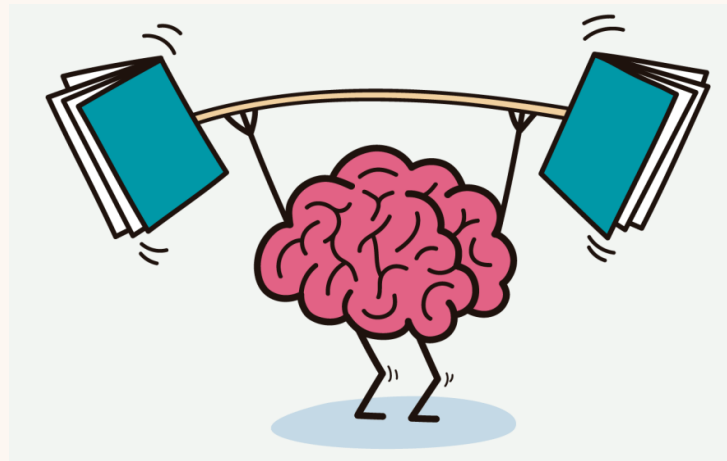


# Caderno de actividades de estimulación cognitiva



CENTRO DE DÍA CULLEREDO

Enviamos as actividades divididas por bloques para traballar as capacidades cognitivas dende a casa neste confinamiento.

A idea é que cada día da semana, se realice como mínimo, unha das actividades propostas.

Ter en conta que os exemplos serán orientativos, e que deberán ser adaptados a cada persoa en base as súas capacidades e gustos.

De esta maneira, queremos animarvos a todas as familias a que adiquemos algo de tempo a traballar a estimulación cognitiva cos seus familiares, na procura de reforzar capacidades e evitar o estancamento tanto cognitivo como físico dos nosos maiores.

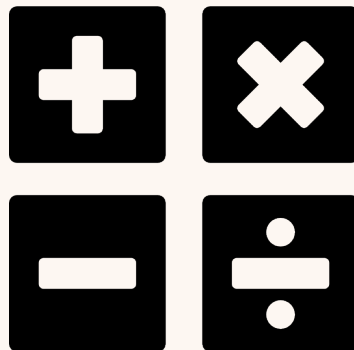
Recomendamos que todos os días se realice una **orientación á realidade**, a través das seguintes preguntas:

1. Que día da semana é hoxe?
2. Que día do mes é hoxe?
3. En que mes estamos?
4. En que estación do ano nos atopamos?
5. Como se chama o lugar no que vivimos?
6. Cal é o motivo polo que nos encontramos na casa?
7. Cantos días levamos sen ir ao centro?



**LUNS:**

# **OPERACIONES MATEMÁTICAS**



**Realice as seguintes somas:**

$$\begin{array}{r} 3 \ 5 \\ + 4 \ 2 \\ \hline \end{array}$$

$$\begin{array}{r} 1 \ 2 \\ + 9 \ 7 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \ 6 \\ + 2 \ 2 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \ 1 \\ + 1 \ 3 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \ 2 \\ + 7 \ 2 \\ \hline \end{array}$$

$$\begin{array}{r} 1 \ 6 \\ + 5 \ 7 \\ \hline \end{array}$$

$$\begin{array}{r} 7 \ 8 \\ + 4 \ 1 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \ 7 \\ + 5 \ 4 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \ 7 \\ + 1 \ 7 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \ 5 \\ + 4 \ 7 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \ 5 \\ + 4 \ 2 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \ 8 \\ + 9 \ 2 \\ \hline \end{array}$$

$$\begin{array}{r} 8 \ 2 \\ + 2 \ 7 \\ \hline \end{array}$$

$$\begin{array}{r} 9 \ 0 \\ + 3 \ 1 \\ \hline \end{array}$$

$$\begin{array}{r} 2 \ 5 \\ + 5 \ 4 \\ \hline \end{array}$$

$$\begin{array}{r} 4 \ 1 \\ + 4 \ 9 \\ \hline \end{array}$$

$$\begin{array}{r} 3 \ 5 \\ + 4 \ 2 \\ \hline \end{array}$$

$$\begin{array}{r} 4 \ 5 \\ + 4 \ 7 \\ \hline \end{array}$$

**Realice as seguintes somas:**

$$\begin{array}{r} 95 \\ + 44 \\ \hline \end{array}$$

$$\begin{array}{r} 13 \\ + 47 \\ \hline \end{array}$$

$$\begin{array}{r} 75 \\ + 32 \\ \hline \end{array}$$

$$\begin{array}{r} 91 \\ + 24 \\ \hline \end{array}$$

$$\begin{array}{r} 31 \\ + 83 \\ \hline \end{array}$$

$$\begin{array}{r} 96 \\ + 05 \\ \hline \end{array}$$

$$\begin{array}{r} 45 \\ + 71 \\ \hline \end{array}$$

$$\begin{array}{r} 85 \\ + 54 \\ \hline \end{array}$$

$$\begin{array}{r} 97 \\ + 12 \\ \hline \end{array}$$

$$\begin{array}{r} 24 \\ + 77 \\ \hline \end{array}$$

$$\begin{array}{r} 46 \\ + 52 \\ \hline \end{array}$$

$$\begin{array}{r} 28 \\ + 51 \\ \hline \end{array}$$

$$\begin{array}{r} 21 \\ + 26 \\ \hline \end{array}$$

$$\begin{array}{r} 97 \\ + 41 \\ \hline \end{array}$$

$$\begin{array}{r} 21 \\ + 04 \\ \hline \end{array}$$

$$\begin{array}{r} 78 \\ + 21 \\ \hline \end{array}$$

$$\begin{array}{r} 16 \\ + 52 \\ \hline \end{array}$$

$$\begin{array}{r} 54 \\ + 67 \\ \hline \end{array}$$

***Realice as seguintes restas:***

$$\begin{array}{r} 31 \\ - 44 \\ \hline \end{array}$$

$$\begin{array}{r} 65 \\ - 47 \\ \hline \end{array}$$

$$\begin{array}{r} 84 \\ - 33 \\ \hline \end{array}$$

$$\begin{array}{r} 76 \\ - 24 \\ \hline \end{array}$$

$$\begin{array}{r} 48 \\ - 83 \\ \hline \end{array}$$

$$\begin{array}{r} 56 \\ - 63 \\ \hline \end{array}$$

$$\begin{array}{r} 26 \\ - 71 \\ \hline \end{array}$$

$$\begin{array}{r} 86 \\ - 24 \\ \hline \end{array}$$

$$\begin{array}{r} 97 \\ - 13 \\ \hline \end{array}$$

$$\begin{array}{r} 53 \\ - 67 \\ \hline \end{array}$$

$$\begin{array}{r} 97 \\ - 52 \\ \hline \end{array}$$

$$\begin{array}{r} 92 \\ - 51 \\ \hline \end{array}$$

$$\begin{array}{r} 58 \\ - 26 \\ \hline \end{array}$$

$$\begin{array}{r} 79 \\ - 41 \\ \hline \end{array}$$

$$\begin{array}{r} 56 \\ - 07 \\ \hline \end{array}$$

$$\begin{array}{r} 48 \\ - 23 \\ \hline \end{array}$$

$$\begin{array}{r} 29 \\ - 52 \\ \hline \end{array}$$

$$\begin{array}{r} 68 \\ - 67 \\ \hline \end{array}$$

*Realice as seguintes restas:*

$$\begin{array}{r} 78 \\ - 34 \\ \hline \end{array}$$

$$\begin{array}{r} 79 \\ - 47 \\ \hline \end{array}$$

$$\begin{array}{r} 81 \\ - 23 \\ \hline \end{array}$$

$$\begin{array}{r} 56 \\ - 22 \\ \hline \end{array}$$

$$\begin{array}{r} 85 \\ - 83 \\ \hline \end{array}$$

$$\begin{array}{r} 64 \\ - 33 \\ \hline \end{array}$$

$$\begin{array}{r} 56 \\ - 31 \\ \hline \end{array}$$

$$\begin{array}{r} 76 \\ - 22 \\ \hline \end{array}$$

$$\begin{array}{r} 98 \\ - 13 \\ \hline \end{array}$$

$$\begin{array}{r} 54 \\ - 67 \\ \hline \end{array}$$

$$\begin{array}{r} 87 \\ - 54 \\ \hline \end{array}$$

$$\begin{array}{r} 93 \\ - 61 \\ \hline \end{array}$$

$$\begin{array}{r} 59 \\ - 25 \\ \hline \end{array}$$

$$\begin{array}{r} 49 \\ - 41 \\ \hline \end{array}$$

$$\begin{array}{r} 56 \\ - 47 \\ \hline \end{array}$$

$$\begin{array}{r} 49 \\ - 34 \\ \hline \end{array}$$

$$\begin{array}{r} 15 \\ - 57 \\ \hline \end{array}$$

$$\begin{array}{r} 48 \\ - 62 \\ \hline \end{array}$$



**Realice as seguintes multiplicações:**

$$\begin{array}{r} 68 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 59 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 71 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 36 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 75 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 94 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 46 \\ \times 3 \\ \hline \end{array}$$

$$\begin{array}{r} 46 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 98 \\ \times 9 \\ \hline \end{array}$$

$$\begin{array}{r} 34 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 47 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 63 \\ \times 6 \\ \hline \end{array}$$

$$\begin{array}{r} 79 \\ \times 5 \\ \hline \end{array}$$

$$\begin{array}{r} 39 \\ \times 2 \\ \hline \end{array}$$

$$\begin{array}{r} 96 \\ \times 8 \\ \hline \end{array}$$

$$\begin{array}{r} 59 \\ \times 4 \\ \hline \end{array}$$

$$\begin{array}{r} 25 \\ \times 7 \\ \hline \end{array}$$

$$\begin{array}{r} 78 \\ \times 9 \\ \hline \end{array}$$

**Realice as seguintes multiplicações:**

$$\begin{array}{r} 28 \\ \times 24 \\ \hline \end{array}$$

$$\begin{array}{r} 39 \\ \times 67 \\ \hline \end{array}$$

$$\begin{array}{r} 61 \\ \times 73 \\ \hline \end{array}$$

$$\begin{array}{r} 76 \\ \times 62 \\ \hline \end{array}$$

$$\begin{array}{r} 85 \\ \times 57 \\ \hline \end{array}$$

$$\begin{array}{r} 34 \\ \times 63 \\ \hline \end{array}$$

$$\begin{array}{r} 36 \\ \times 63 \\ \hline \end{array}$$

$$\begin{array}{r} 86 \\ \times 12 \\ \hline \end{array}$$

$$\begin{array}{r} 58 \\ \times 59 \\ \hline \end{array}$$

$$\begin{array}{r} 54 \\ \times 17 \\ \hline \end{array}$$

$$\begin{array}{r} 67 \\ \times 34 \\ \hline \end{array}$$

$$\begin{array}{r} 73 \\ \times 96 \\ \hline \end{array}$$

$$\begin{array}{r} 19 \\ \times 45 \\ \hline \end{array}$$

$$\begin{array}{r} 39 \\ \times 62 \\ \hline \end{array}$$

$$\begin{array}{r} 56 \\ \times 28 \\ \hline \end{array}$$

$$\begin{array}{r} 29 \\ \times 74 \\ \hline \end{array}$$

$$\begin{array}{r} 95 \\ \times 47 \\ \hline \end{array}$$

$$\begin{array}{r} 28 \\ \times 79 \\ \hline \end{array}$$

*Complete os números ate o 100:*

<b>1</b>		<b>3</b>	<b>4</b>	<b>5</b>		<b>7</b>			<b>10</b>
	<b>12</b>		<b>14</b>	<b>15</b>		<b>17</b>		<b>19</b>	
<b>21</b>		<b>23</b>			<b>26</b>		<b>28</b>		<b>30</b>
	<b>32</b>		<b>34</b>	<b>35</b>		<b>37</b>		<b>39</b>	
<b>41</b>		<b>42</b>			<b>46</b>		<b>48</b>		<b>50</b>
	<b>51</b>		<b>53</b>			<b>57</b>		<b>59</b>	
<b>61</b>		<b>63</b>		<b>65</b>			<b>68</b>		<b>70</b>
<b>71</b>	<b>72</b>		<b>73</b>			<b>77</b>		<b>79</b>	
	<b>81</b>		<b>83</b>		<b>86</b>		<b>88</b>		<b>90</b>
<b>91</b>		<b>93</b>			<b>96</b>	<b>97</b>		<b>99</b>	

**Complete os números que faltam:**



Conte as figuras e suma:



+



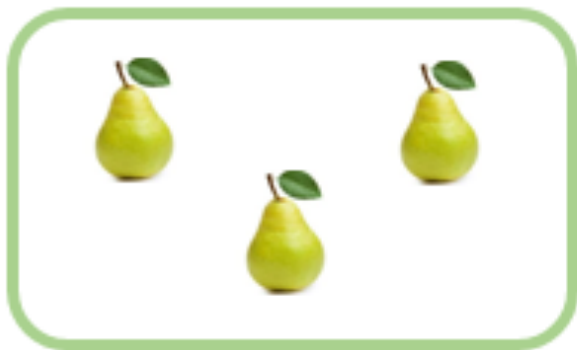
=



---

---

---



+



=



---

---

---

Conte as figuras e resta:



-



=



---

---

---



-



=



---

---

---

**Complete os ocos en branco realizando as operacións matemáticas:**

7	-		=		+		=	9
-		+		-		+		-
	+	2	=	4	-		=	3
=		=		=		=		=
5	-		=	2	+		=	
+		-		+		+		-
4	+		=		-	2	=	4
=		=		=		=		=
	-	1	=		-	6	=	