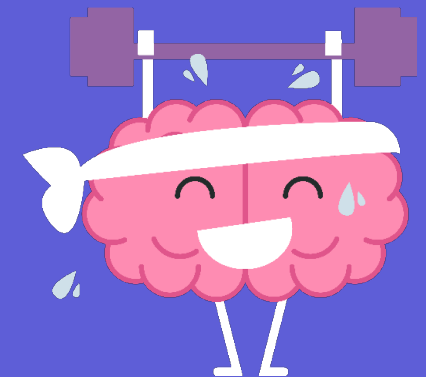
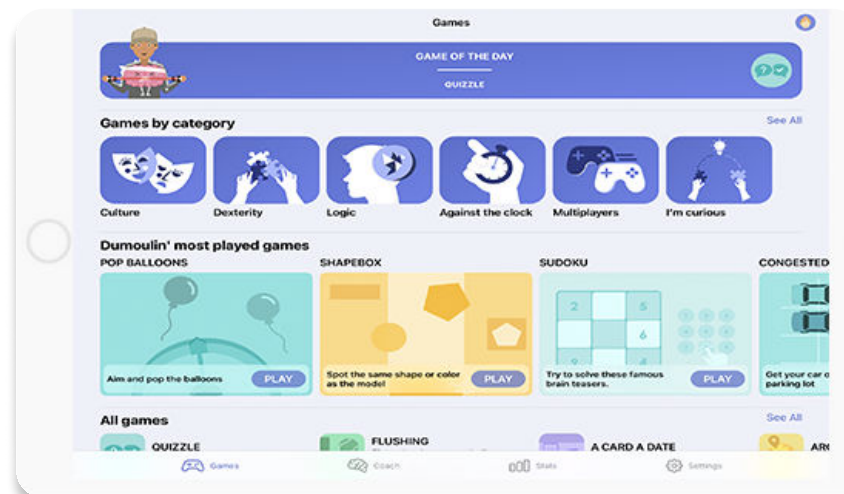


# Perception program

15 minutes a day during 4 weeks to boost your perception





# Perception program

Week 1



15 minutes/day



Noah's Ark **x3**  
(Easy)



Around the World **x3**  
(Easy)



Twins **x3**  
(Easy)

[See index 1](#)



Flushing **x3**  
(Easy)



Moles Invasion **x3**  
(Easy)



Pop Balloons **x3**  
(Easy)

[See index 2](#)



Rest day



Puzzle Plus **x3**  
(Easy)



Musical Ear **x3**  
(Easy)



Brain Storm **x3**  
(Easy)

[See index 3](#)



ColorForm **x3**  
(Easy)



Crazy Waterfall **x3**  
(Easy)



Simili **x3**  
(Easy)

[See index 4](#)



Rest day



ColorMind **x3**  
(Easy)



Crazy chessboard **x3**  
(Easy)



Furious Cards **x3**  
(Easy)

[See index 5](#)

























# Perception program

Week 2



15 minutes/day






















<input type="checkbox"/>	 Mon day	 Flying Balloons <b>x3</b> (Easy) <div>Move your eyes only when a new balloon appears</div>	 Shape Boxes <b>x3</b> (Medium)	 Snowball Effect <b>x3</b> (Easy)	<a href="#">See index 6</a>
<input type="checkbox"/>	 Tues day	<div>zZ Rest day zZ</div>			
<input type="checkbox"/>	 Wednes day	 Clint the Pirate <b>x3</b> (Medium)	 Panurge <b>x3</b> (Easy)	 The Walker <b>x3</b> (Easy)	<a href="#">See index 7</a>
<input type="checkbox"/>	 Thurs day	 Syllabus <b>x3</b> (Medium) <div>Focus on one word at a time</div>	 Simili <b>x3</b> (Medium)	 Noah's Ark <b>x3</b> (Medium)	<a href="#">See index 8</a>
<input type="checkbox"/>	 Friday	<div>zZ Rest day zZ</div>			
<input type="checkbox"/>	 Satur day	 Puzzle Plus <b>x3</b> (Medium)	 Twins <b>x3</b> (Medium) <div>Focus on the easiest pairs to memorize</div>	 Around the World <b>x3</b> (Easy)	<a href="#">See index 9</a>
<input type="checkbox"/>	 Sunday	 Furious Cards <b>x3</b> (Medium)	 Crazy Waterfall <b>x3</b> (Easy)	 Moles Invasion <b>x3</b> (Medium)	<a href="#">See index 10</a>



# Perception program

Week 3

 15 minutes/day

<input type="checkbox"/>		<div>z<sup>z</sup> Rest day z<sup>z</sup></div>		
<input type="checkbox"/>		 Flushing <b>x3</b> (Medium) <div>Try to anticipate the ball's trajectory </div>	 Pop Balloons <b>x3</b> (Hard)	 Panurge <b>x3</b> (Medium) <a href="#">See index 11</a>
<input type="checkbox"/>		 ColorMind <b>x3</b> (Hard)	 ColorForm <b>x3</b> (Medium)	 Crazy Chessboard <b>x3</b> (Hard) <a href="#">See index 12</a>
<input type="checkbox"/>		<div>z<sup>z</sup> Rest day z<sup>z</sup></div>		
<input type="checkbox"/>		 Crazy Waterfall <b>x3</b> (Medium)	 Flying Balloons <b>x3</b> (Medium) <div>Focus only on the balloons of the right color </div>	 Shape Boxes <b>x3</b> (Hard) <a href="#">See index 13</a>
<input type="checkbox"/>		 The Walker <b>x3</b> (Medium)	 Clint the Pirate <b>x3</b> (Hard)	 Snowball Effect <b>x3</b> (Medium) <a href="#">See index 14</a>
<input type="checkbox"/>		<div>z<sup>z</sup> Rest day z<sup>z</sup></div>		



# Perception program

Week 4



15 minutes/day



ColorForm **x3**  
(Hard)

Pay attention to the  
changing instructions!



Simili **x3**  
(Hard)



Moles Invasion **x3**  
(Medium)

[See index 15](#)



Shape Boxes **x3**  
(Hard)



Puzzle Plus **x3**  
(Medium)



Crazy Waterfall **x3**  
(Hard)

[See index 16](#)



zZ Rest day zZ



Twins **x3**  
(Medium)



Flushing **x3**  
(Hard)



Crazy Chessboard **x3**  
(Hard)

[See index 17](#)



Flying Balloons **x3**  
(Medium)



Pop Balloons **x3**  
(Hard)

Imagine the ball's route to pop as  
many balloons as possible



Noah's Ark **x3**  
(Hard)

[See index 18](#)



zZ Rest day zZ



Around the World **x3**  
(Hard)



Panurge **x3**  
(Hard)



Clint the Pirate **x3**  
(Hard)

[See index 19](#)

# Your coach CLINT's explanations



## Week 1



### Index 1

When looking around us to discover the environment and its objects, we use **visual exploration**. It allows us to gain information about our environment.

### Index 2

Perception is a cognitive function which allows us to **identify** an important object in our environment. It also allows us to recognize an object, its position and its route when in movement.

### Index 3

Perception includes all **senses**. We can perceive images, sounds, words, tastes... All pieces of information are stocked in our memory, which we can use in the future.

### Index 4

Our brain can recognize objects thanks to **visual analysis**. With a simple look, the brain distinguishes information like size, weight or use of an object.

### Index 5

When doing an activity, we use multiple cognitive functions. In today's games, we will use our perception as well as our **memory**.

## Week 2



### Index 6

Thanks to **visual tracking**, we can find an object in our field of vision by searching for one of its specific information, like a form or a color.

### Index 7

After identifying an object, our brain can create **mental images**. Afterwards, the brain can evoke this picture, even if the object isn't present.

### Index 8

Our perception can become weaker when multiple objects are together. It's called **visual overload**. Our eyes can be trained to recognize one object in this pile.

### Index 9

Thanks to perception, we can go from a global view of an object or a place, to a detailed one. We can **focus our perception** on different aspects of an object.

### Index 10

An object is made of multiple elements, and has multiple characteristics. We can **analyze** its color, size, form, use...

# Your coach CLINT's explanations



## Week 3



### Index 11

In our daily lives, objects are often in movement. Our perception allows us to perceive said movement and **imagine its route** in order to foresee our reaction if necessary.

### Index 12

**Colors, forms, positions...** Objects' characteristics are varied and today's games work on these elements' recognition.

### Index 13

In order to analyze objects, we have to focus on them. We then have to use our **attention** and our perception.

### Index 14

We talked a lot about objects' perception, but we also know about any object's position in space, compared to us or to any other object. It's called **spatial perception**.

## Week 4



### Index 15

When looking at an object, we immediately **recognize** it. Our brain is able to search in its knowledge if we already saw a similar thing, and then create logical associations.

### Index 16

When perceiving an object, we have to **compare it to models** already acquired, to understand whether to associate the information to an existing one or to create a new one.

### Index 17

Training is more fun with friends. Don't hesitate to **share** the games with your friends or family with the "2 players" mode to play either one against another, or together.

### Index 18

Our eyes' movements, also known as **ocular movements**, are essential to perceive our environment, but also for other activities like reading.

### 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.