

"Feel the power of training your brain!"



How you can train Mental Processing Speed

Here are a few procedures you can use to train mental processing speed using a regular deck of cards. For each level below, try to beat your own personal best time. A metronome is required for some procedures.



Activity 1

Shuffle the cards thoroughly, then sort the cards into four piles as fast as you can. Note: no need to put the cards in order, focus on speed.

- Pile 1:** RED cards Ace through 10
- Pile 2:** BLACK cards Ace through 10
- Pile 3:** BLACK face cards
- Pile 4:** RED face cards

- **Add difficulty level 1:** Next time count by 2's out loud as you sort the cards.
- **Add difficulty level 2:** This time count by 3's out loud as you sort the cards.
- **Add difficulty level 3:** Each time a face card is added to a pile, call out the name of the card (Ace, King, Queen, Jack). Do not say anything when adding other cards.
- **Add difficulty level 4:** Each time an even numbered card is added to a pile, call out the number of the card (2, 4, 6, 8, 10). Do not say anything when adding other cards.

Activity 2

Shuffle the deck thoroughly, then sort the cards into two stacks as fast as you can. While sorting, count out loud on every other beat by 2's to the beat of a metronome set at 120 beats per minute.

- Pile 1:** RED cards
- Pile 2:** BLACK cards

- **Add difficulty level 1:** This time sort the cards into four piles by suits; hearts, diamonds, spades and clubs while counting on every other beat by 2's to the beat of a metronome set at 120 beats per minute.

Activity 3

Shuffle the cards and then stack them into these eight piles as fast as possible, again, not in any particular order:

- Pile 1:** Ace through 10 of HEARTS
- Pile 2:** Ace through 10 of SPADES
- Pile 3:** Ace through 10 of CLUBS
- Pile 4:** Ace through 10 of DIAMONDS
- Pile 5:** Face cards that are HEARTS
- Pile 6:** Face cards that are SPADES
- Pile 7:** Face cards that are CLUBS
- Pile 8:** Face cards that are DIAMONDS