 Ćwiczenie **1:** Trening oka i koncentracji. W diagram wpisano liczby od 1 do 25. Prześledź je w kolejności wzrastającej (od 1 do 25). Potem w kolejności malejącej.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1** |  |  | **15** |  | **24** |  |  | **9** |
| **13** | **22** |  | 6 |  | **20** |  |
|  |  |  | **17** |  |  |  |
| **8** |  |  |  |  |  |  | **14** |
|  | **19** |  | **10** |  |  |  | **2** |  |
| **23** |  |  |  |  |  |  |  | **25** |
| 5 |  |  | **21** |  | **16** |  |  |  |
|  |  |  |  |  |  | **18** |  | **11** |
| **12** |  | **3** |  |  |  |  |  |
|  |  |  | **7** |  |  |  | 4 |

Ćwiczenie **3:** Wymyśl i zapisz jak najwięcej wyrazów, kojarzących ci się z wiosną.

…………………………………………………………………………………

…………………………………………………………………………………

…………………………………………………………………………………

…………………………………………………………………………………

…………………………………………………………………………………

…………………………………………………………………………………

…………………………………………………………………………………

…………………………………………………………………………………

…………………………………………………………………………………

…………………………………………………………………………………

 Ćwiczenie **4:** Trening koncentracji. „Zaszyfruj” przy pomocy znaków z tabeli swoje imię i nazwisko.

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |
| **a** | **b** | **c** | **d** | **e** | **f** | **g** | **h** | **i** | **j** | **k** |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |
| **l** | **ł** | **m** | **n** | **o** | **p** | **r** | **s** | **t** | **u** | **w** |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |
| **y** | **z** | **ź** | **ż** | **ą** | **ę** | **ć** | **ó** | **ś** | **?** | **!** |