Language program

15 minutes a day during 4 weeks to boost your language
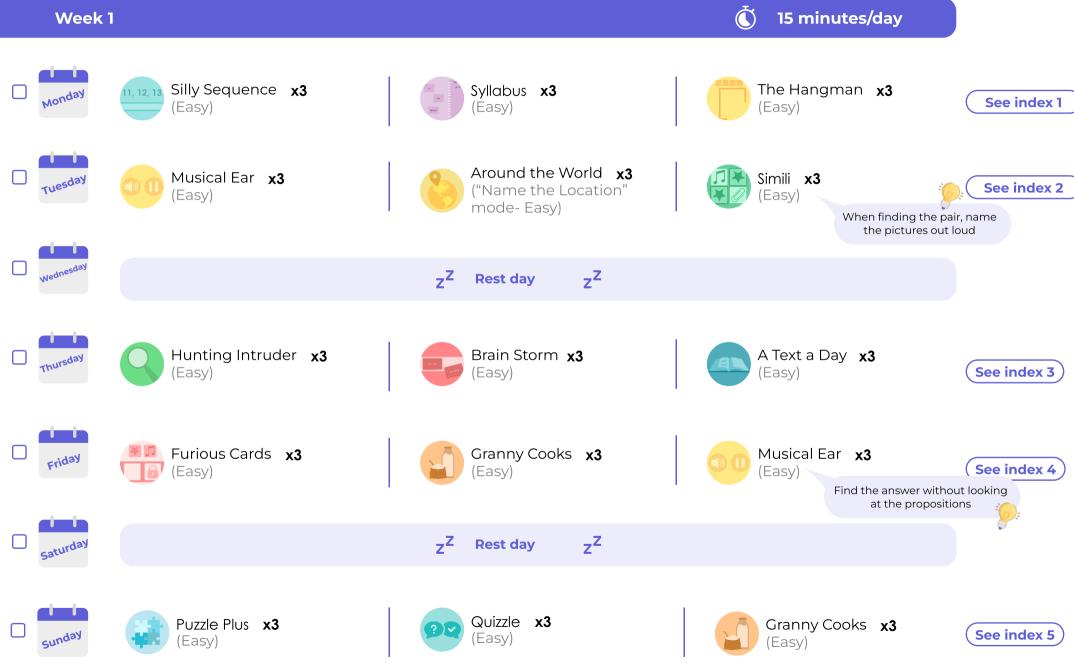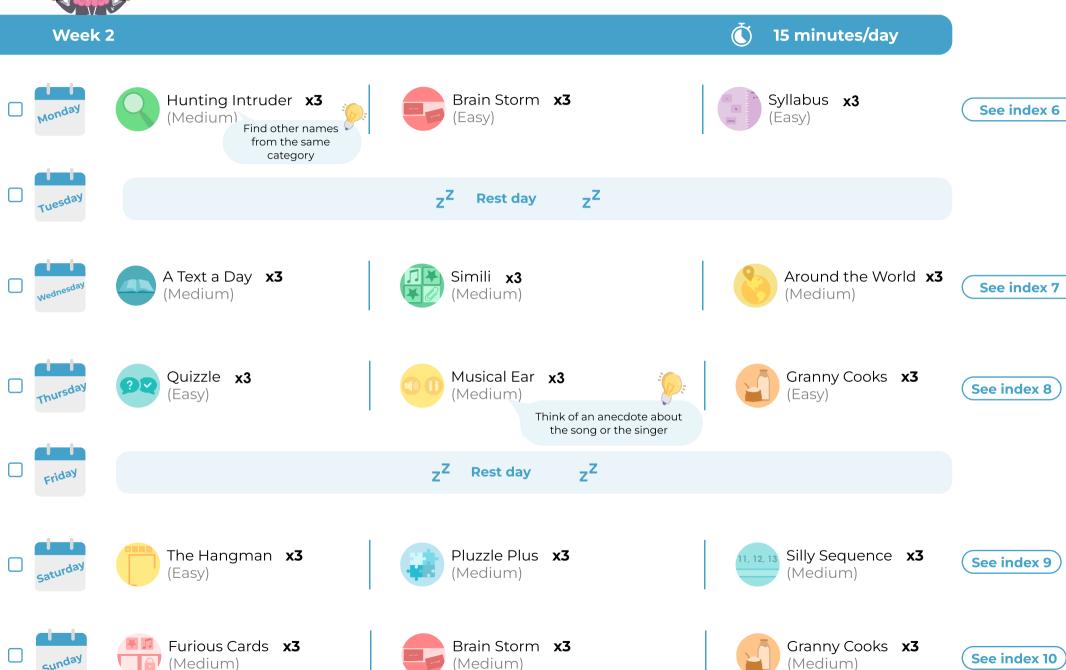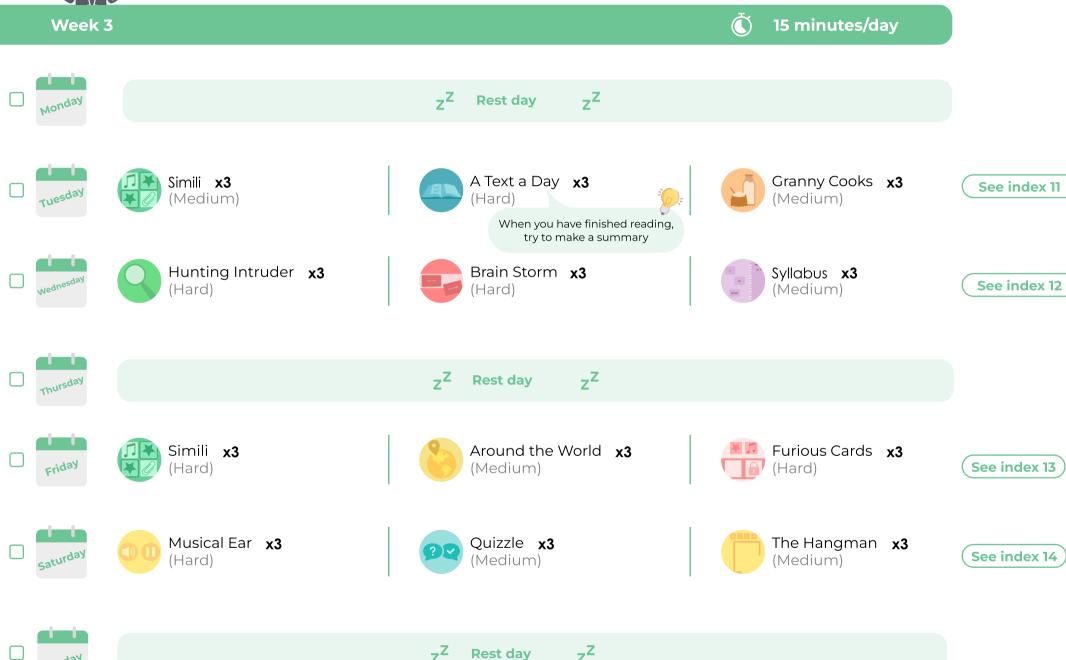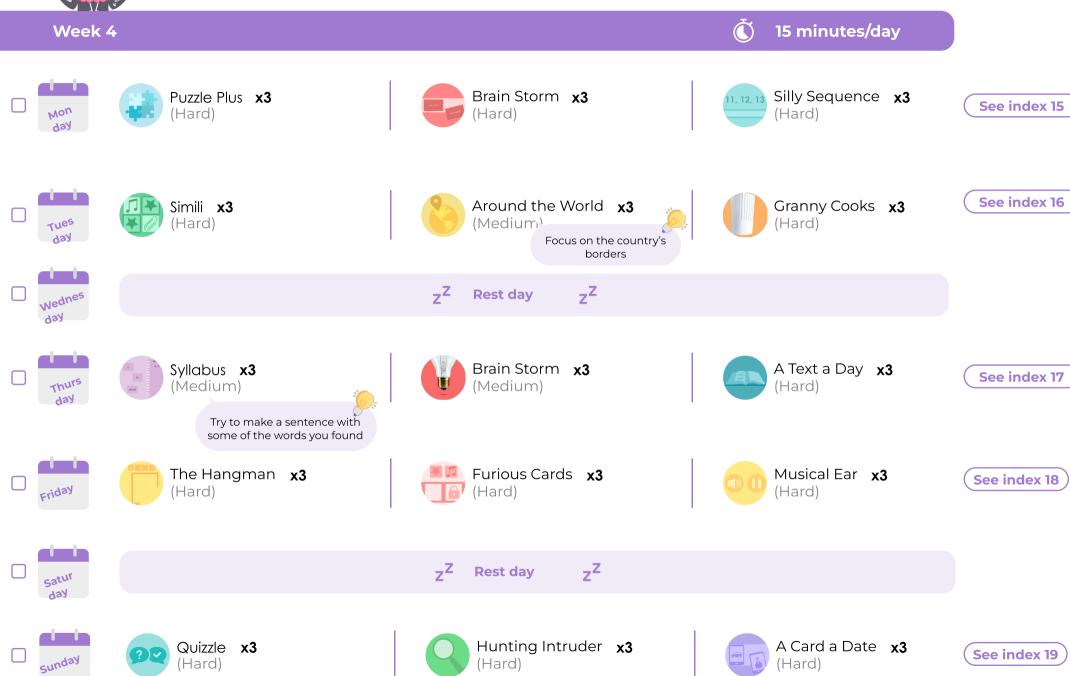
Language program

Week 1	⏱ 15 minutes/day

Monday
- ☐ Silly Sequence **x3** (Easy) `11, 12, 13`
- Syllabus **x3** (Easy)
- The Hangman **x3** (Easy) — **See index 1**

Tuesday
- ☐ Musical Ear **x3** (Easy)
- Around the World **x3** ("Name the Location" mode- Easy)
- Simili **x3** (Easy) — **See index 2**
  - 💡 When finding the pair, name the pictures out loud

Wednesday
- ☐ z^Z **Rest day** z^Z

Thursday
- ☐ Hunting Intruder **x3** (Easy)
- Brain Storm **x3** (Easy)
- A Text a Day **x3** (Easy) — **See index 3**

Friday
- ☐ Furious Cards **x3** (Easy)
- Granny Cooks **x3** (Easy)
- Musical Ear **x3** (Easy) — **See index 4**
  - 💡 Find the answer without looking at the propositions

Saturday
- ☐ z^Z **Rest day** z^Z

Sunday
- ☐ Puzzle Plus **x3** (Easy)
- Quizzle **x3** (Easy)
- Granny Cooks **x3** (Easy) — **See index 5**

This program includes suggestions to train your language with our applications. It shouldn't be considered a medical treatment.

Language program

Week 2	⏱ 15 minutes/day

Monday
- ☐ Hunting Intruder **x3** (Medium) — 💡 Find other names from the same category
- Brain Storm **x3** (Easy)
- Syllabus **x3** (Easy)
- **See index 6**

Tuesday
- ☐ zᶻ **Rest day** zᶻ

Wednesday
- ☐ A Text a Day **x3** (Medium)
- Simili **x3** (Medium)
- Around the World **x3** (Medium)
- **See index 7**

Thursday
- ☐ Quizzle **x3** (Easy)
- Musical Ear **x3** (Medium) — 💡 Think of an anecdote about the song or the singer
- Granny Cooks **x3** (Easy)
- **See index 8**

Friday
- ☐ zᶻ **Rest day** zᶻ

Saturday
- ☐ The Hangman **x3** (Easy)
- Pluzzle Plus **x3** (Medium)
- Silly Sequence **x3** (Medium)
- **See index 9**

Sunday
- ☐ Furious Cards **x3** (Medium)
- Brain Storm **x3** (Medium)
- Granny Cooks **x3** (Medium)
- **See index 10**

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Language program

| **Week 3** | ⏱ **15 minutes/day** |

Monday — 💤 Rest day 💤

Tuesday
- Simili **x3** (Medium)
- A Text a Day **x3** (Hard) — 💡 *When you have finished reading, try to make a summary*
- Granny Cooks **x3** (Medium)

See index 11

Wednesday
- Hunting Intruder **x3** (Hard)
- Brain Storm **x3** (Hard)
- Syllabus **x3** (Medium)

See index 12

Thursday — 💤 Rest day 💤

Friday
- Simili **x3** (Hard)
- Around the World **x3** (Medium)
- Furious Cards **x3** (Hard)

See index 13

Saturday
- Musical Ear **x3** (Hard)
- Quizzle **x3** (Medium)
- The Hangman **x3** (Medium)

See index 14

Sunday — 💤 Rest day 💤

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Language program

Week 4 — 🕐 15 minutes/day

Monday
- Puzzle Plus **x3** (Hard)
- Brain Storm **x3** (Hard)
- Silly Sequence **x3** (Hard)
- See index 15

Tuesday
- Simili **x3** (Hard)
- Around the World **x3** (Medium)
  - 💡 Focus on the country's borders
- Granny Cooks **x3** (Hard)
- See index 16

Wednesday
- z^Z Rest day z^Z

Thursday
- Syllabus **x3** (Medium)
  - 💡 Try to make a sentence with some of the words you found
- Brain Storm **x3** (Medium)
- A Text a Day **x3** (Hard)
- See index 17

Friday
- The Hangman **x3** (Hard)
- Furious Cards **x3** (Hard)
- Musical Ear **x3** (Hard)
- See index 18

Saturday
- z^Z Rest day z^Z

Sunday
- Quizzle **x3** (Hard)
- Hunting Intruder **x3** (Hard)
- A Card a Date **x3** (Hard)
- See index 19

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Your coach CLINT's explanations

Week 1

Index 1
Language is made of multiple elements: letters, syllables, words and sentences. In today's games, we will focus on letters and syllables.

Index 2
Did you ever get a word stuck on the tip of your tongue, without being able to find it? Working the language allows us to find words of our **vocabulary** quicker.

Index 3
Language is a code used to communicate with others. In order to do so, we give words a **meaning** to send a clear and understandable message.

Index 4
Language is a cognitive function made of 2 modes: speaking (**elocution**) and listening (**comprehension**).

Index 5
Language becomes more complicated as sentences become longer and more intricate, like when reading a book or a newspaper. With today's games, we will work on **reading**.

Week 2

Index 6
Semantic classification allows us to analyze words in order to understand their meanings and choose the correct ones to use when communicating with others.

Index 7
Communication is an **exchange** between two or more people. Today, we will play games where we have to find words, read or understand a text.

Index 8
It's thanks to language, written or oral, that **culture** is handed over from one generation to another. So today, to train our language, we will work on our general knowledge.

Index 9
Training a cognitive function doesn't necessarily mean doing repetitive and boring exercises. You can also train while **having fun yourself**! Like so, you will also be more motivated and in a good mood.

Index 10
Depending on the **order of words** we use, a sentence's meaning can change. It's important then to organize our sentences in order not to create misunderstandings.

Your coach CLINT's explanations

Week 3

Index 11 — Language is a cognitive function which allows us to read. Today's games will work on our ability to **read**.

Index 12 — **Metaphonology** allows us to visually represent ourselves words, their meanings and their components: letters and syllables.

Index 13 — Language is linked to memory, which allows us to keep words and their meanings, and to be able to use them at the right time. This ability is called **semantic memory.**

Index 14 — Language serves the purpose of communicating with others and maintaining relationships. Today, **share** the games with your close ones and play together.

Week 4

Index 15 — We can stimulate language with simple activities in our daily life. When thinking, we use our **cerebral language.**

Index 16 — Language is made of words, but every word is linked to an object, an image or a sound. We can then use **images** to work on our language and the evocation of words.

Index 17 — To give information, it's important to create intricate sentences. A **sentence's composition** can change its meaning, which is why it's important to choose the right words.

Index 18 — During a conversation, we use language, but also **attention** since we have to be careful with words, mimics, understanding the message and finding the right answer.

Index 19 — Here is the last session. Afterwards, you can go back to the beginning of the program and restart, **level up the difficulty** by going from the easy mode to medium to hard... The goal being to complete all games at hard mode.