

# Simple Mental Exercises for Stroke Recovery

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Boost memory, attention, language & thinking  
with easy daily activities.



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# Memory Game: Card Matching

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- Start with 3 matching pairs (6 cards)
- Turn over 2 cards at a time
- Try to remember where each card is
- Add more pairs as you improve



Great for memory and concentration.

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# Category Challenge

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Pick a category and name items.

Examples:

- 3 Fruits
- 3 Animals
- 3 Vehicles

Ready for a challenge?



Try 5 items or say them backwards (Z–A).

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# Number Recall

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Start simple:

Listen: 4 – 7 – 2

- Repeat the numbers.
- If correct, add one more digit each round.



Builds attention and short-term memory.

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# Object Naming

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Place 5 household objects on a table.

- Name each item
- Cover them
- Try to recall all the names



Helps improve word recall and memory.

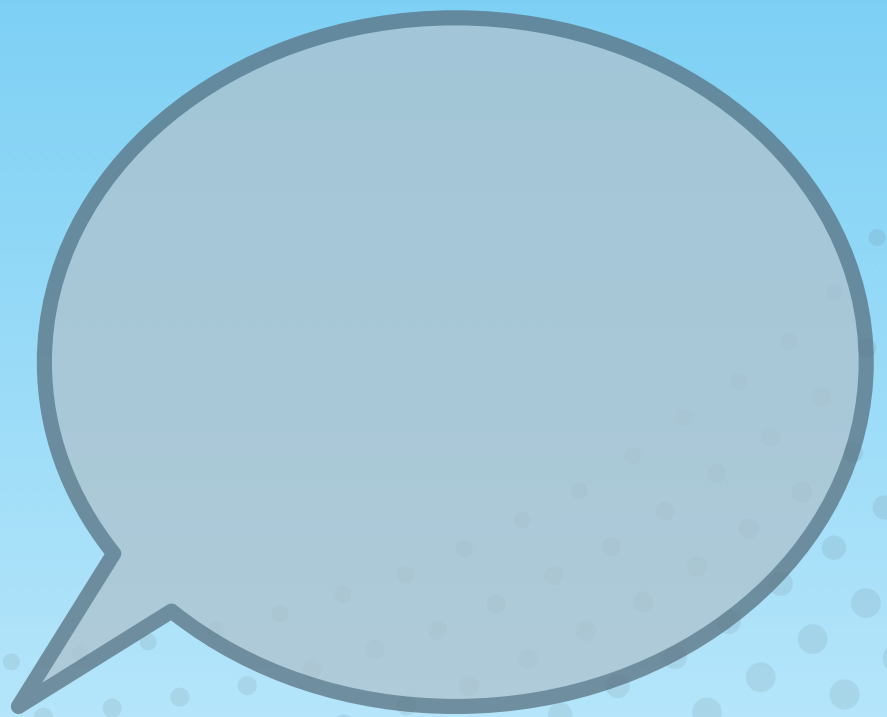
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# Language Practice

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Complete simple sentences:

- The sky is \_\_\_\_.
- Coffee is \_\_\_\_.
- Trees are \_\_\_\_.



Then read one short paragraph slowly and clearly.

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# Problem-Solving Practice

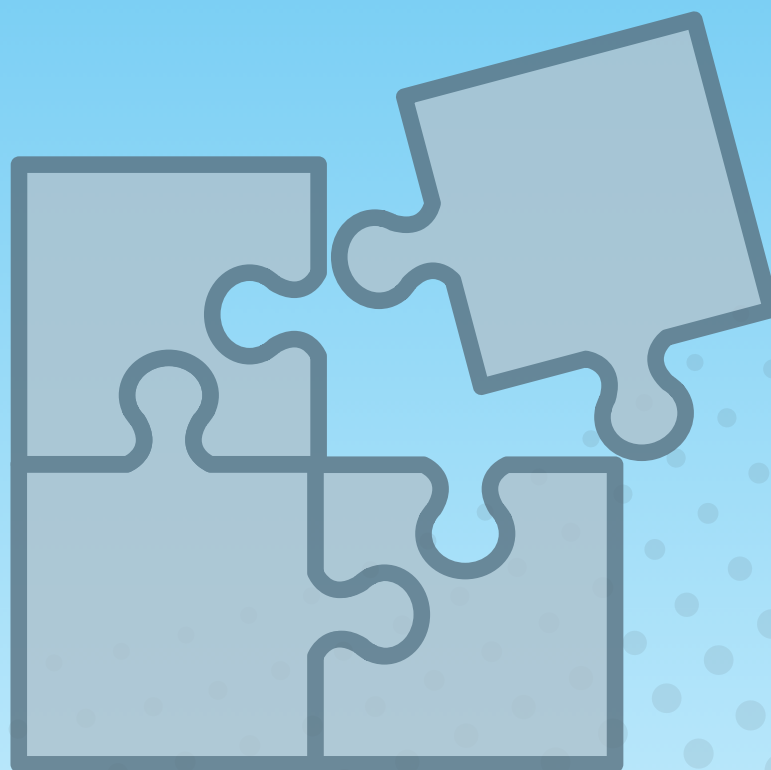
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Try simple everyday tasks:

"2 apples + 3 apples = ?"

Or use:

- Coins
- Kitchen utensils
- Cards



Real objects make learning easier.

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# Think & Organize

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- Sort objects by color or type
- Arrange cards by number
- Give directions around the house

Example:

"How do you walk from the kitchen to the bedroom?"



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# Make It Effective

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- Practice 10 minutes
- Twice a day
- Give hints when needed
- Celebrate every small success



Progress matters more than perfection.

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# Small Daily Exercises. Big Recovery Goals.

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Consistent mental practice can support memory, language, and thinking skills after a stroke



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