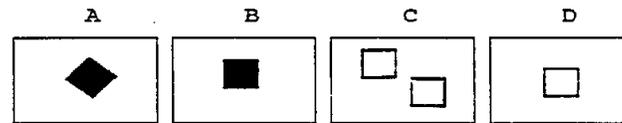
ITEM 2.



ITEM 3.

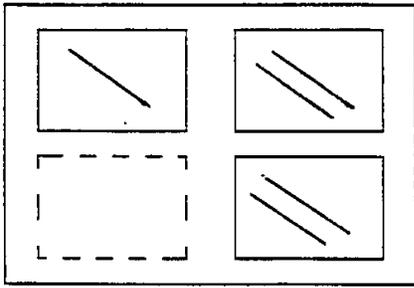


ITEM 4.

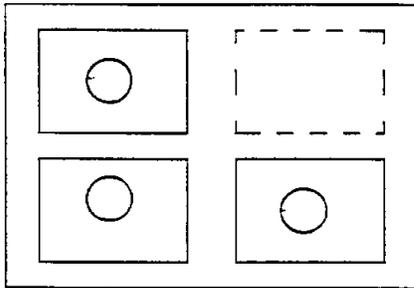
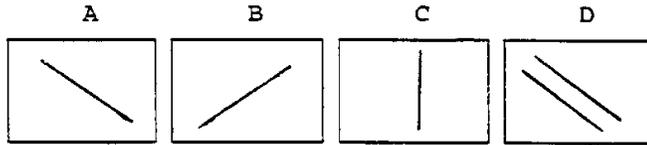


COMPLETE THE DESIGN

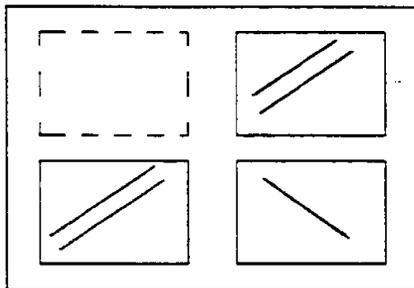
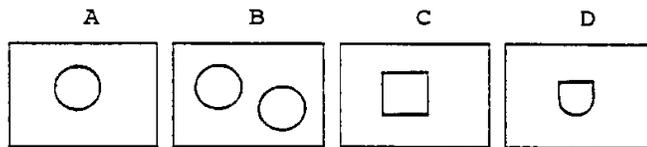
Go to the next page.



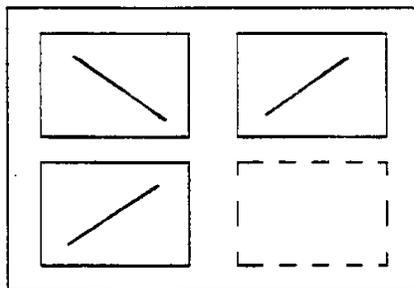
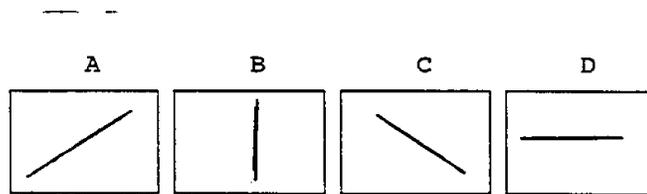
ITEM 5.



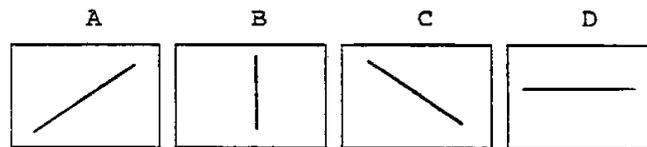
ITEM 6.



ITEM 7.



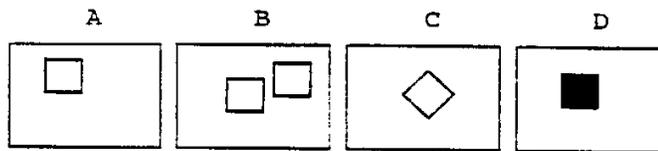
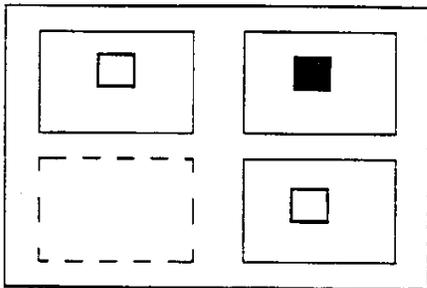
ITEM 8.



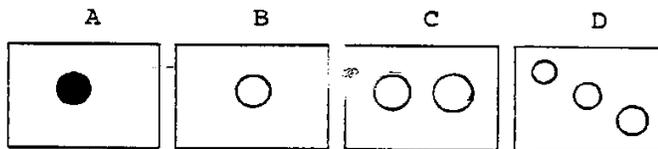
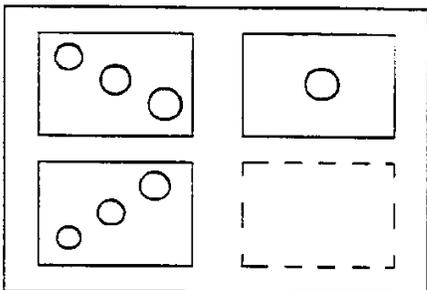
COMPLETE THE DESIGN

Please go to the next page

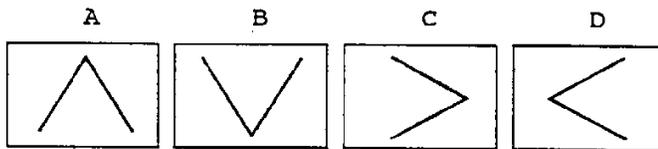
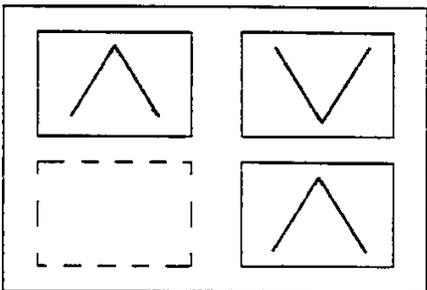
ITEM 9.



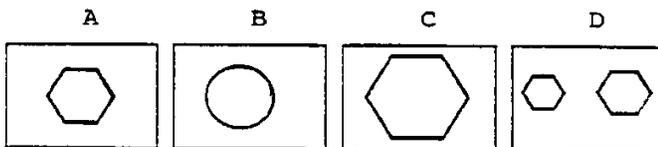
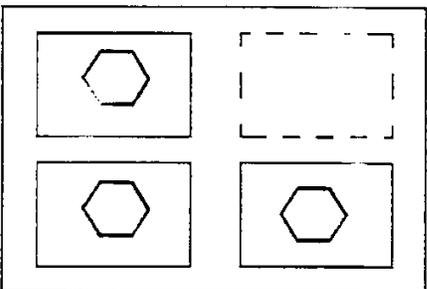
ITEM 10.



ITEM 11.

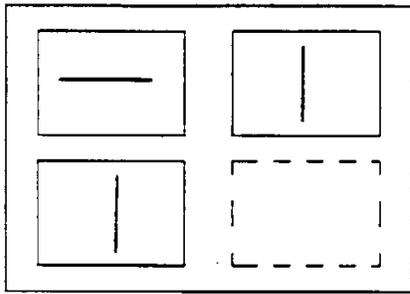


ITEM 12.

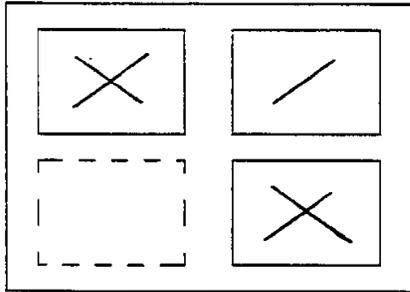
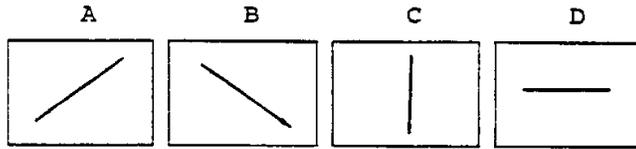


COMPLETE THE DESIGN

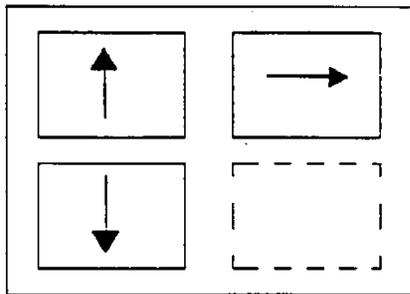
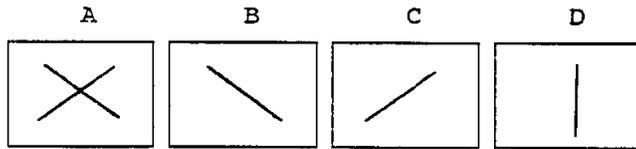
Please go to the next page.



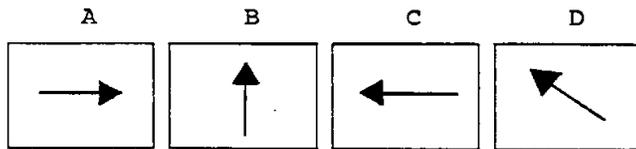
ITEM 13.



ITEM 14.



ITEM 15.

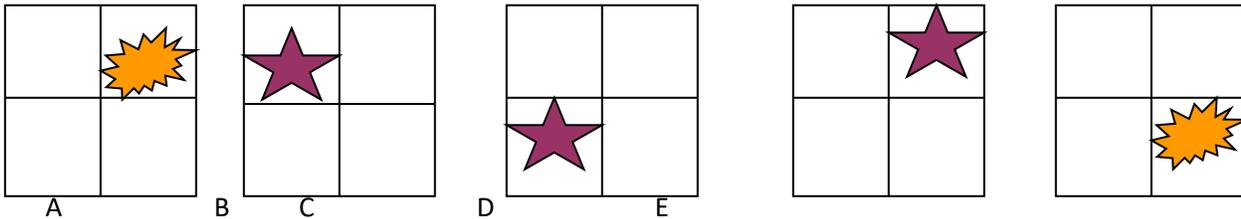
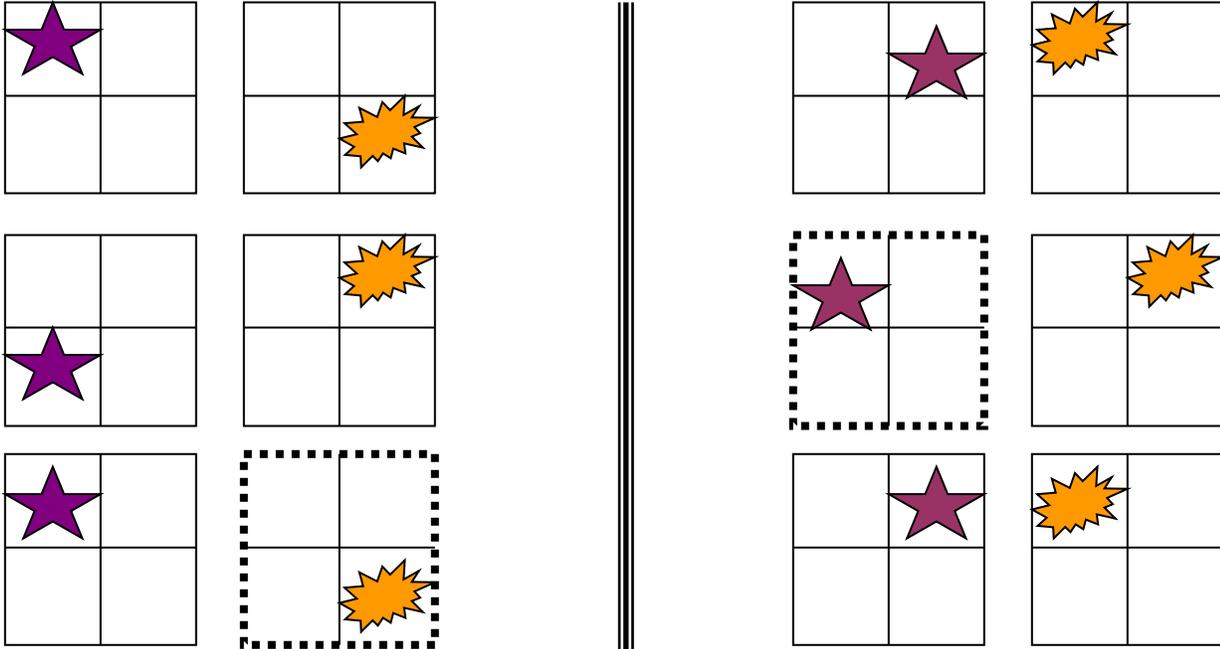


COMPLETE THE DESIGN

STOP!

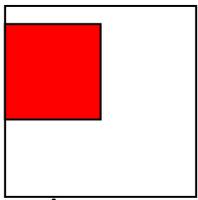
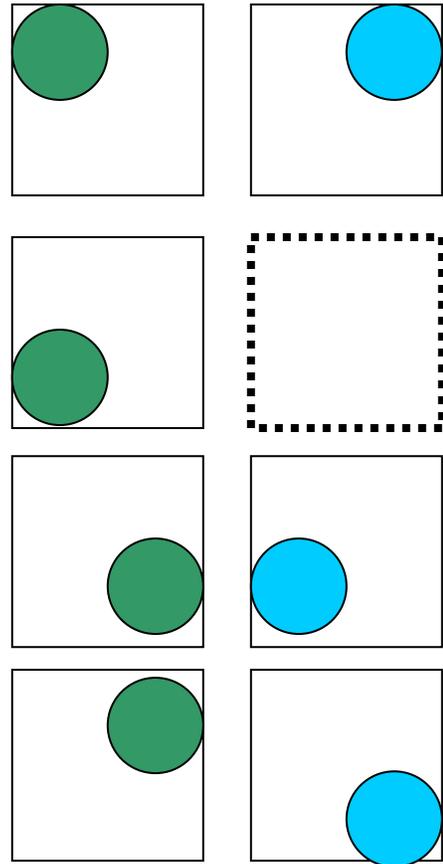
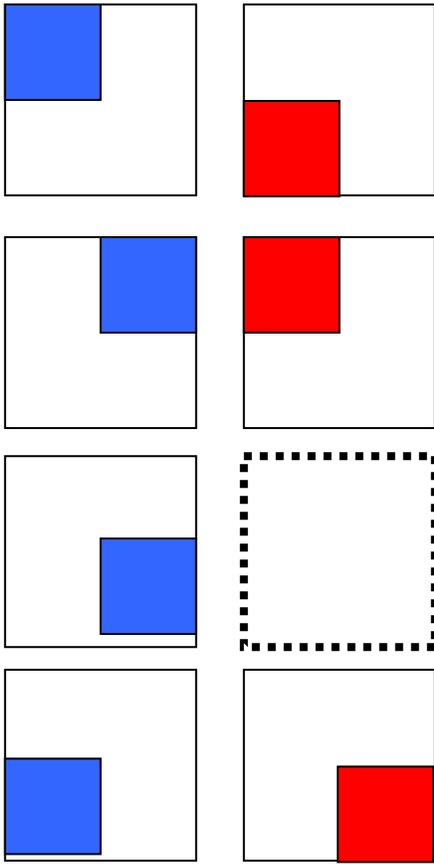
Cognitive Flexibility

Example One

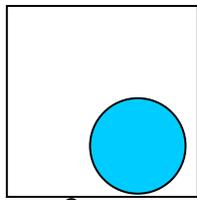


In this example, you see four columns of three boxes each. In this example, the star forms a pattern. Top left box, lower left box and back to upper left-hand box. The second column from has a similar pattern, but it starts on the bottom right hand box and the pattern alternates top to bottom, as in the previous column. In the following the task one of the boxes will be left empty. In this example, the empty box will be dotted. The third and fourth will have the same pattern but the third and fourth may or may not be different than pattern one and two. In this example, the answers are E and B.

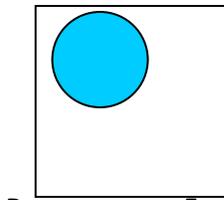
Example Two



A

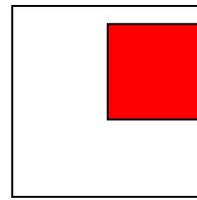


B

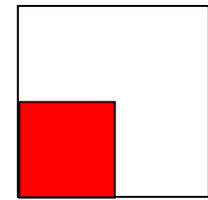


C

D



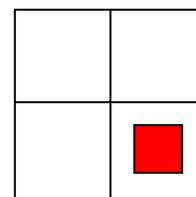
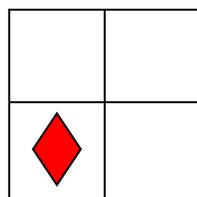
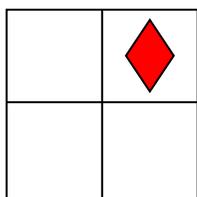
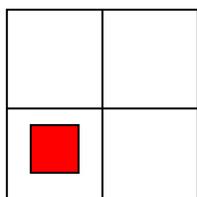
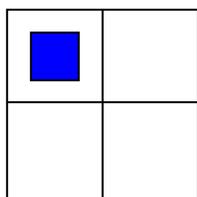
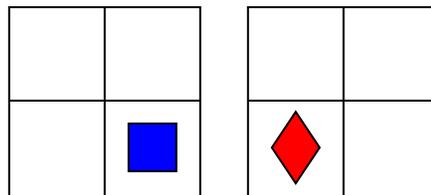
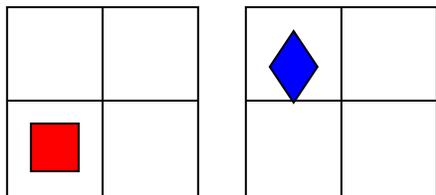
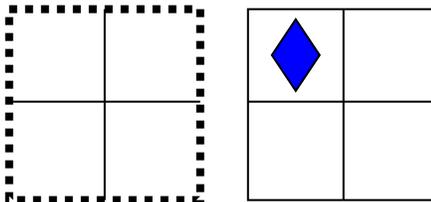
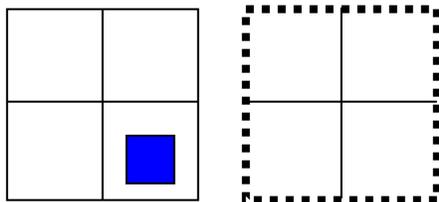
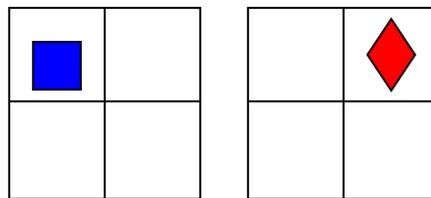
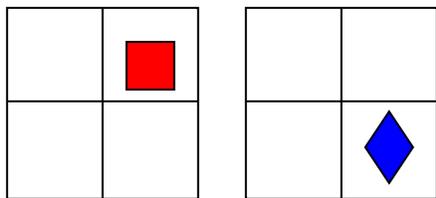
E



In this example, the answer is red squares are going clockwise, so this example the answer is D. The second answer is C in which this column is going counter clockwise. First figure out the pattern, then select the ABCDE to complete the pattern.

Cognitive Flexibility

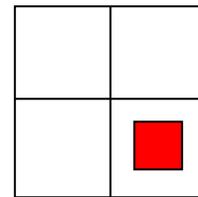
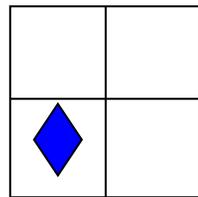
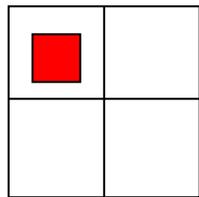
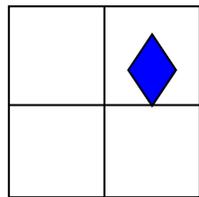
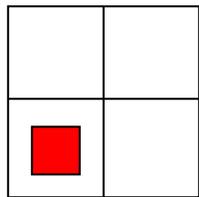
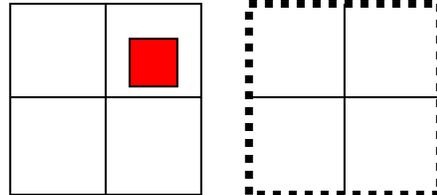
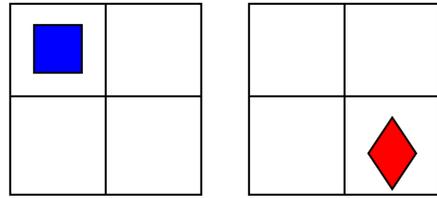
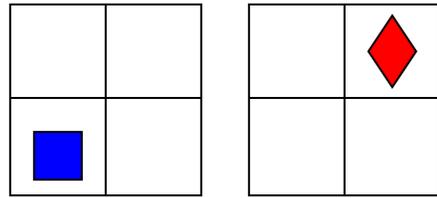
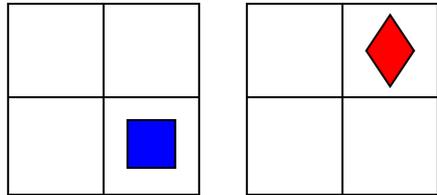
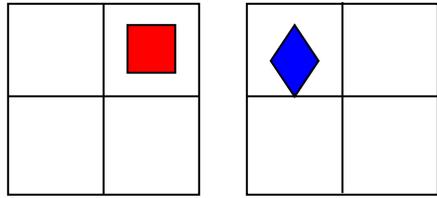
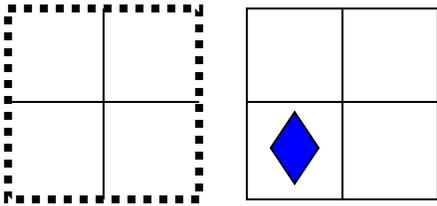
Set One



A
B
C
D
E

Go to the next page.

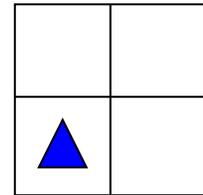
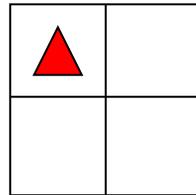
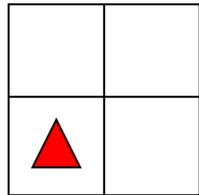
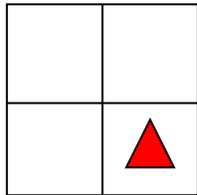
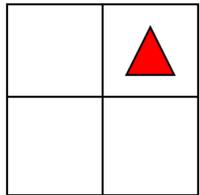
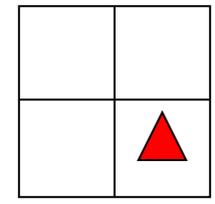
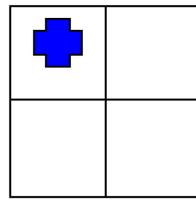
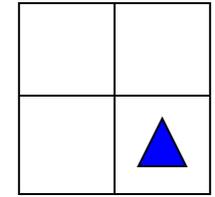
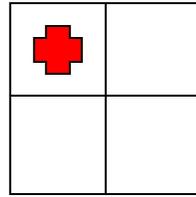
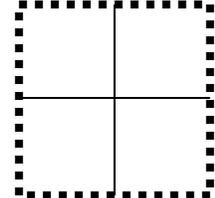
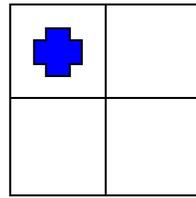
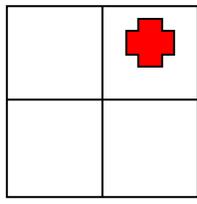
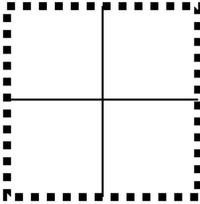
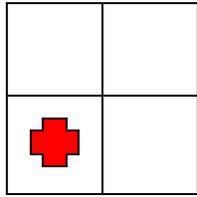
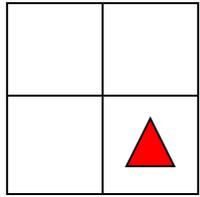
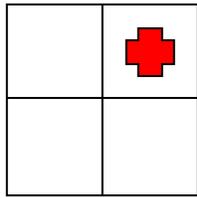
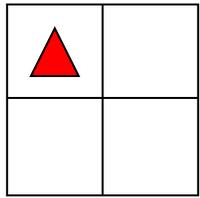
Set Two



A B C D E

Go to the next page.

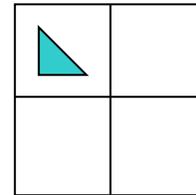
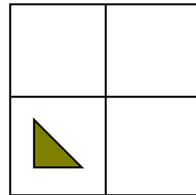
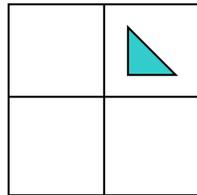
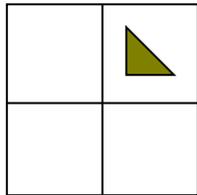
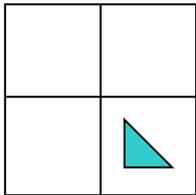
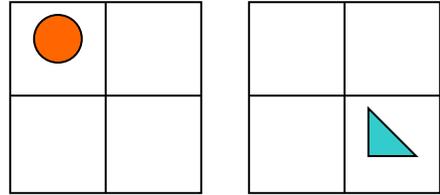
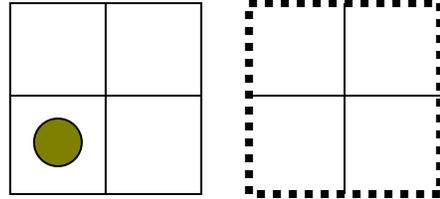
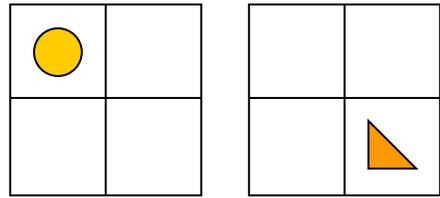
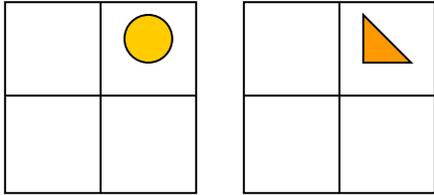
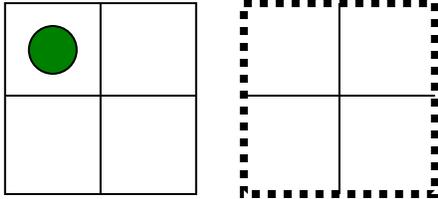
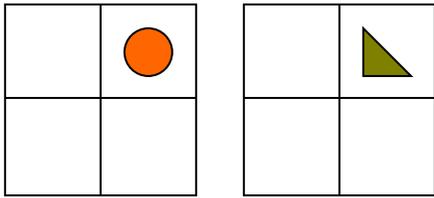
Set Three



- | | | | | |
|---|---|---|---|---|
| A | B | C | D | E |
|---|---|---|---|---|

Go to the next page.

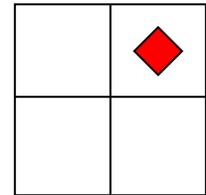
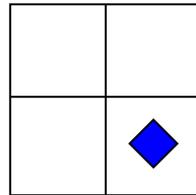
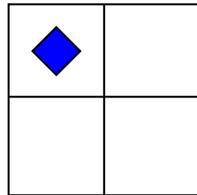
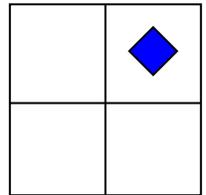
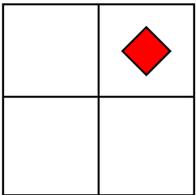
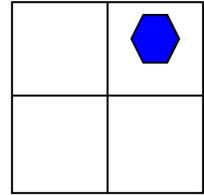
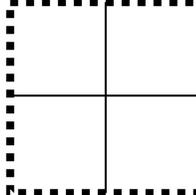
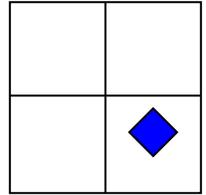
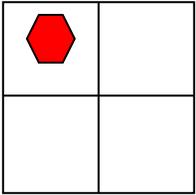
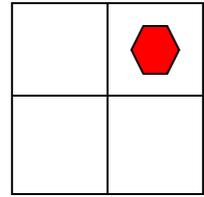
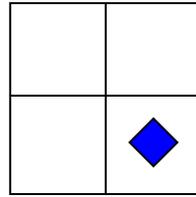
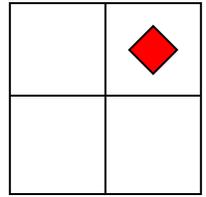
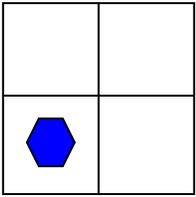
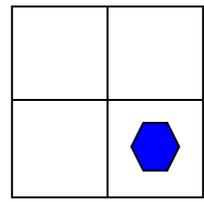
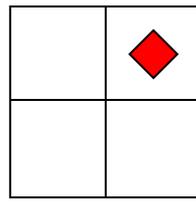
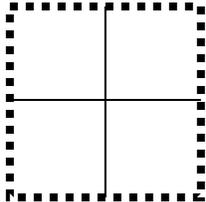
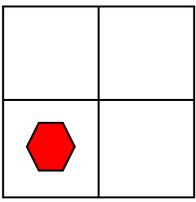
Set Four



A B C D E

Go to the next page.

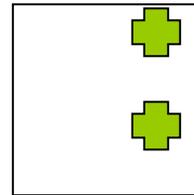
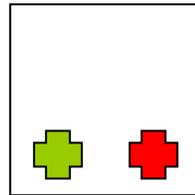
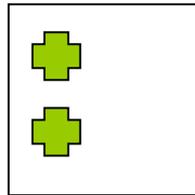
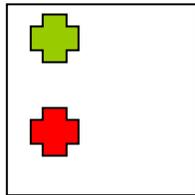
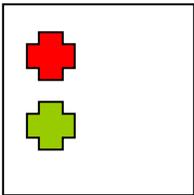
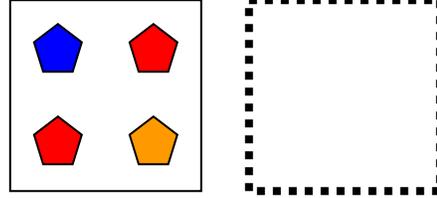
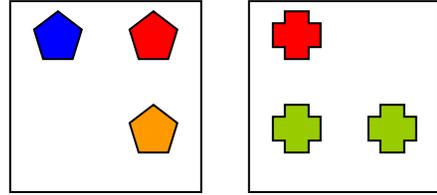
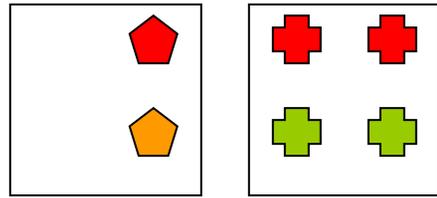
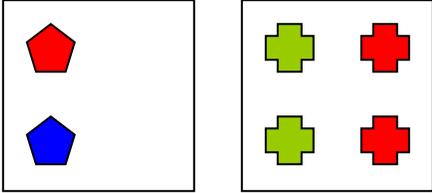
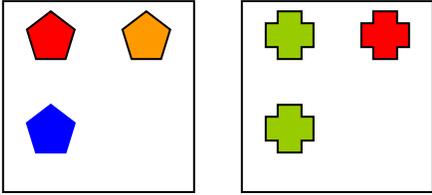
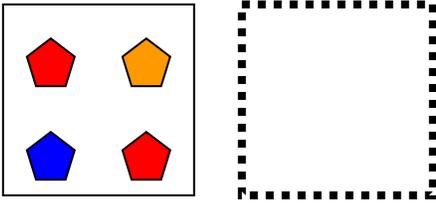
Set Five



A B C D E

Go to the next page.

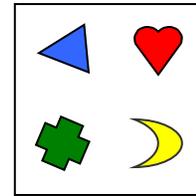
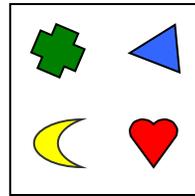
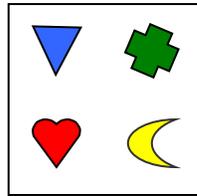
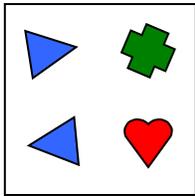
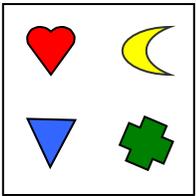
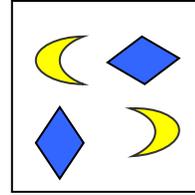
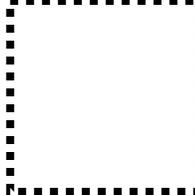
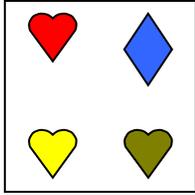
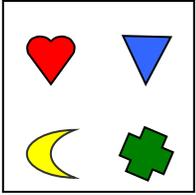
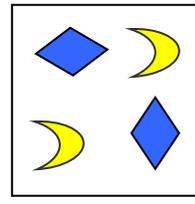
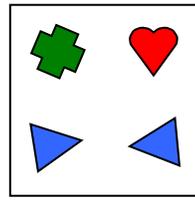
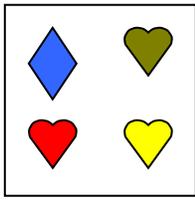
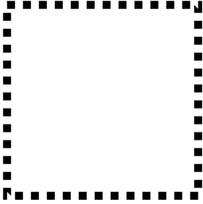
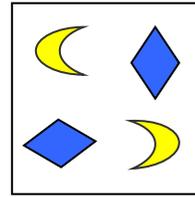
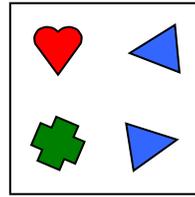
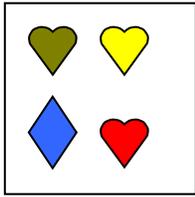
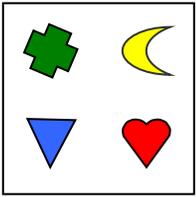
Set Six



- | | | | | |
|---|---|---|---|---|
| A | B | C | D | E |
|---|---|---|---|---|

Go to the next page.

Set Seven



A

B

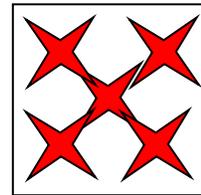
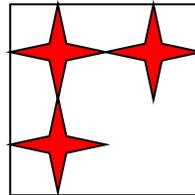
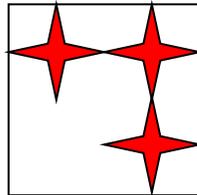
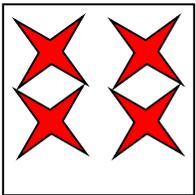
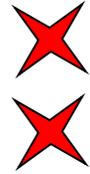
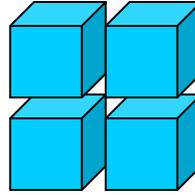
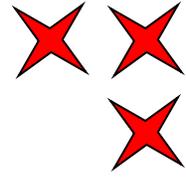
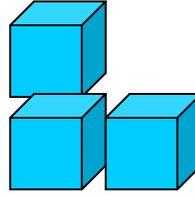
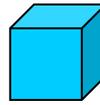
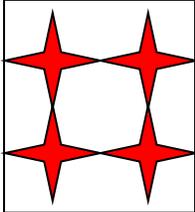
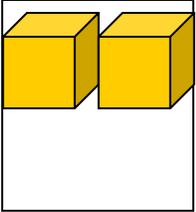
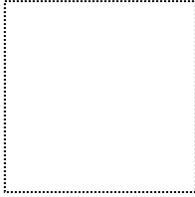
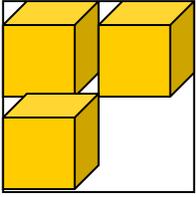
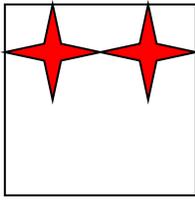
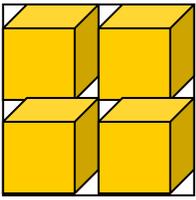
C

D

E

Go to the next page.

Set Eight



A

B

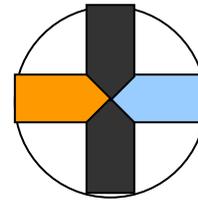
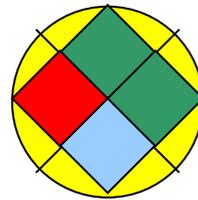
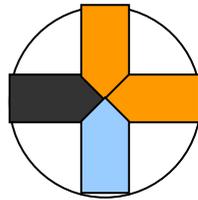
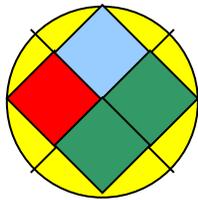
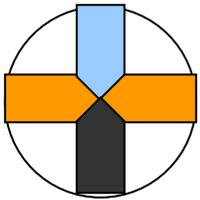
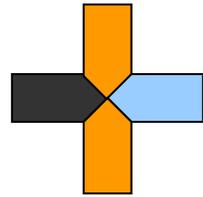
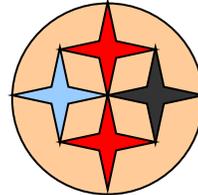
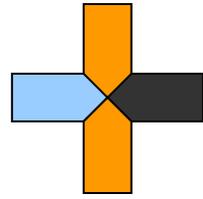
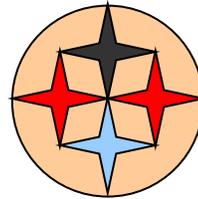
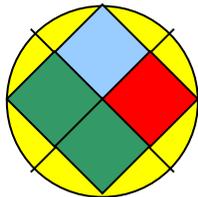
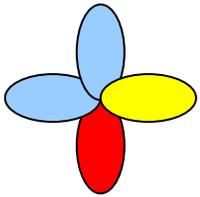
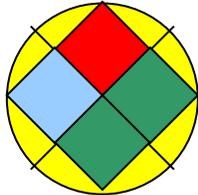
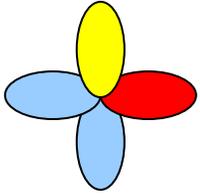
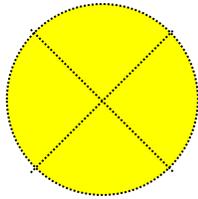
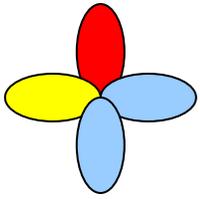
C

D

E

Go to the next page.

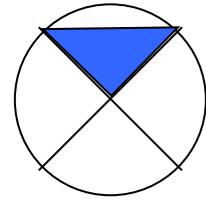
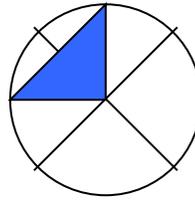
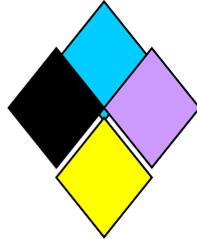
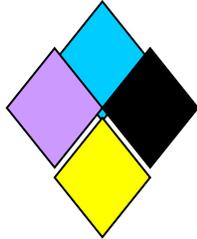
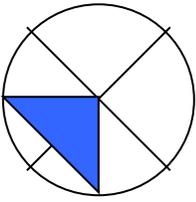
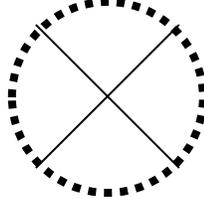
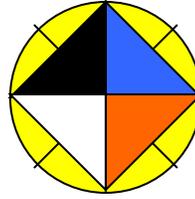
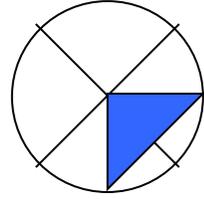
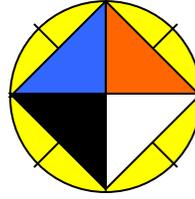
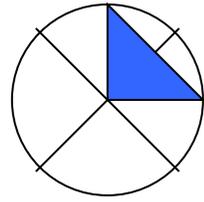
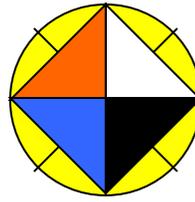
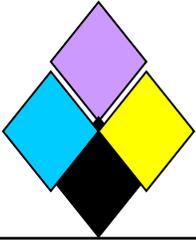
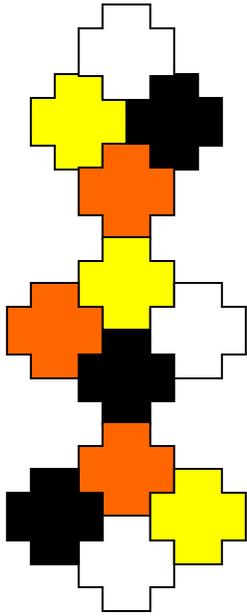
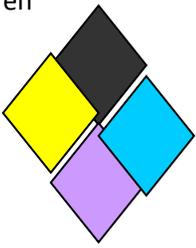
Set Nine



- | | | | | |
|---|---|---|---|---|
| A | B | C | D | E |
|---|---|---|---|---|

Go to the next page.

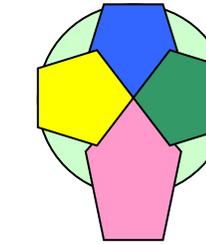
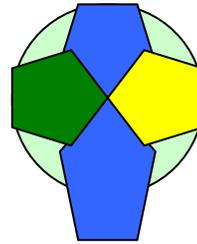
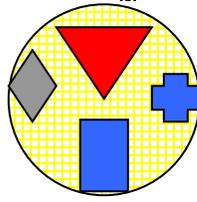
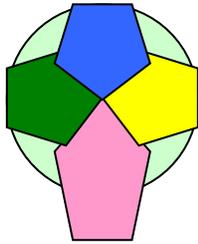
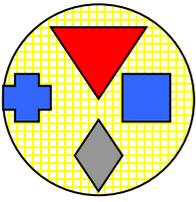
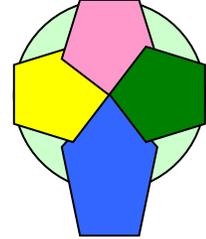
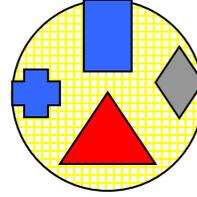
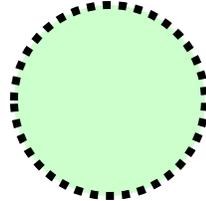
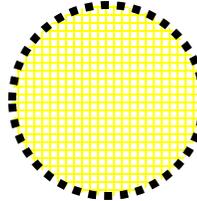
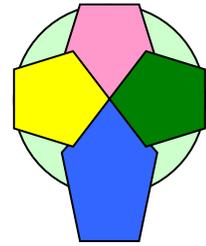
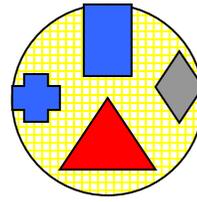
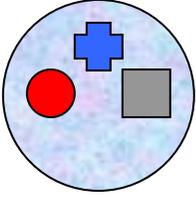
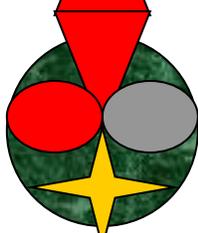
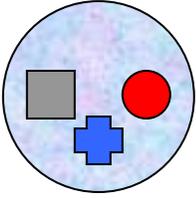
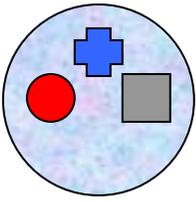
Set Ten



- | | | | | |
|---|---|---|---|---|
| A | B | C | D | E |
|---|---|---|---|---|

Go to the next page.

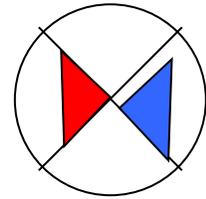
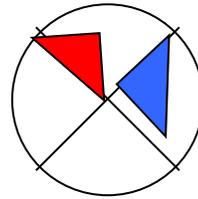
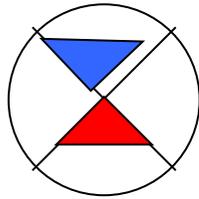
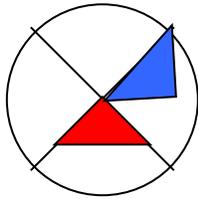
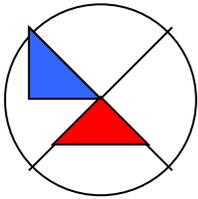
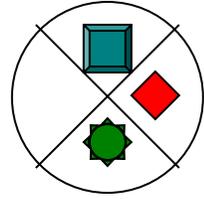
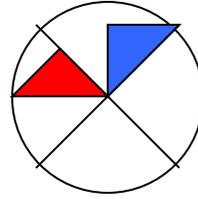
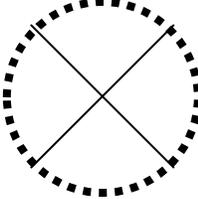
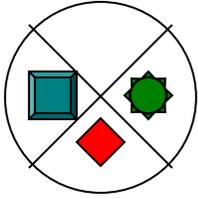
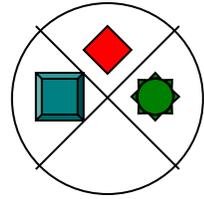
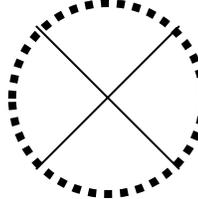
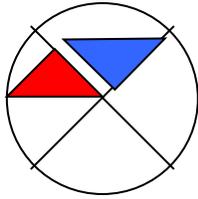
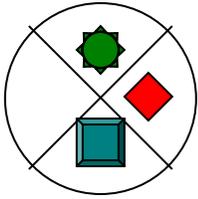
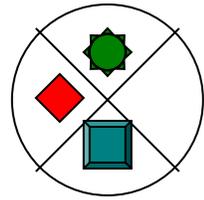
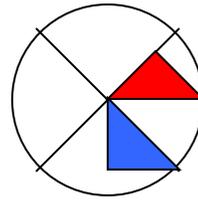
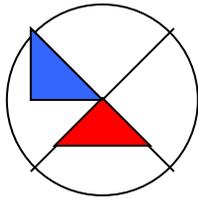
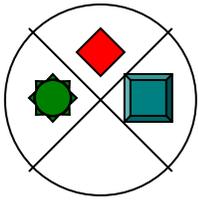
Set Eleven



- | | | | | |
|---|---|---|---|---|
| A | B | C | D | E |
|---|---|---|---|---|

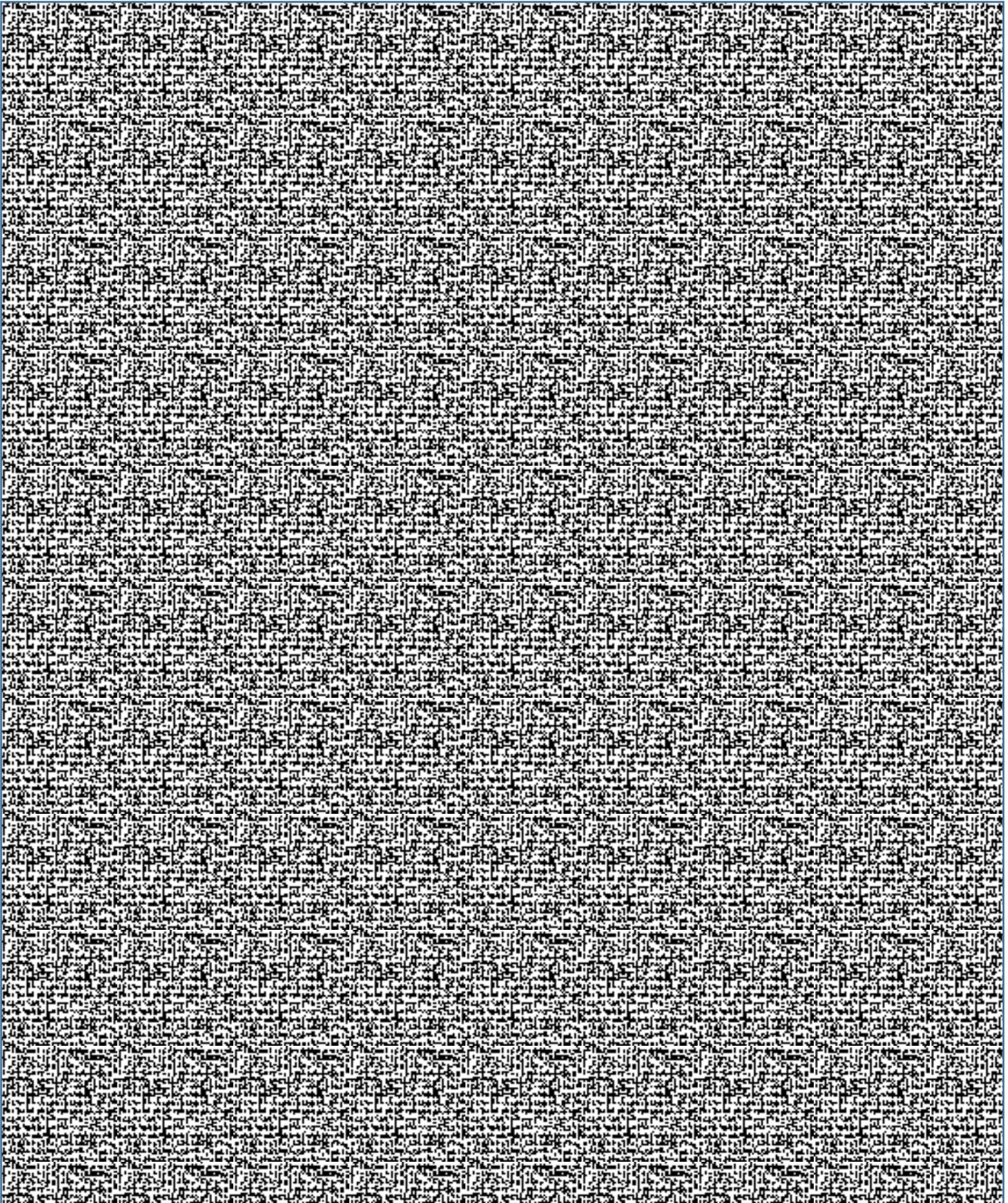
Go to the next page.

Set Twelve

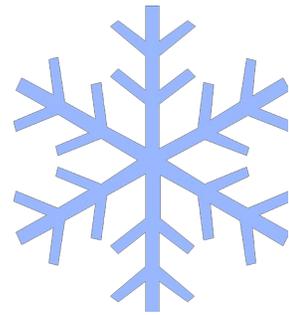
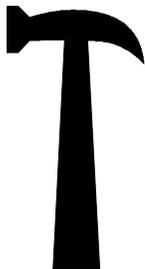
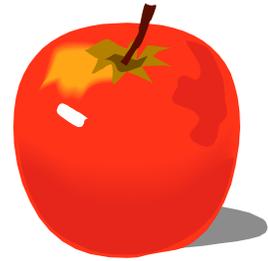
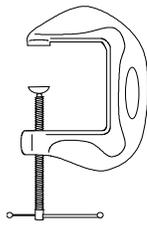
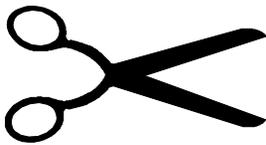
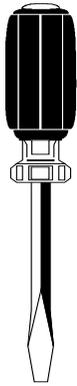
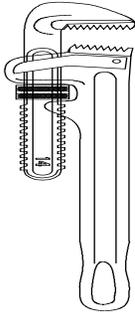


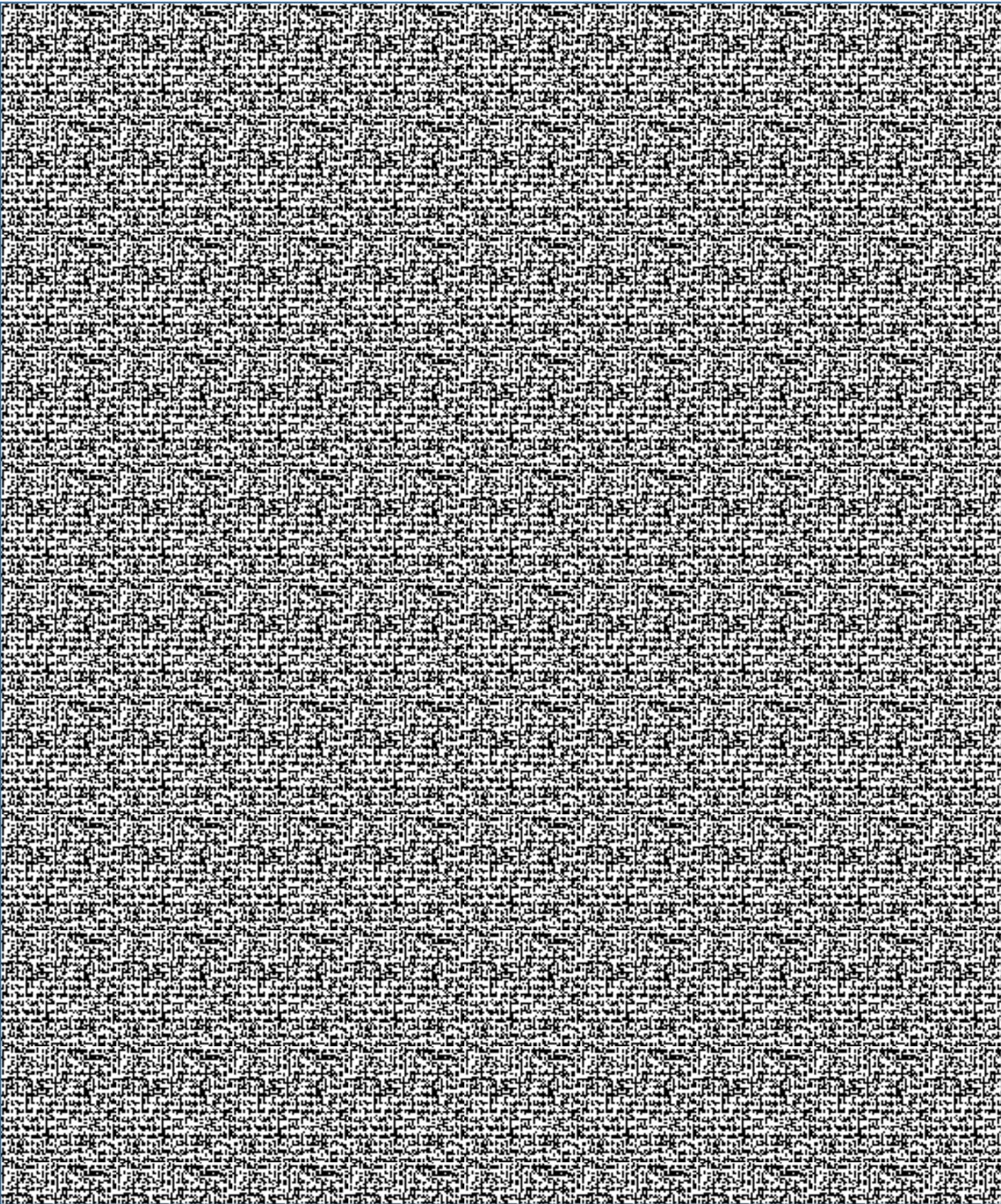
- | | | | | |
|---|---|---|---|---|
| A | B | C | D | E |
|---|---|---|---|---|

Go to the next page.



Study 1. Study all the items, but only remember the tools in the middle.





Answer Sheet: only the ones you saw in the middle

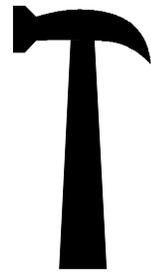
1. A



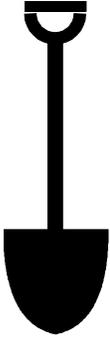
B



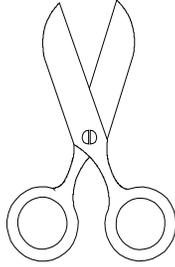
C



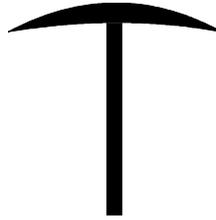
2. A



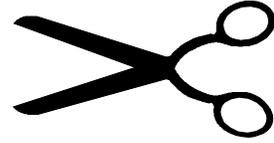
B



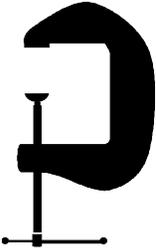
C



D



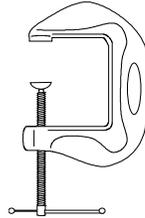
3. A



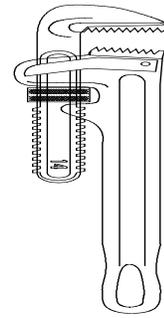
B



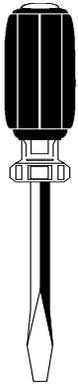
C



D



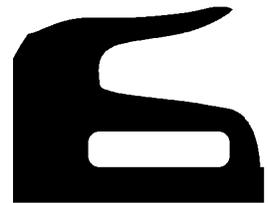
4. A



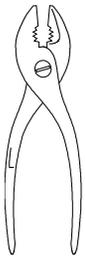
B



C



5. A



B



C

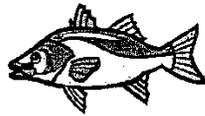
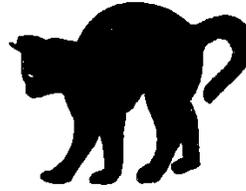


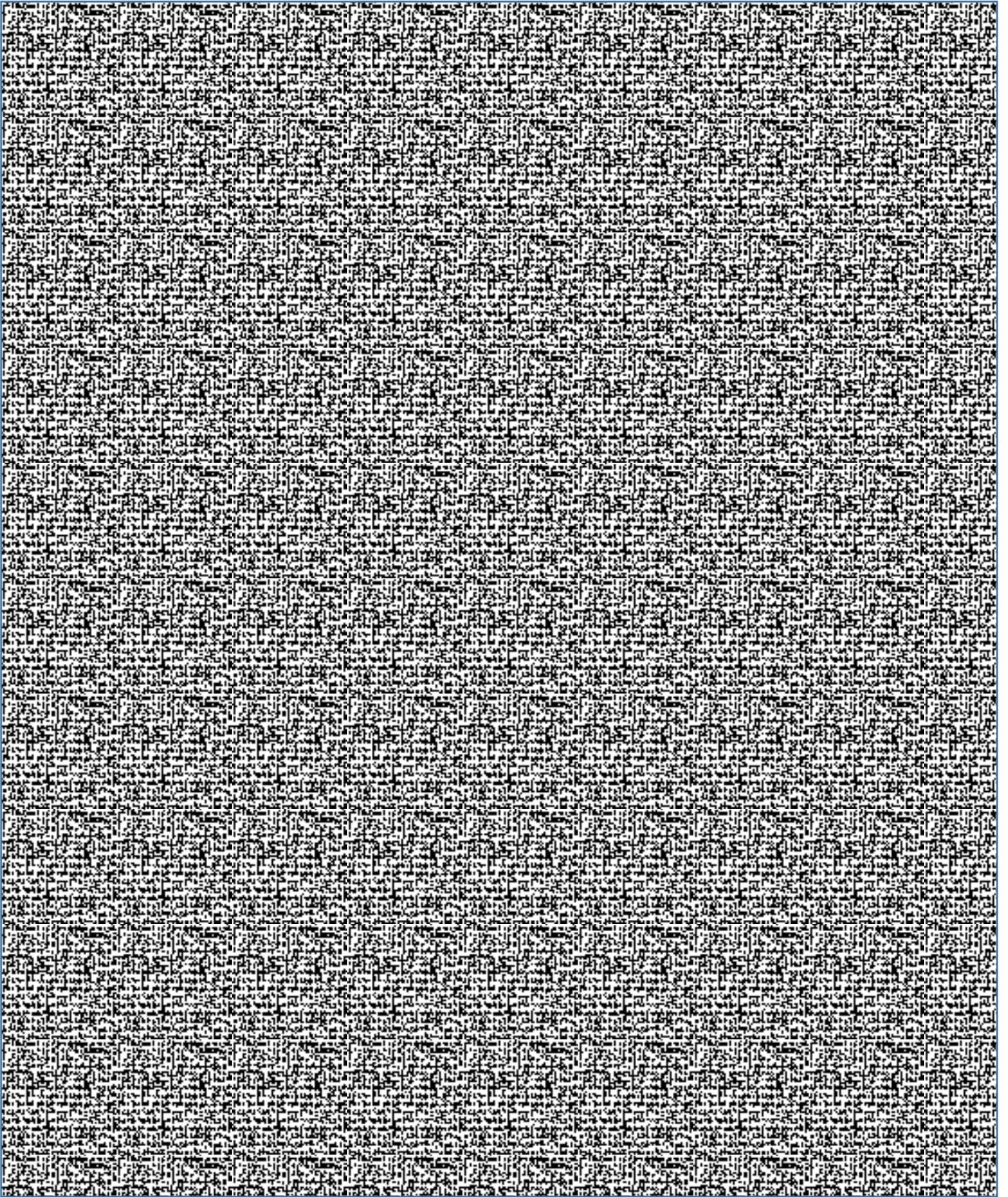
Study 2: Study all the animals and insects but remember the ones on the right. Study for 2 ½ minutes

LEFT



RIGHT





Answer Sheet

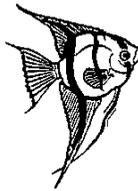
1.



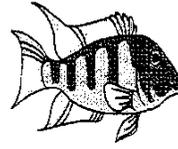
A



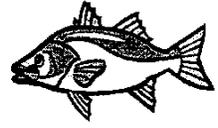
B



C



D



E

2.



A



B



C

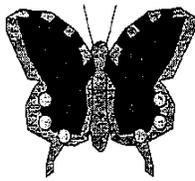


D

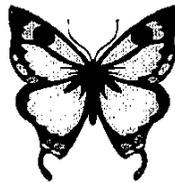


E

3.



A



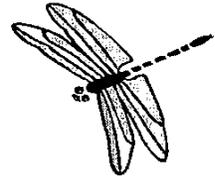
B



C

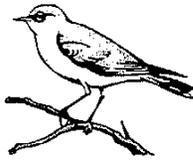


D



E

4.



A



B



C



D



E

5.



A



B



C



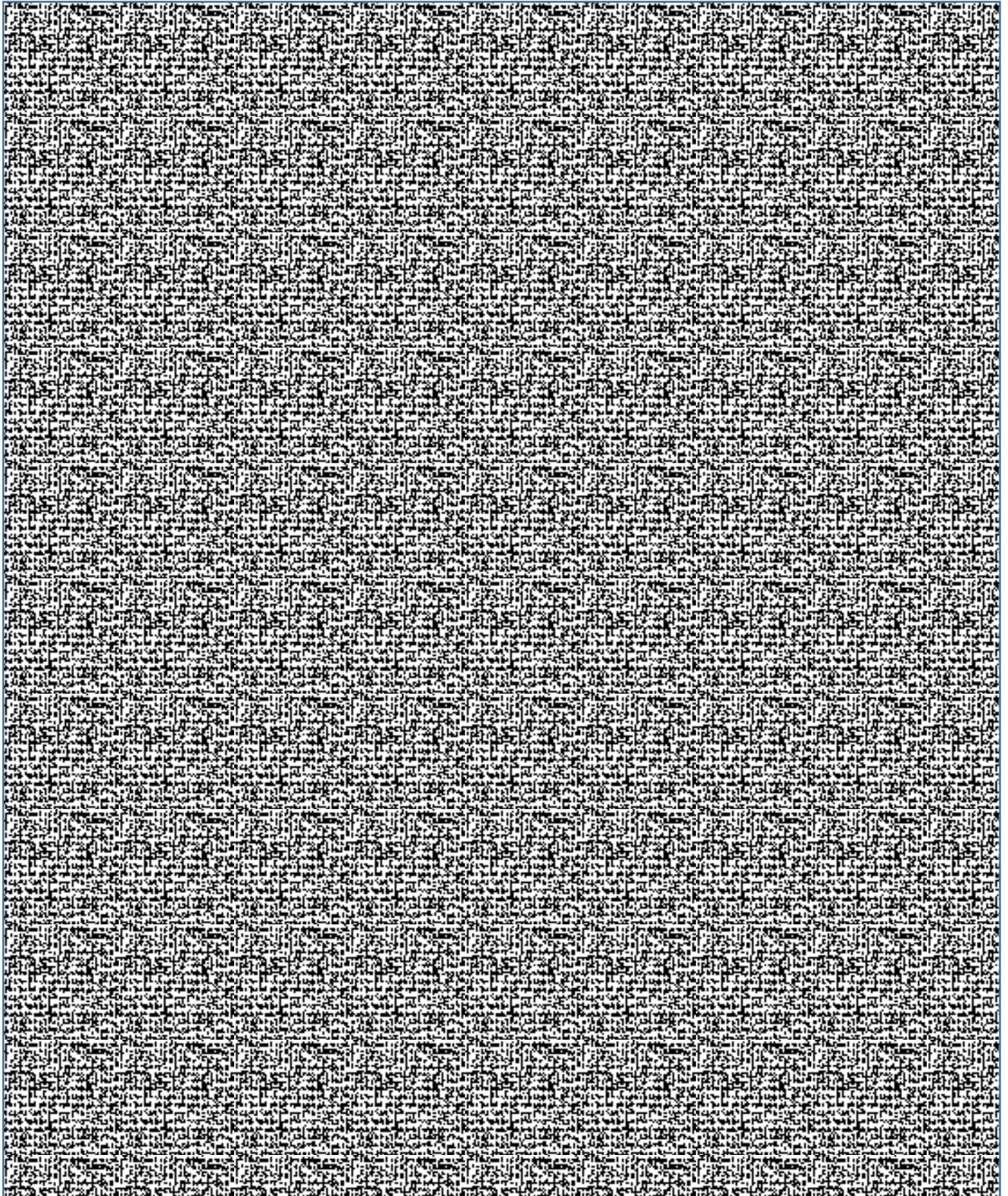
D



E

Study both sides for 2 ½ minutes but only remember the pictures on the left





Circle the people that you were told to remember on the left.



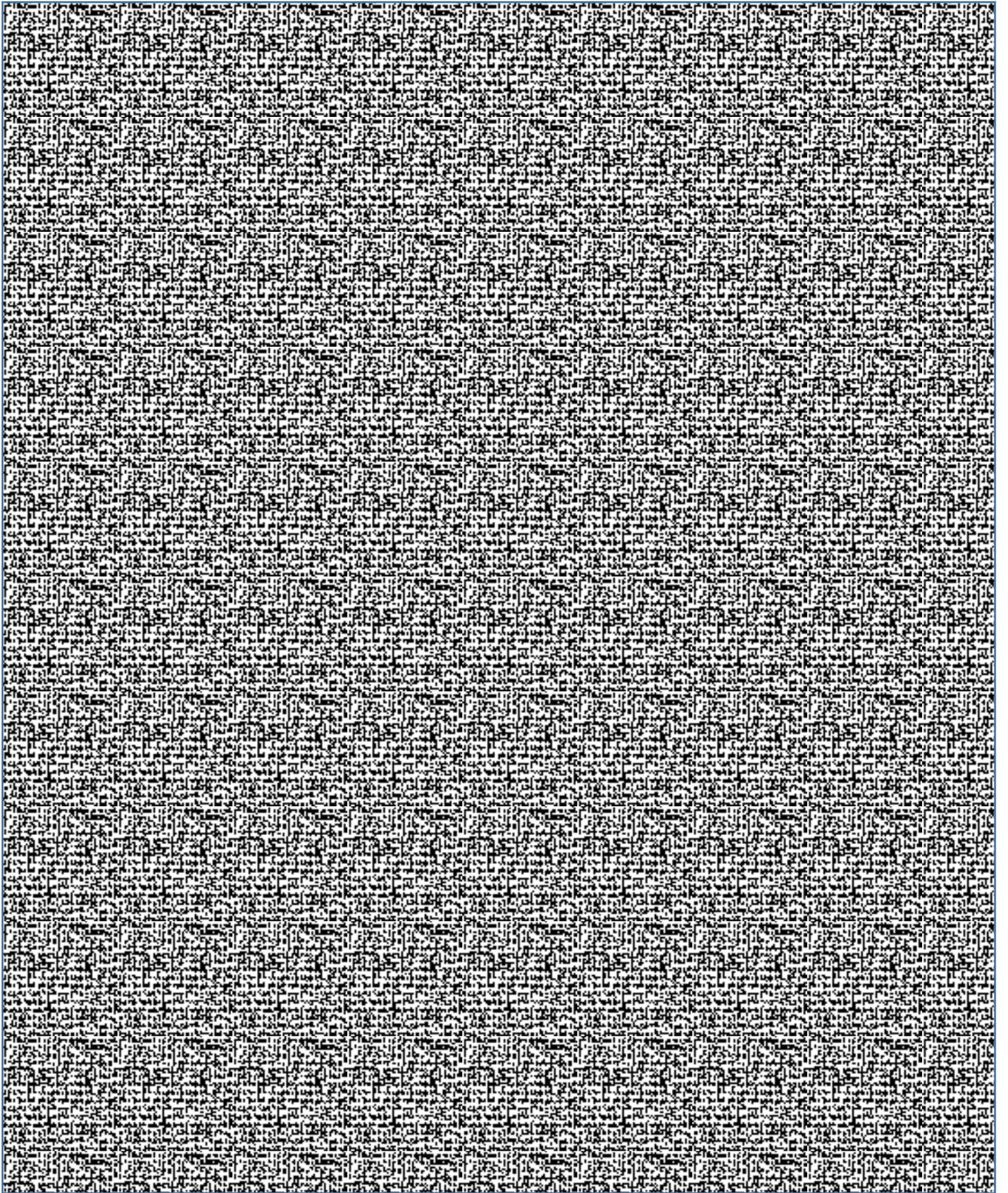
Study 6 all these pictures but only remember the pictures on the right

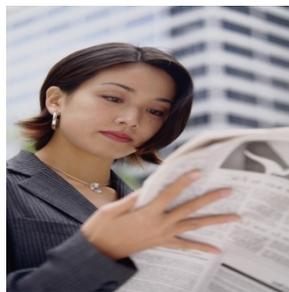
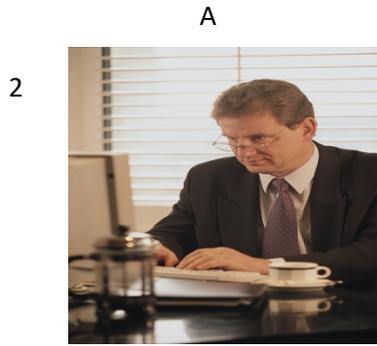
LEFT



RIGHT







CIRCLE "YES" TO THE PICTURES YOU WERE TOLD TO REMEMBER

	A		B		C	
1	YES	NO	YES	NO	YES	NO

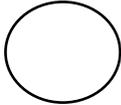
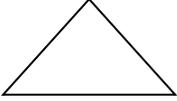
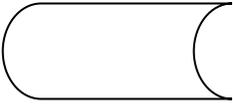
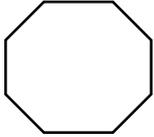
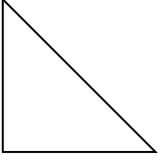
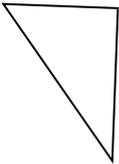
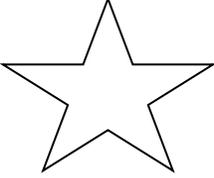
	A		B		C	
2	YES	NO	YES	NO	YES	NO

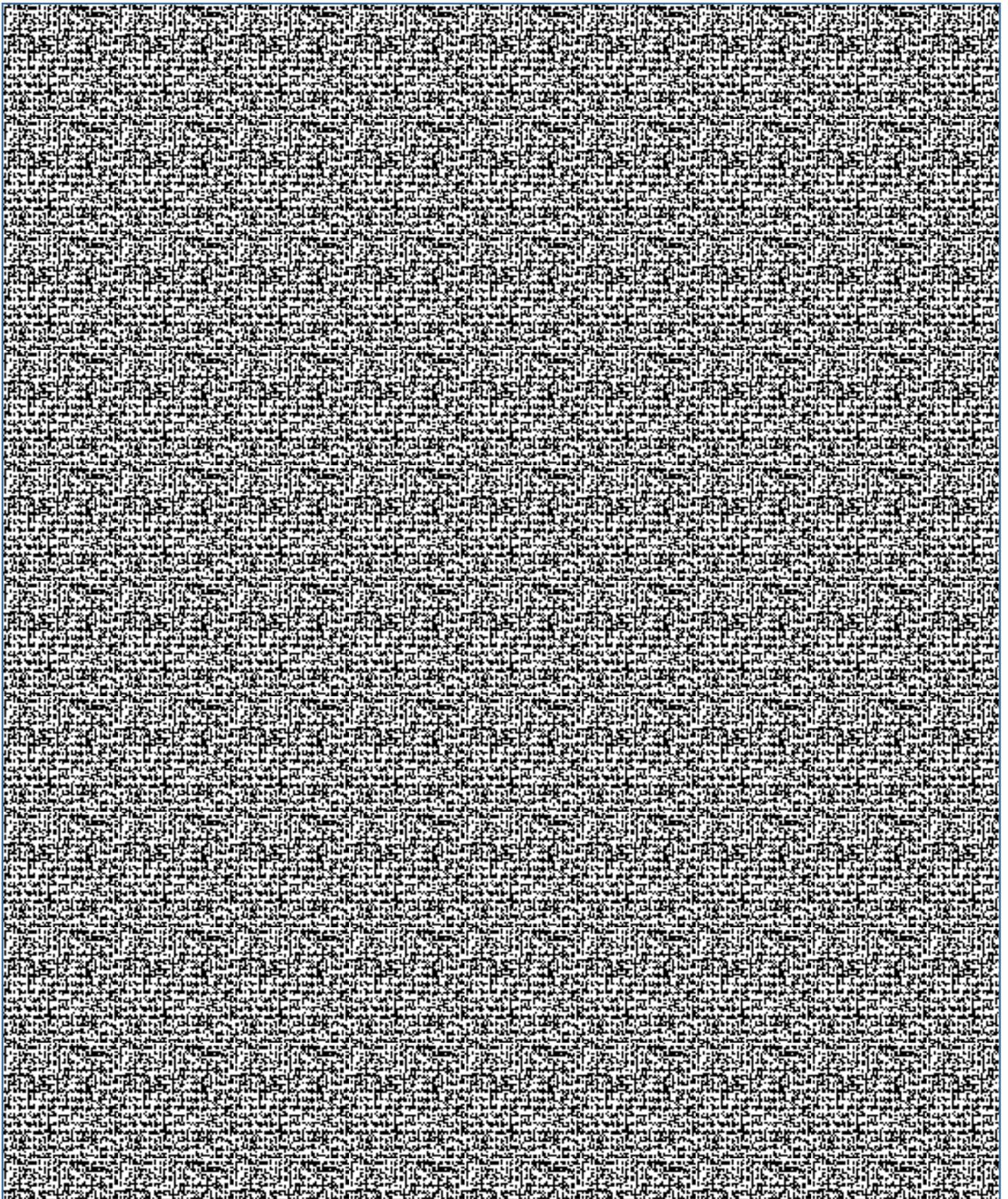
	A		B		C	
3	YES	NO	YES	NO	YES	NO

	A		B		C	
4	YES	NO	YES	NO	YES	NO

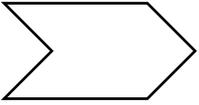
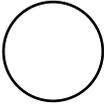
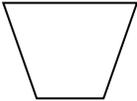
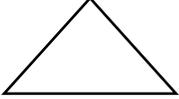
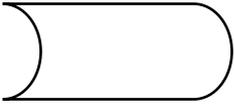
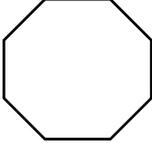
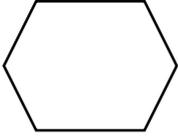
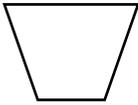
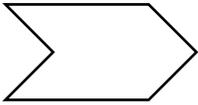
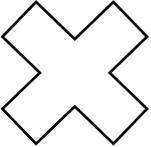
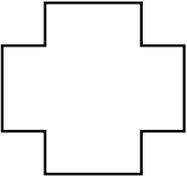
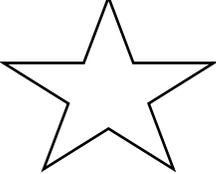
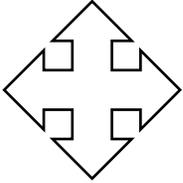
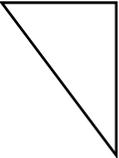
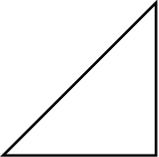
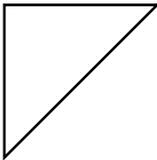
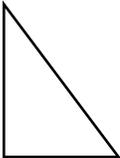
	A		B		C	
5	YES	NO	YES	NO	YES	NO

Memory for Abstract Designs 1: Form A: Part I: All at all the designs but only remember the ones on the left

LEFT	RIGHT
	
	
	
	
	

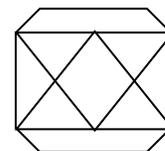
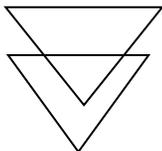
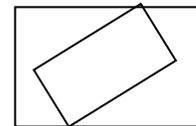
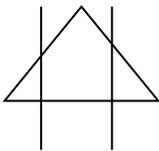
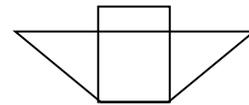
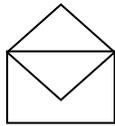
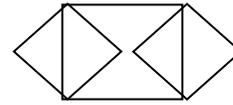
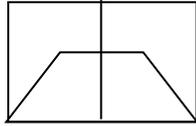
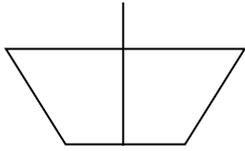


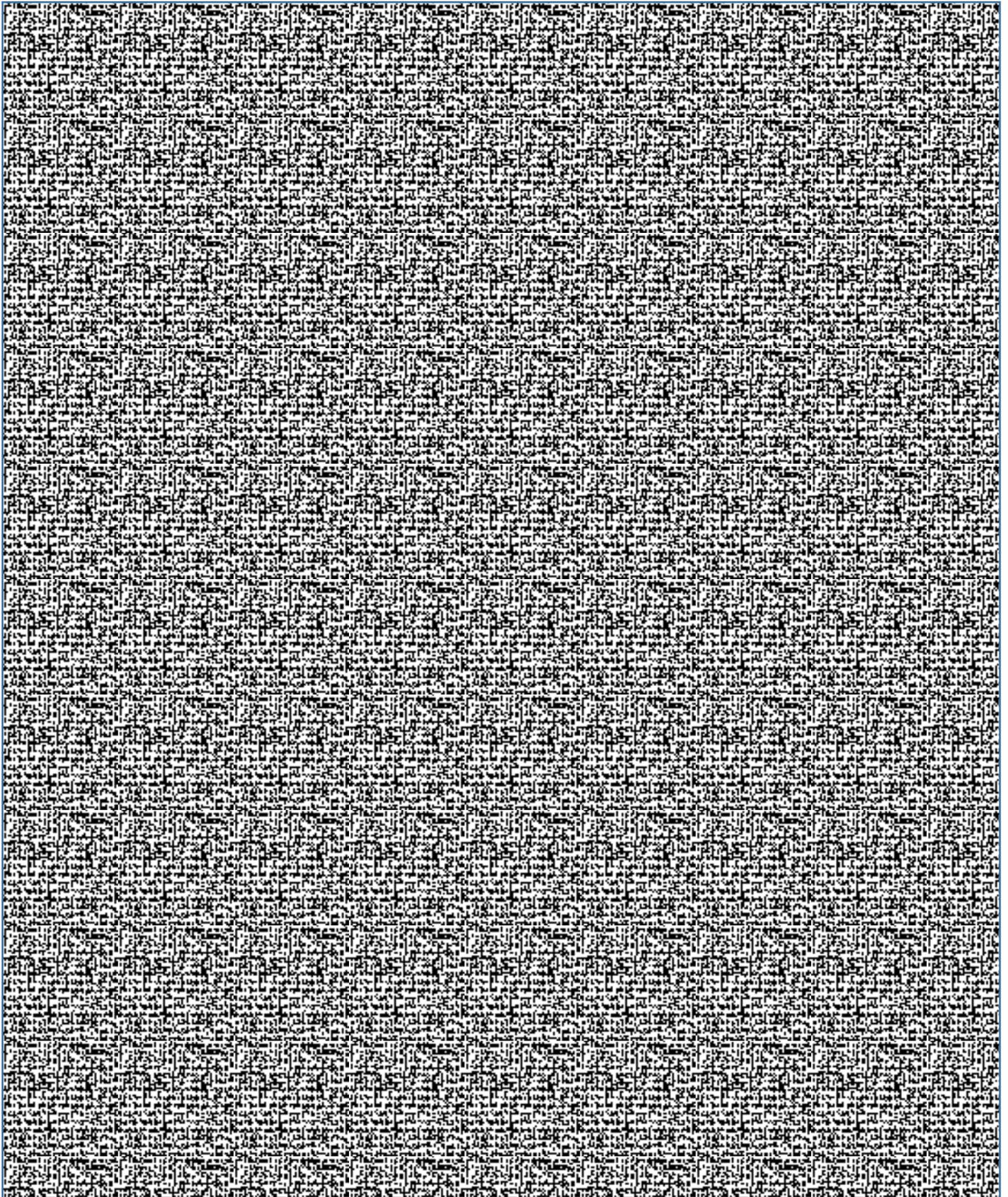
Memory for Abstract Designs I Answer Sheet: Which one was most like the one you studied?

	A	B	C	D
1.				
2.				
3.				
4.				
5.				

LEFT

RIGHT





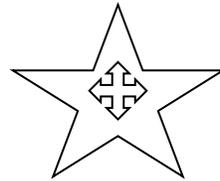
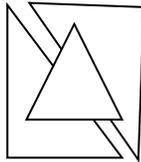
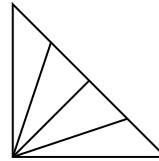
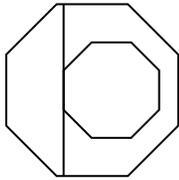
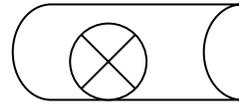
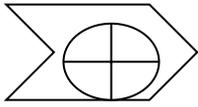
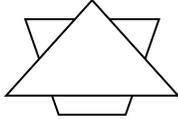
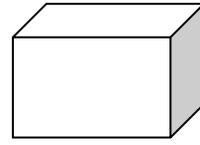
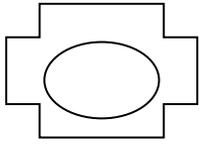
Memory for Abstract Designs II: Answer Sheet

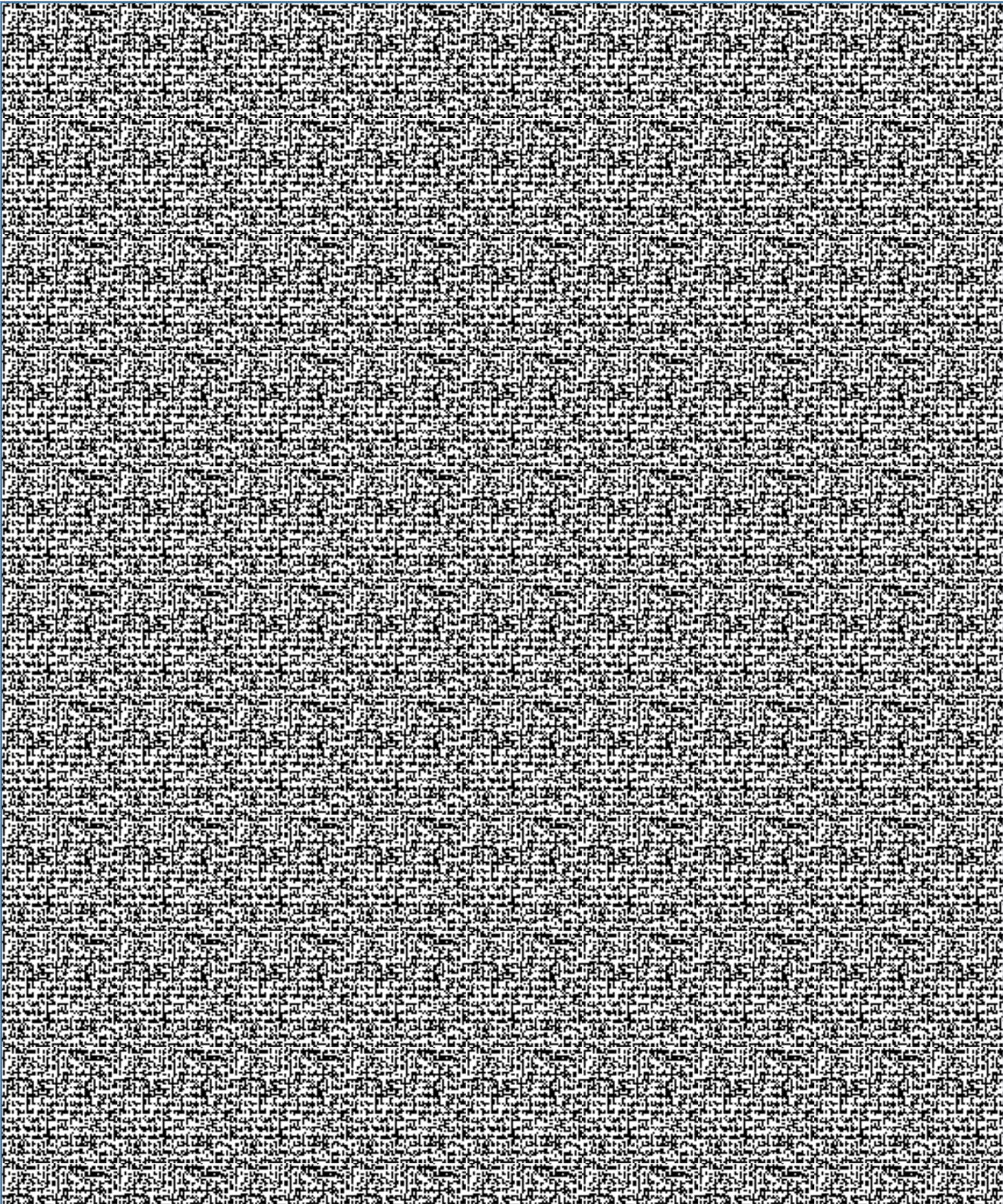
	a	b	c	d	e
Row 1					
Row 2					
Row 3					
Row 5					
Row 5					

Memory for Abstract Designs III: Form A: Look at all of these designs but only remember the ones on the left

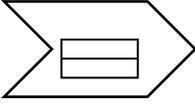
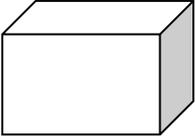
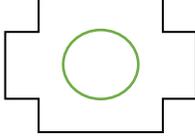
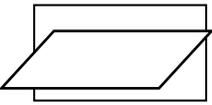
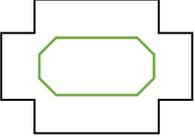
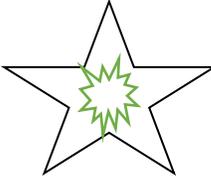
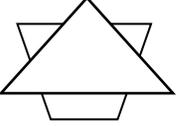
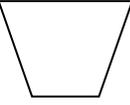
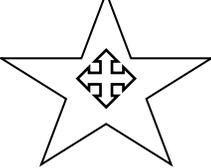
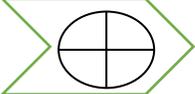
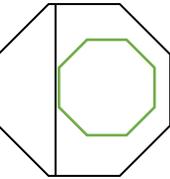
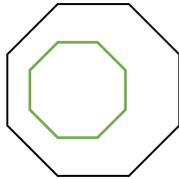
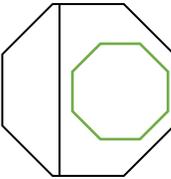
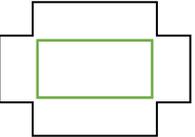
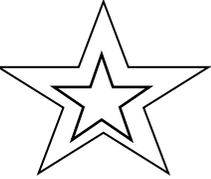
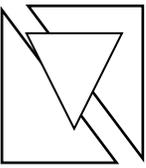
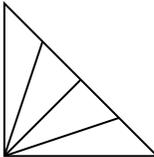
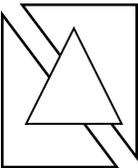
LEFT

RIGHT



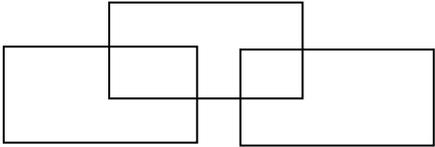
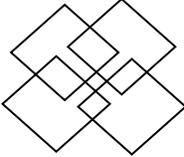
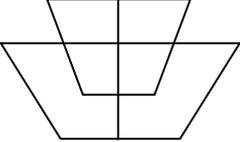
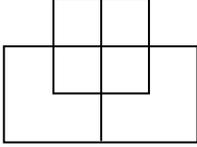
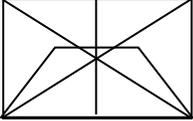
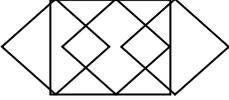
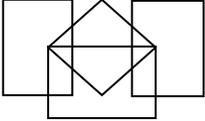
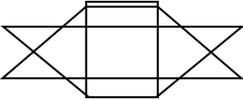
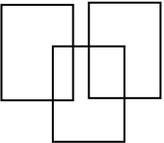
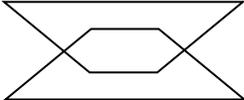
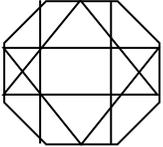
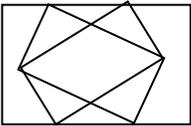
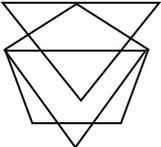
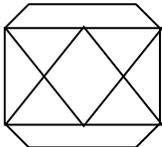


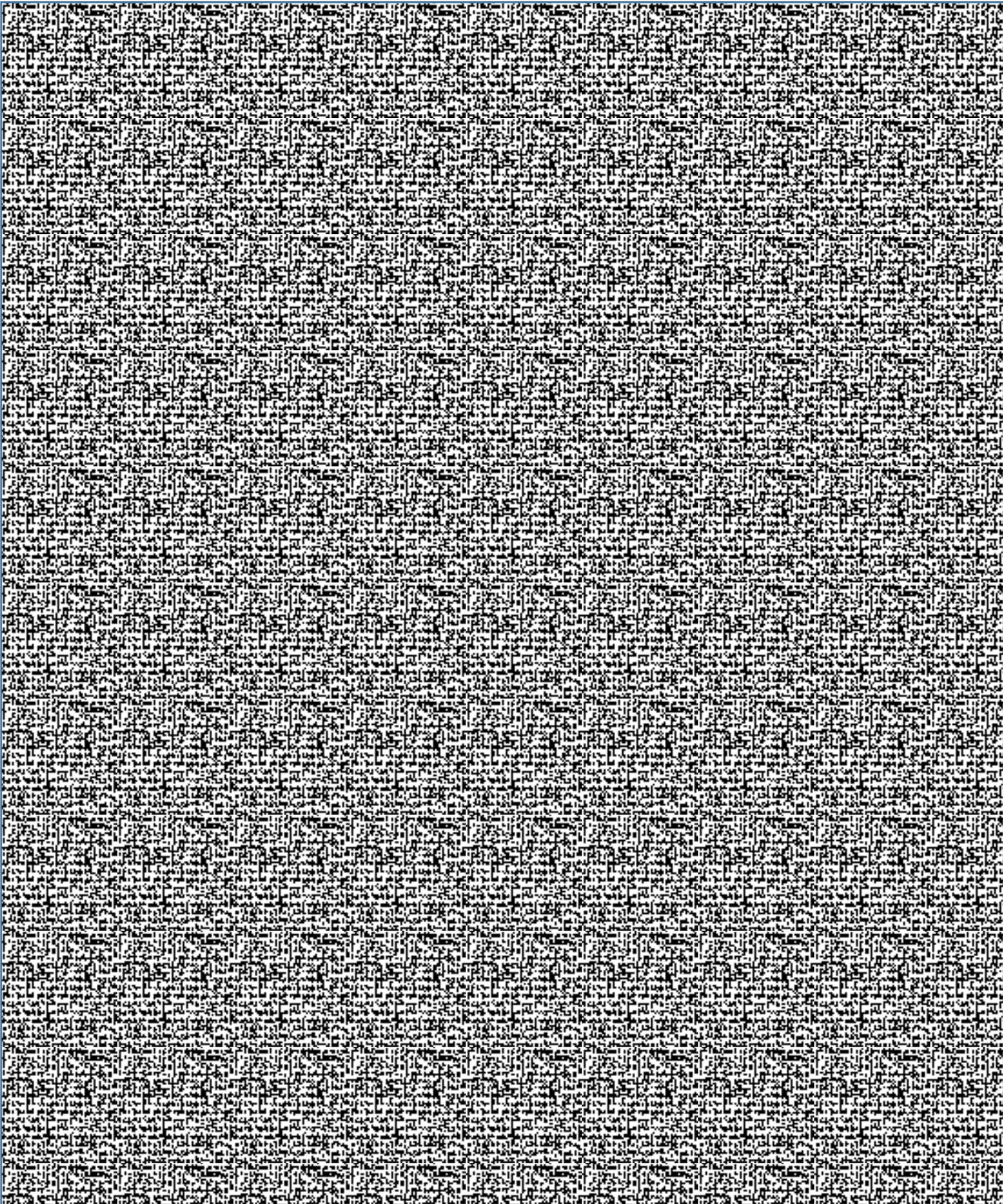
Memory for Abstract Designs” Design III Answer Sheet: Which one was most like the one you studied?

A	B	C	D
<p>1.</p> 			
<p>2.</p> 			
<p>3.</p> 			
<p>4.</p> 			
<p>5.</p> 			

LEFT

RIGHT

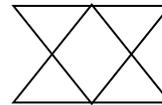
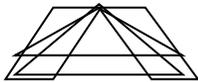
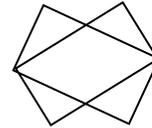
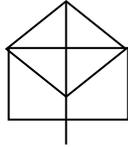
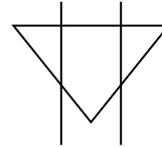
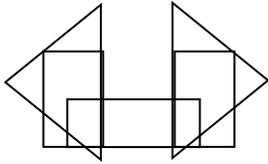
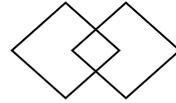
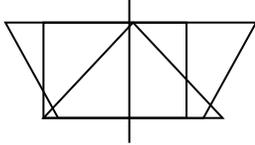
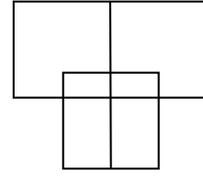
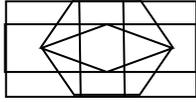


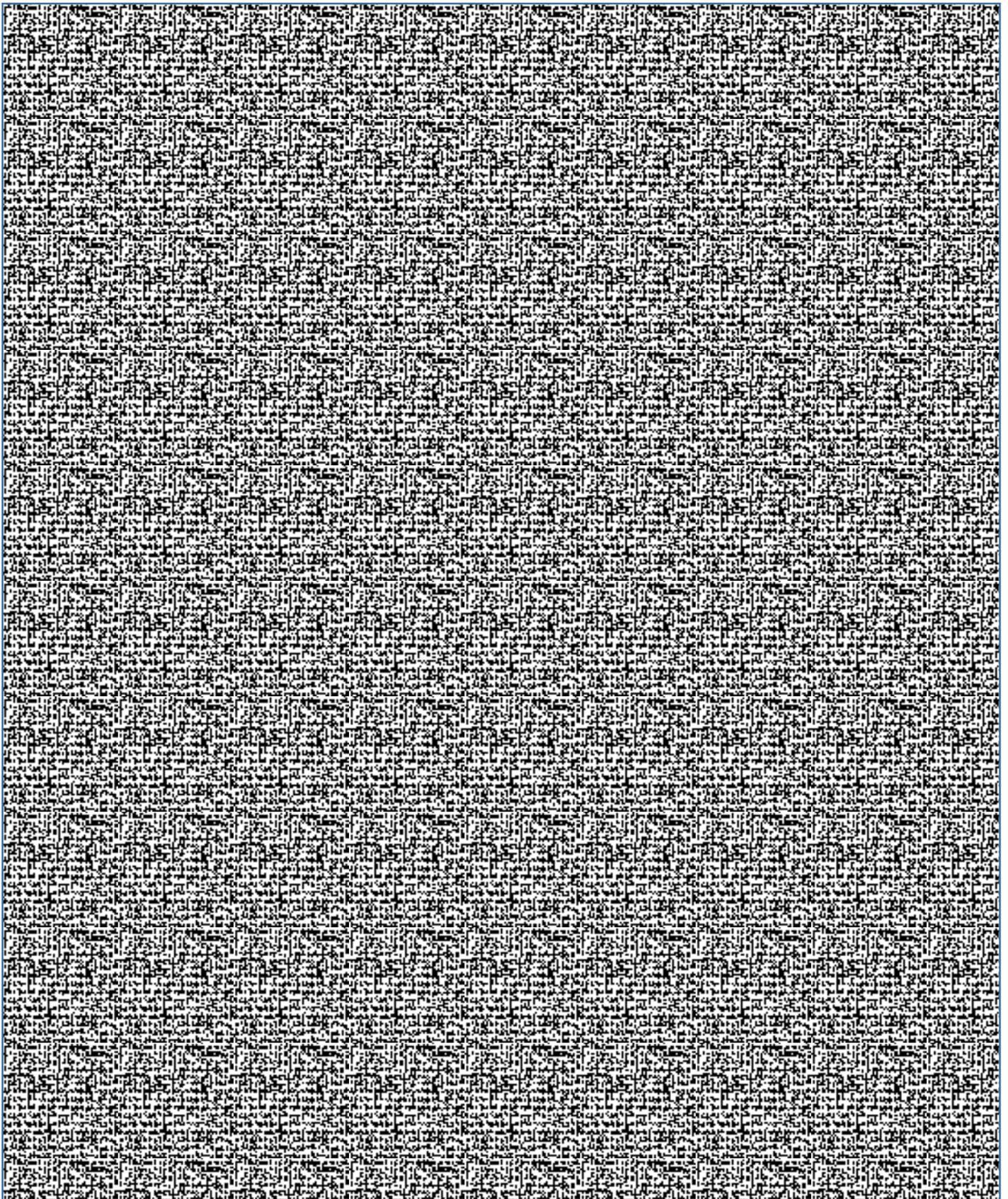
	a	b	c	d	e
Row 1					
Row 2					
3					
Row 4					
Row 5					

Memory for Abstract Designs IV – study the entire page several times – remember the ones on the left

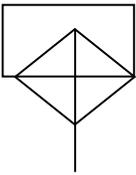
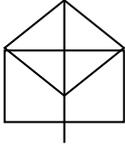
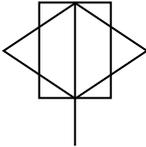
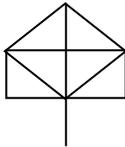
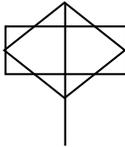
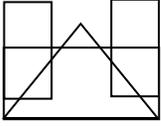
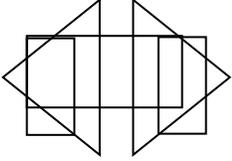
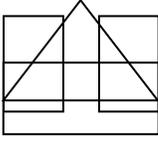
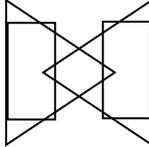
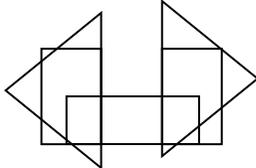
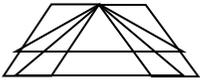
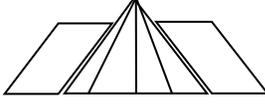
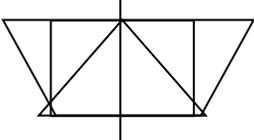
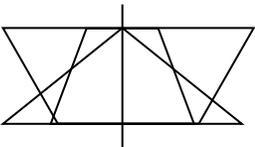
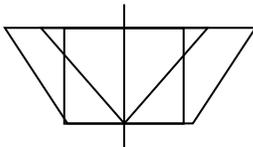
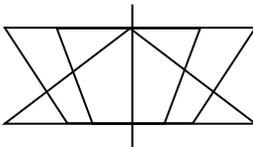
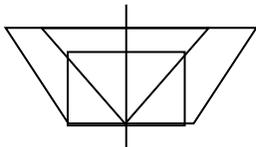
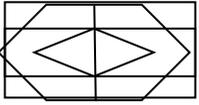
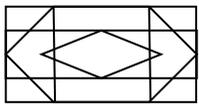
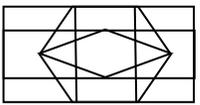
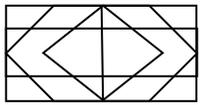
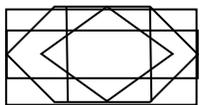
LEFT

RIGHT





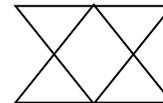
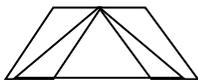
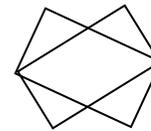
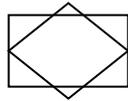
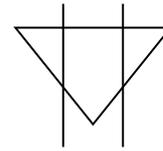
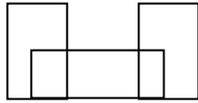
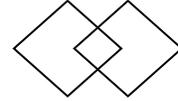
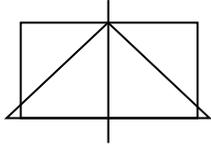
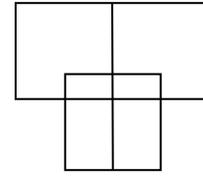
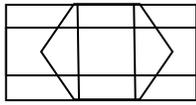
Memory for Abstract Designs IV: Answer sheet

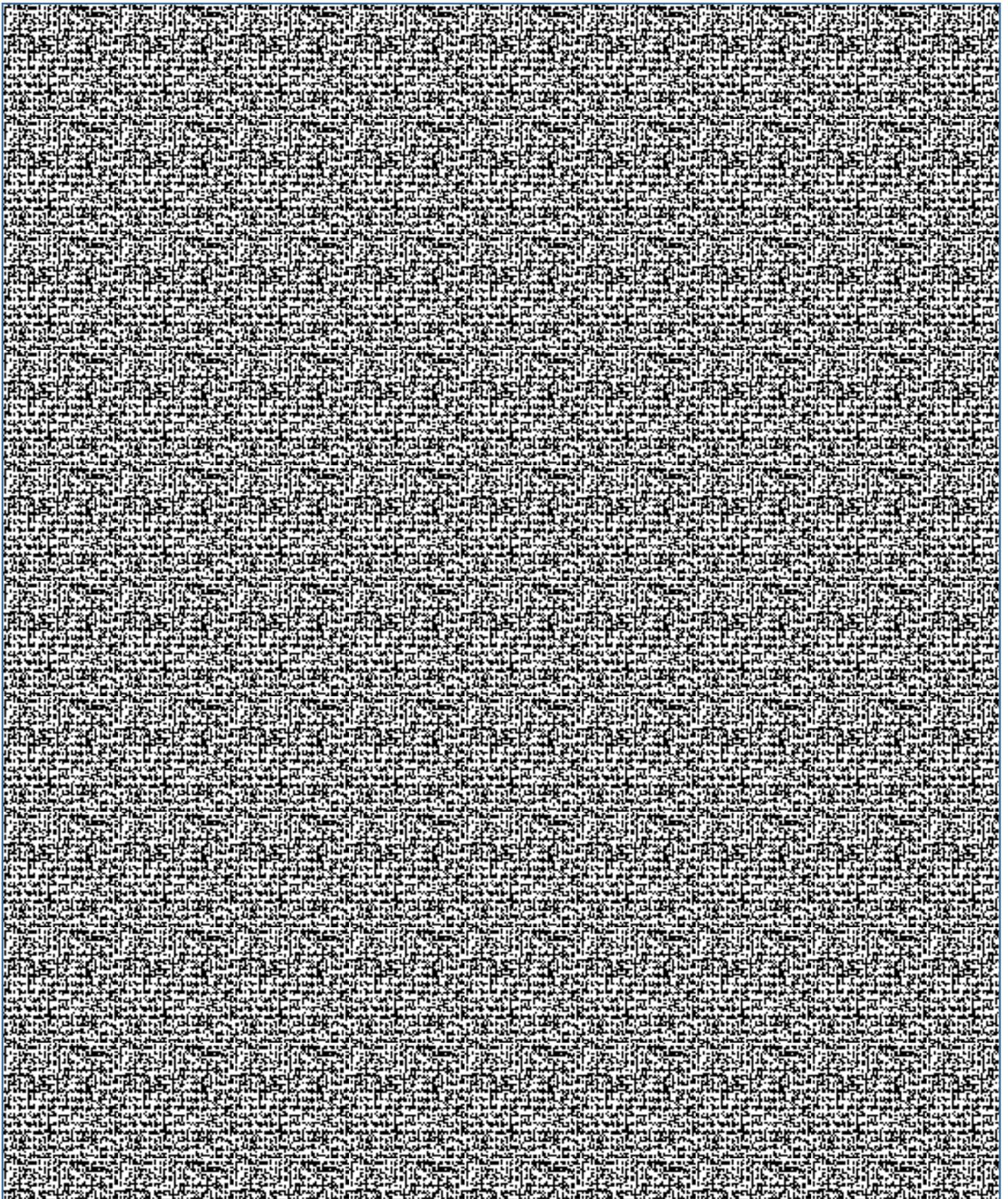
a	b	c	d	e
<p>Row 1</p> 				
<p>Row 2</p> 				
<p>Row 3</p> 				
<p>Row 4</p> 				
<p>Row 5</p> 				

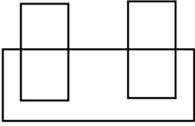
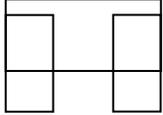
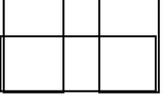
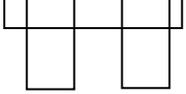
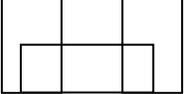
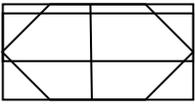
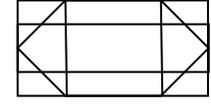
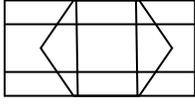
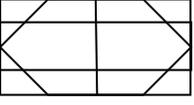
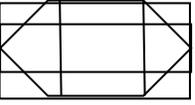
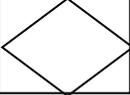
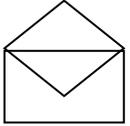
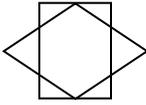
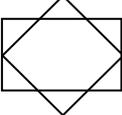
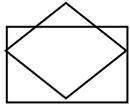
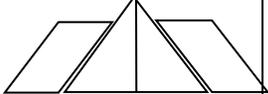
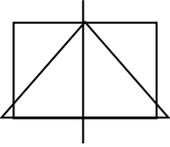
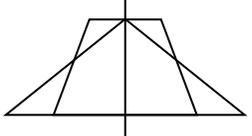
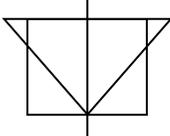
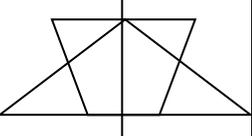
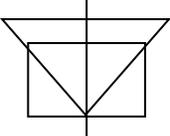
Memory for Abstract Designs: V: remember them all – especially the ones on the left

LEFT

RIGHT

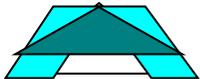
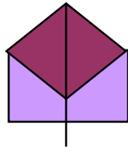
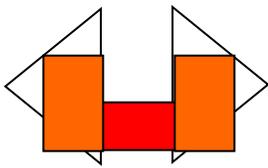
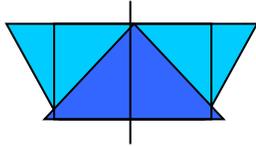
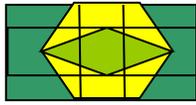




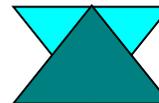
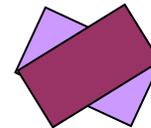
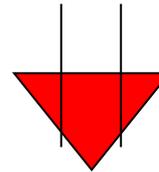
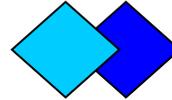
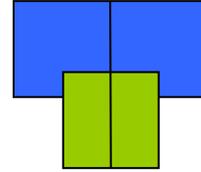
a	b	c	d	e
Row 1 				
Row 2 				
Row 3 				
Row 4 				
Row 5 				

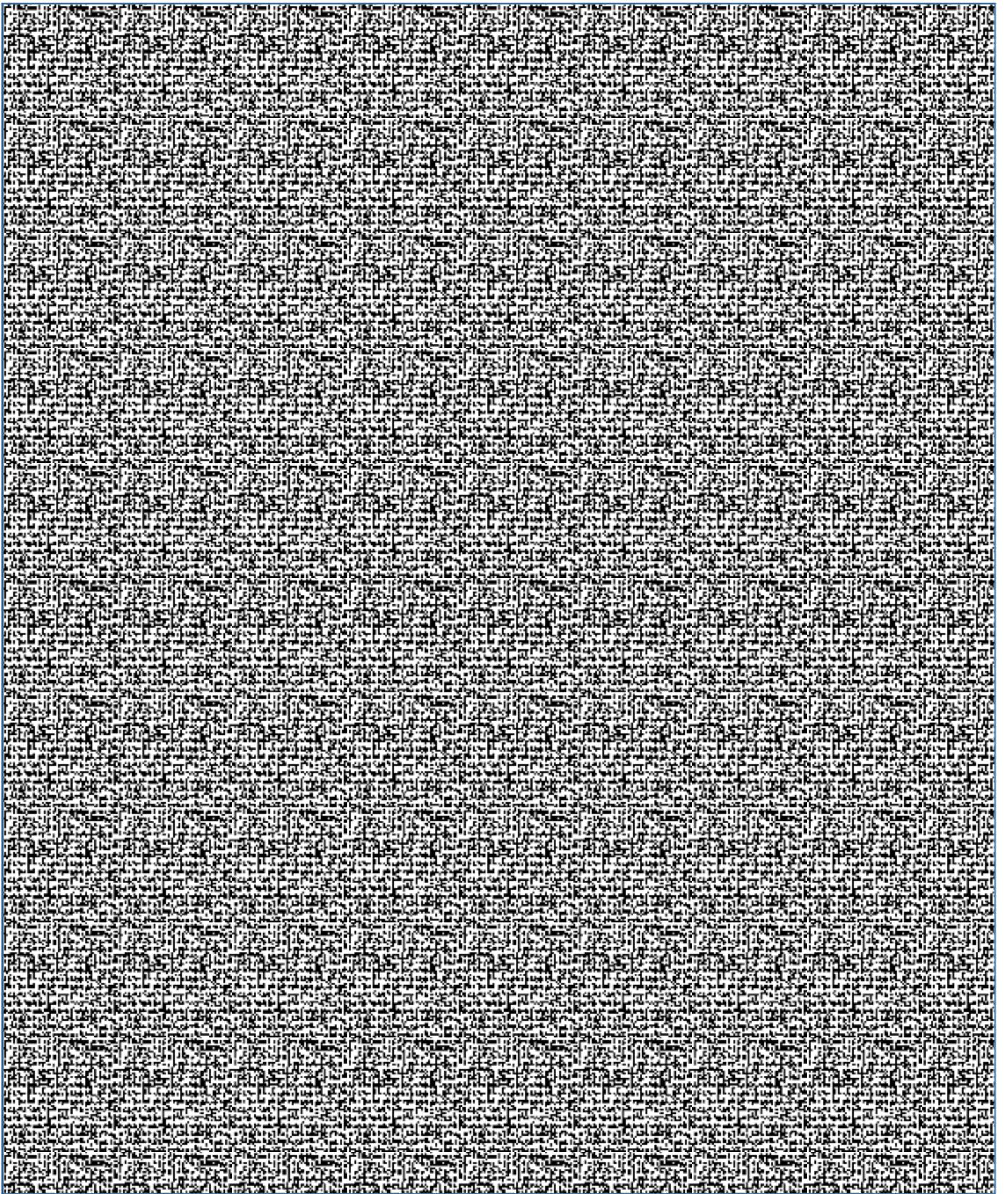
Memory for Abstract Designs VI: study all the designs and remember the ones on the left

LEFT

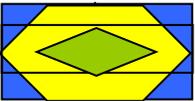
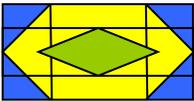
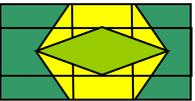
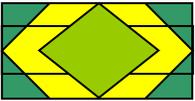
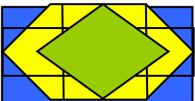
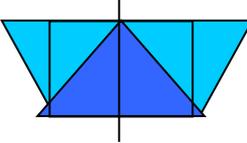
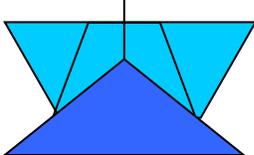
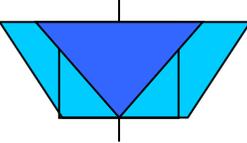
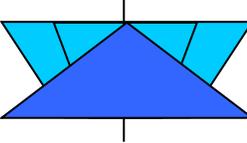
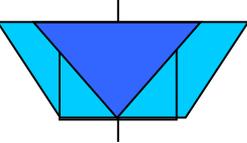
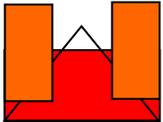
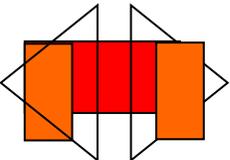
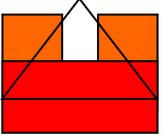
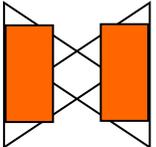
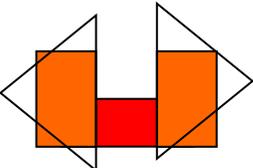
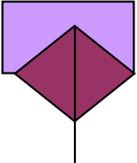
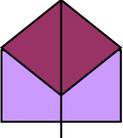
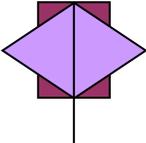
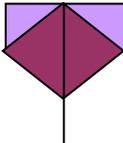
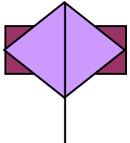
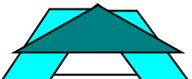
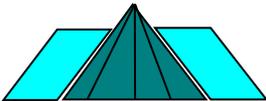


RIGHT





Memory for Abstract Designs VI: Answer sheet

a	b	c	d	e
Row 1 				
Row 2 				
Row 3 				
Row 4 				
Row 5 				

CAREFUL OBSERVATIONS

Instructions: Read all of these instructions five times.



With dotted design, an A under all dotted designs



With stripped design and put a B under all Stripped designs



Horizontal and put a C under the designs with horizontal design



Crossed and put a D under the design



Checked and put an E under the design



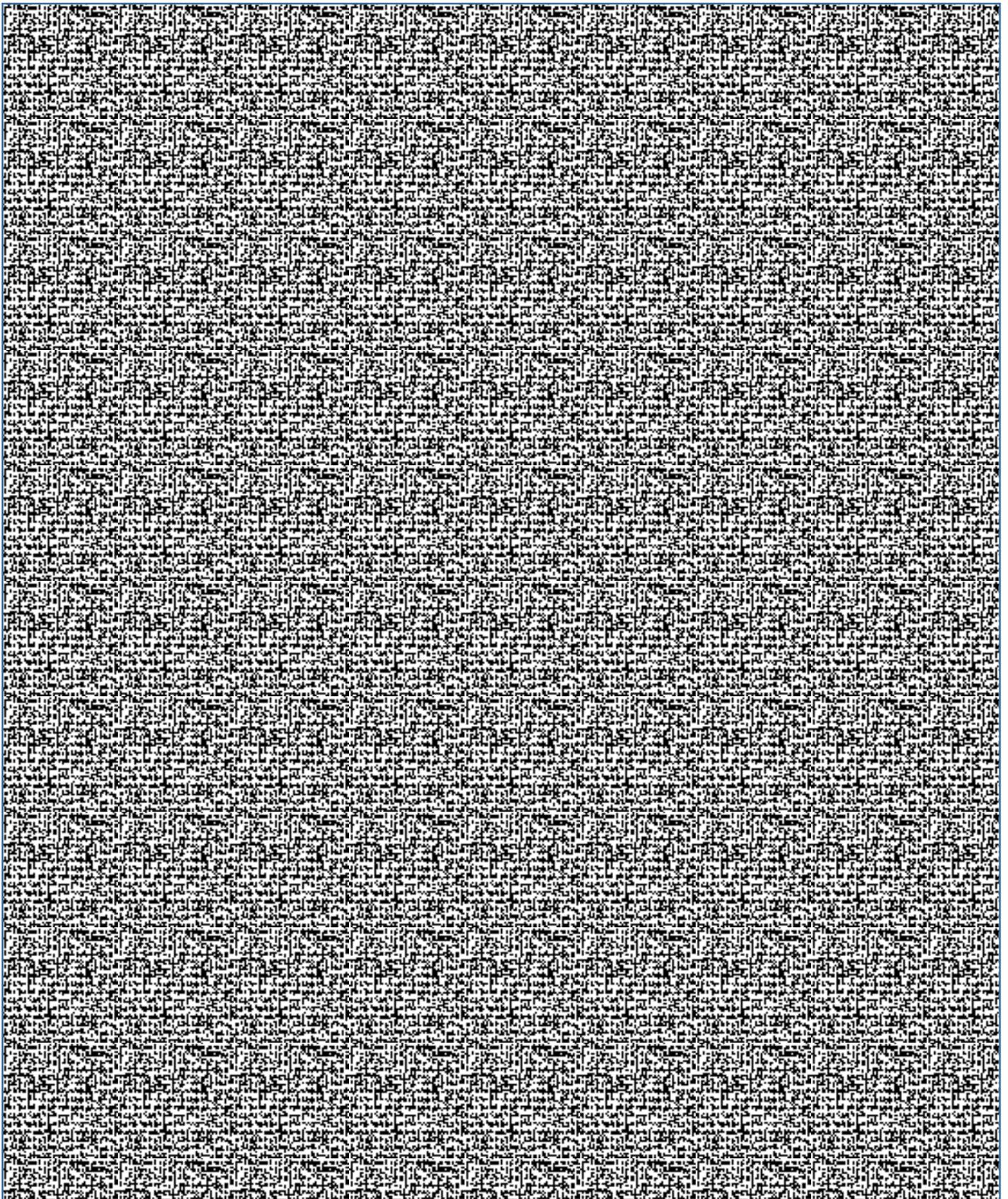
Solid and put a F under the design



Diagonal and put a G under the design



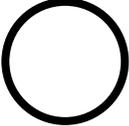
Put a H when the figure is empty

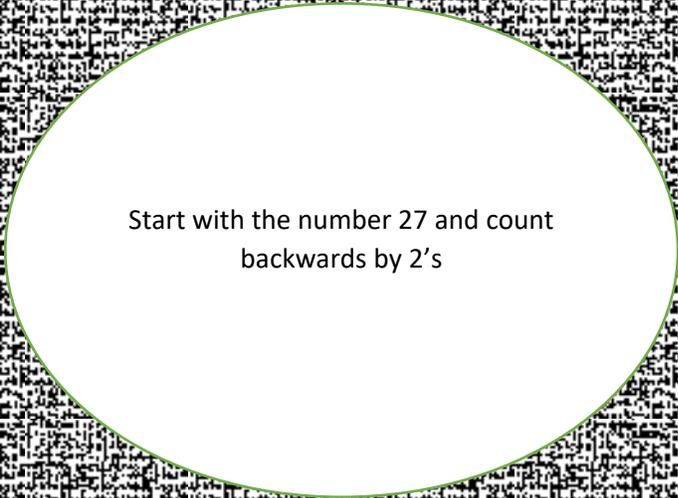


Do one at a time and do not skip around.

A series of ten rows of visual discrimination tasks. Each row consists of nine distinct shapes or patterns, each placed on a set of three horizontal lines (top, middle, bottom). A large black arrow points to the right below each row, indicating the direction of the task. The shapes and patterns used are: a parallelogram with diagonal stripes, an inverted trapezoid, a diamond, a hexagon with a dotted pattern, a solid black triangle, a pentagon with a red-to-blue gradient, a right-angled triangle, a circle, and a semi-circle with a red-to-blue gradient.

I: Remember where each shape is. You will be asked to draw those designs in the correct area and box.

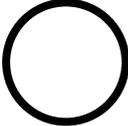
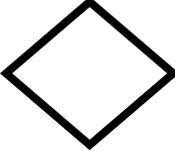
			
			
			



Start with the number 27 and count
backwards by 2's

Draw the designs that you previously studied. Make sure you draw them in the correct location.

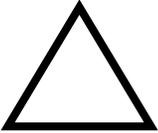
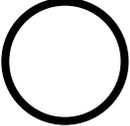
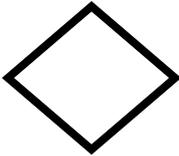
II: Remember where each shape is. You will be asked to draw those designs in the correct area and box.

Say the alphabet out loud starting with A but skip each other letter. For example A-C-E-G-I etc.

Draw the designs that you previously studied. Make sure you draw them in the correct location.

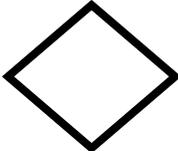
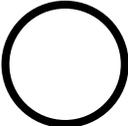
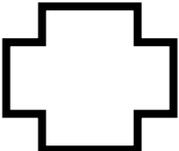
III: Remember where each shape is. You will be asked to draw those designs in the correct area and box.

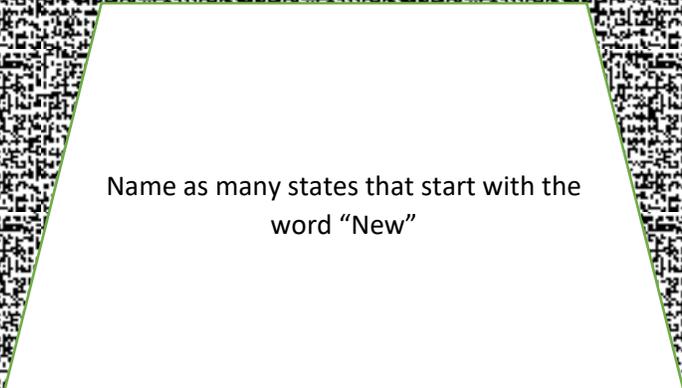
			
			
			

Sing the first line
to “Happy
Birthday”
backwards.

Draw the designs that you previously studied. Make sure you draw them in the correct location.

IV: Remember where each shape is. You will be asked to draw those designs in the correct area and box.

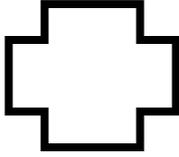
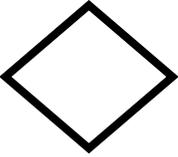
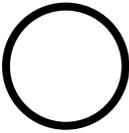
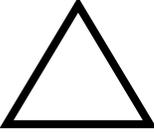
			
			
			
			

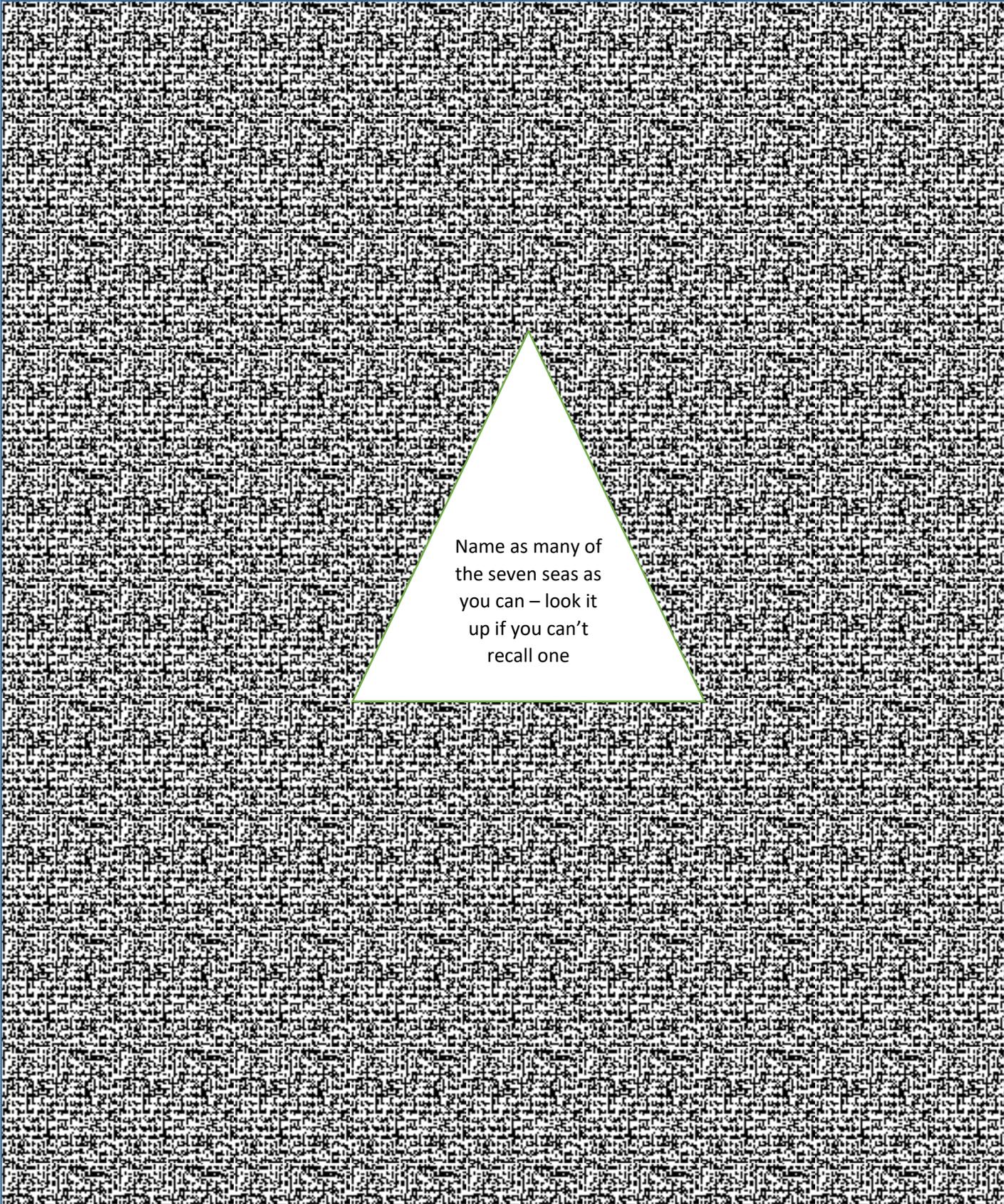


Name as many states that start with the
word "New"

Draw the designs that you previously studied. Make sure you draw them in the correct location.

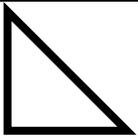
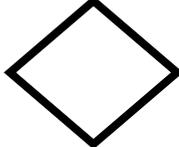
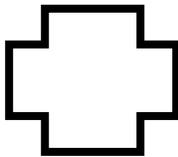
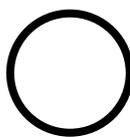
V: Remember each where each shape is.

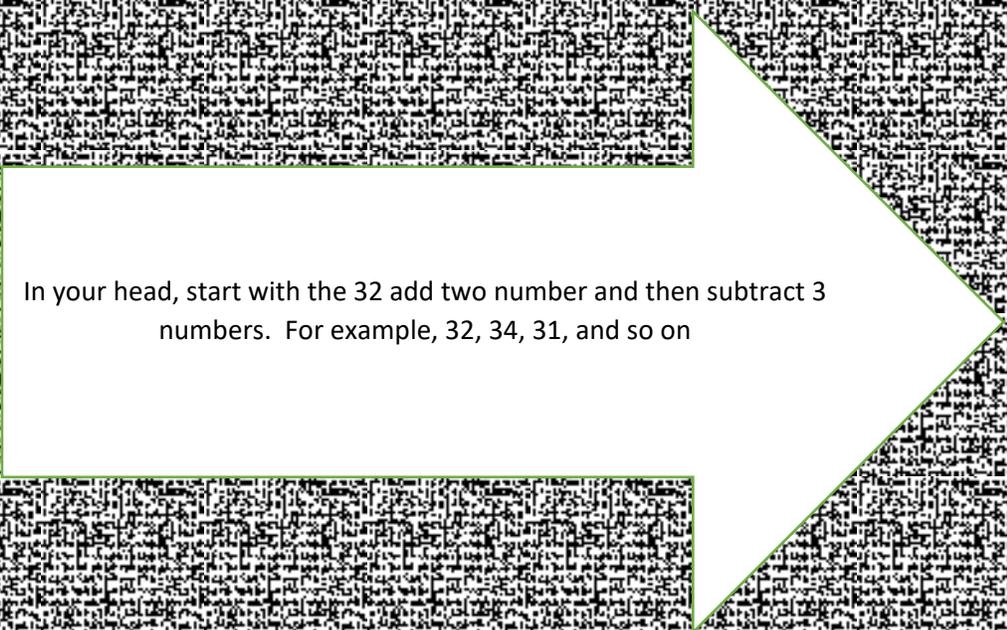
			
			
			



Name as many of
the seven seas as
you can – look it
up if you can't
recall one

VI: Remember where each shape is. You will be asked to draw those designs in the correct area and box.

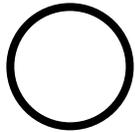
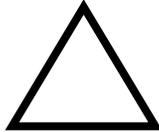
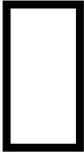
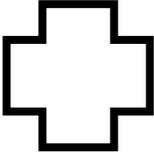
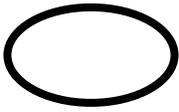
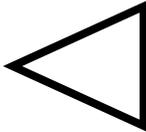
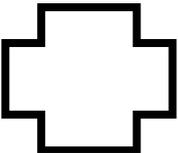
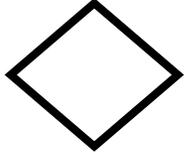
			
			
			
			

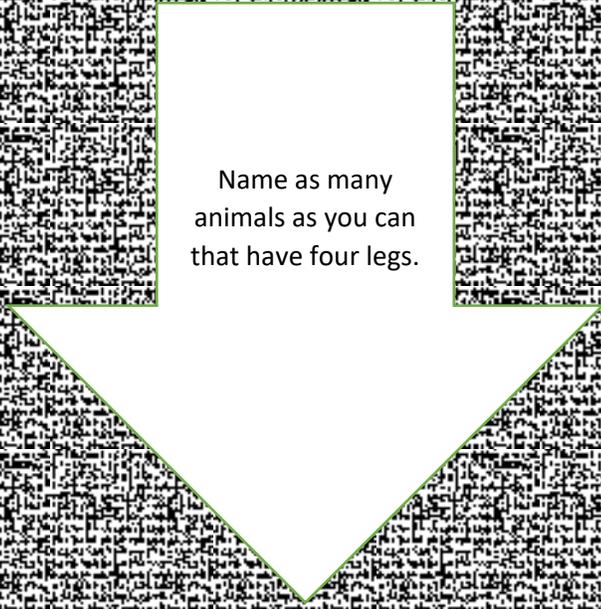


In your head, start with the 32 add two number and then subtract 3 numbers. For example, 32, 34, 31, and so on

Draw the designs that you previously studied. Make sure you draw them in the correct location.

VII: Remember where each shape is. You will be asked to draw those designs in the correct area and box.

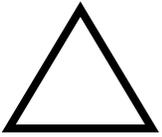
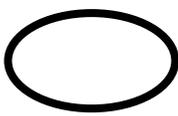
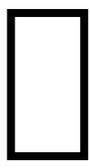
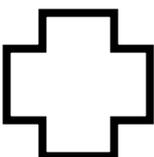
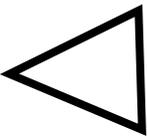
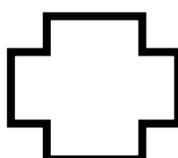
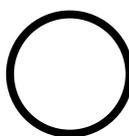
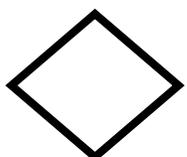
			
			
			
			

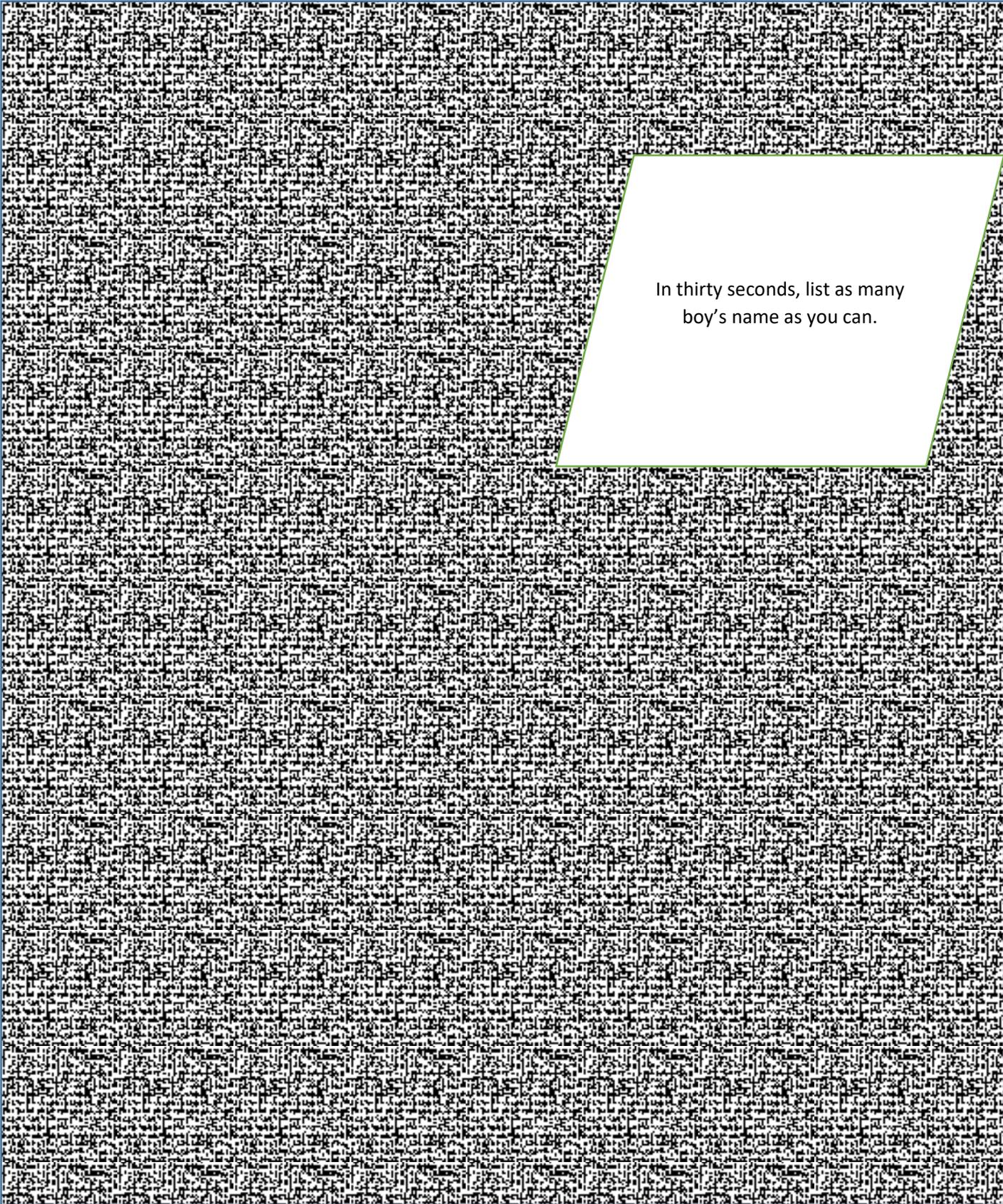


Name as many
animals as you can
that have four legs.

Draw the designs that you previously studied. Make sure you draw them in the correct location.

VIII: Remember where each design is. You will be asked to draw those designs in the correct area and box.

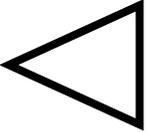
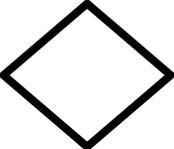
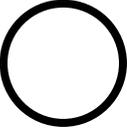
			
			
			
			

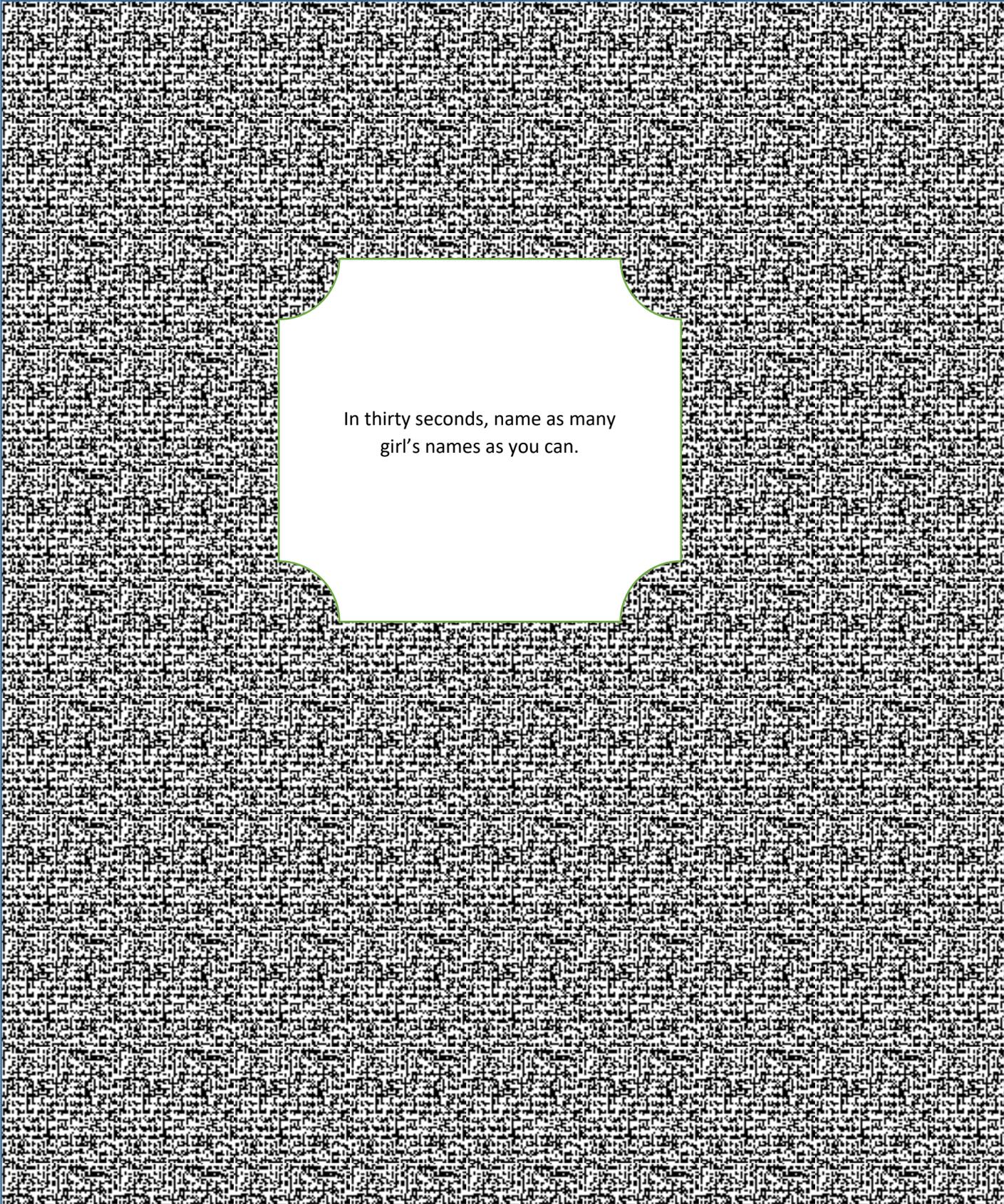


In thirty seconds, list as many
boy's name as you can.

Draw the designs that you previously studied. Make sure you draw them in the correct location.

IX: Remember where each design is. You will be asked to draw those designs in the correct area and box.

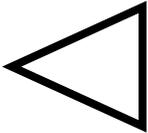
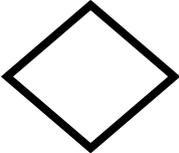
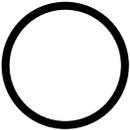
			
			
			



In thirty seconds, name as many
girl's names as you can.

Draw the designs that you previously studied. Make sure you draw them in the correct location.

X:

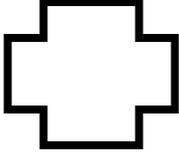
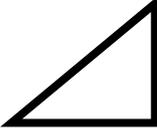
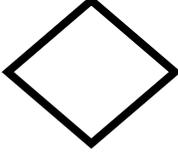
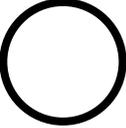
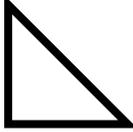
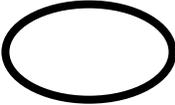
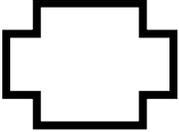
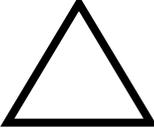
Not turning the page right-side up - how many people are riding something?

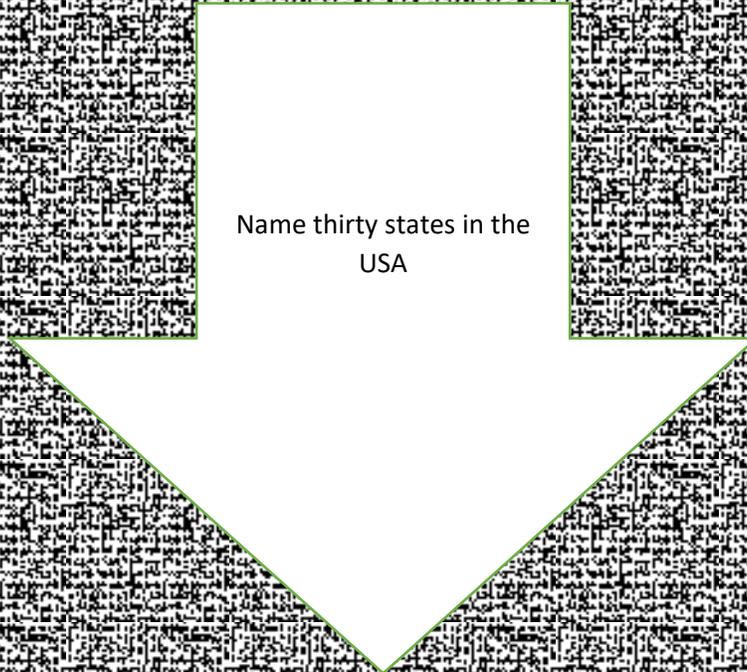
If you multiple that number by 2, would the answer be 10?



Draw the designs that you previously studied. Make sure you draw them in the correct location.

XI: Remember where each design is. You will be asked to draw those designs in the correct area and box.

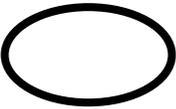
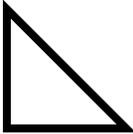
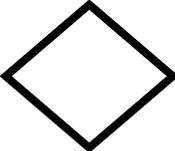
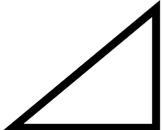
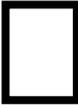
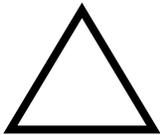
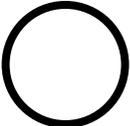
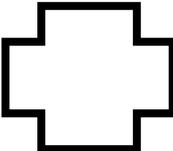
			
			
			
			



Name thirty states in the
USA

Draw the designs that you previously studied. Make sure you draw them in the correct location.

XII: Remember where each design is. You will be asked to draw those designs in the correct area and box.



Name eight countries in Africa
If you can't look it up and get the correct spelling

Draw the designs that you previously studied. Make sure you draw them in the correct location.
