READING AND NAMING COLOURS

Worksheet

READING AND NAMING COLOURS
INTRODUCTION

Note for the administrator

Principle of the task

Cognitive flexibility is a component of cognitive function within metacognition. It also forms a part of our executive functions. Executive functions are essential for success and proper development in all aspects of life. They enable us to set goals, to plan and implement a plan, to supervise our own actions and correct our behaviour depending on results. Cognitive flexibility is related to fluid intelligence, fluid reasoning and the ability to solve problems easily and effectively.

Tasks based on the Stroop effect principle are related to enhancing cognitive control and cognitive flexibility, also referred to as „set-shifting". A client chooses a way of responding that is required by the task and that is different from an automated response usually occuring in the situation. Thus, these two ways of responding compete with each other. Functions such as selective attention, working memory, inhibition, and goal-oriented behavior are also applied in the task.

Reasons for practice

Set shifting is a part of cognitive flexibility and plays an important role in learning and problem solving. It helps you to collect information from the environment and respond to it flexibly and effectively, adapting your behaviour to the changes the situation requires. Decreased cognitive flexibility is associated with rigid attitudes and maladaptive behavioural strategies in everyday activities, where individuals are unable to attend to different tasks simultaneously and the effectiveness of sustaining attention on the target is impaired.

Education for the client

The presented tasks train the ability to adapt quickly to changes or new situations. Cognitive flexibility helps us to better cope with changes that may occur when dealing with a variety of everyday problems or tasks and allows us to create alternative solutions. The ability to be cognitively flexible contributes to an easier transition from one activity to another, to better toleration of mistakes and changes. It also enables us to think about a situation from another person's perspective and to easily find compromises. Cognitive flexibility and set-shifting will also allow you to think about other ideas, values, which will also help you understand other people's opinions and value other people's opinions. Cognitive flexibility is also related to your ability to empathize with others.

Equipment

- Stationery
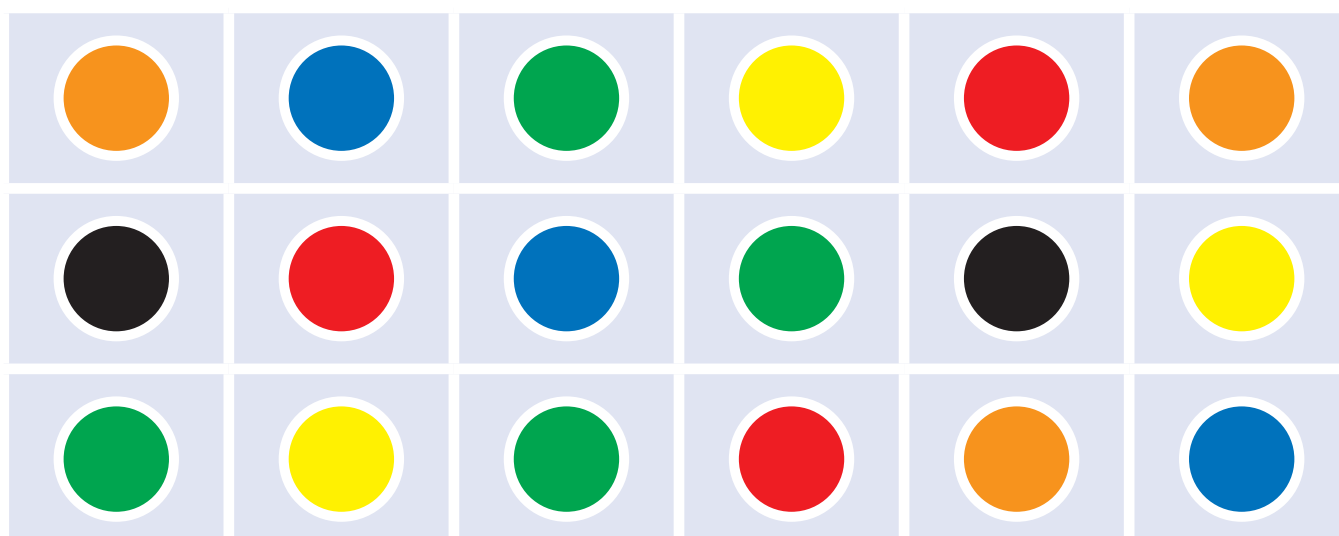- Client Worksheet
- Administrator Worksheet

Practiced cognitive skills

Set-shifting/cognitive flexibility, cognitive control
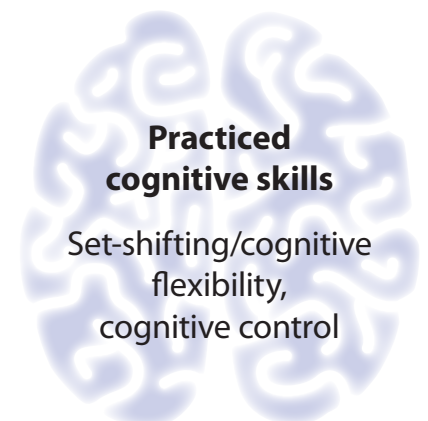
READING AND NAMING COLOURS
TASKS

RED ➡ „blue"

1) Task
a) Read the following words

|			
BLUE	RED	GREEN	YELLOW
YELLOW	BLACK	ORANGE	GREEN
RED	YELLOW	BLUE	ORANGE
BLUE	BLACK	RED	GREEN
ORANGE	BLUE	YELLOW	RED

b) Name the colours in the following order

2) Task

a) Name the colours that belong to the numbers according to the key. If a number does not match a colour, say just the number.
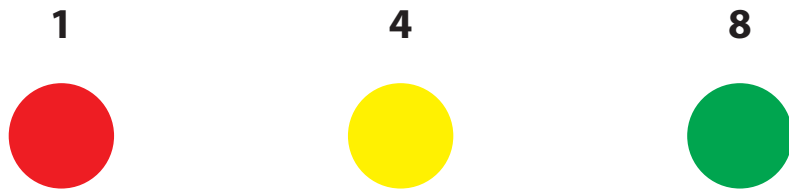
1 8 6 5 2 4 7 3 9 5 2 9 8 3 1 5 9 7 4 4 8 8 7 1 1 1 5 6 3 4 8 8 5 3 9 7
2 8 8 4 5 6 9 1 2 5 4 4 4 6 3 8 8 5 6 1 1 7 4 5 6 3 9 8 4 4 1 1 2 5 8 8

b) Name the numbers that belong to the colours according to the key. If a number does not match any colour, say just the name of the colour.
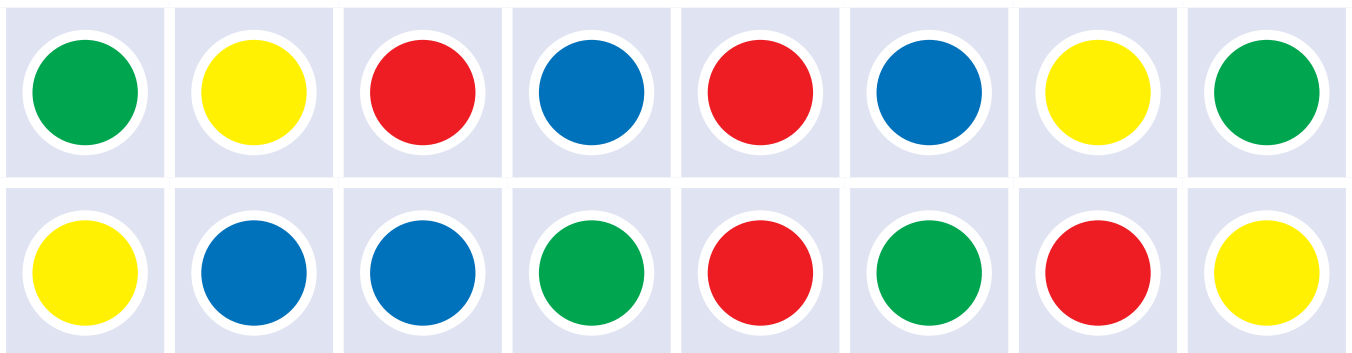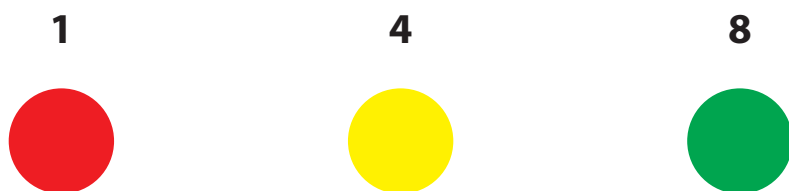
3) Name the colours each word is written in. Be careful not to read the words.

GREEN	YELLOW	RED	BLUE
RED	GREEN	YELLOW	BLUE
BLACK	BROWN	BLUE	PURPLE
YELLOW	BLACK	GREEN	ORANGE
RED	ORANGE	BLUE	RED

RETORE
REMEMBER TO REMEMBER

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