MISSIONS

Puzzles to train memory and attention

40 sheets · 4 levels · with solutions

Made by a neurodivergent person, for every kind of mind

Ages 12 and up

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Missions. Puzzles to train memory and attention.

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Recommended age: 12 and up.

This book is a game. It is not a medical or psychological treatment and it does not replace help from a professional.

All 40 sheets have been checked with a computer program: each one has a single correct path. If you find a mistake, write to us at jolovaactividades@gmail.com.

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First of all

Hi. I'm autistic and I have ADHD, and I made this book myself.

Many people like me know what it's like to have a head full of things and to let slip the very one you had to do. Remembering to do something later, while you're busy with something else, has a name: **prospective memory**. That is what you practice in this book.

I designed it around the way my mind works:

- Literal instructions, with no double meanings.
- Every page has the same structure.
- Each kind of mission always has the same symbol.
- Helps you can use and drop whenever you like.
- No rush, no grades, no red ink.

This book is for everyone. If your mind works in a different way, it's for you too.

One important thing: this is a game. It doesn't cure or treat anything. It's a way to practice at your own pace.

You can stop whenever you want. Making mistakes is part of the game.

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How to play

1. **Read the missions.** Before each grid there is a list of missions. Read them, repeat them and turn the page.

2. **Walk through the grid.** Start on the **START** square (gray background). Move to a neighboring square that has **1 more**. Draw the path in pencil.

3. **Do the missions.** As you go, do what the missions say: write letters or change the rule.

4. **Check.** At the end of the path, the letters you wrote make a word. See if it matches the solutions. How the path ends depends on the level: page 6 explains it.

What each word means

Neighboring square: the one above, below, left or right. Never diagonal.

Move: going to a neighbor. Leaving START is move 1. Count moves, not numbers.

Path squares: START doesn't count; move 7 leaves you on the 7th square.

Going up (+1): moving to the neighbor that has 1 more. After 9 comes 1.

Going down (−1): moving to the neighbor that has 1 less. After 1 comes 9.

Repeating a square: not allowed. Each square is used once at most.

If something doesn't work out

There is no square you can move to: in levels 1, 2 and 3, you probably missed a rule change. In level 4 it may be the end: check it with the word.

The word makes no sense: letters are missing or extra. Check the writing missions.

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The mission symbols

Each kind of mission always has the same symbol, so you can recognize it at a glance.



Write Levels 1, 2 and 4

Each time you reach a certain number, you write the letter on that square.



Rule change All levels

From a certain move, you switch from going up to going down, or vice versa.



At the end Levels 2 and 3

You remember a letter and write it at the end, when you reach the EXIT.



Start later Level 3

At first you write nothing. You start when something specific happens.



Stop Level 4

When something specific happens, you stop writing letters.

The levels and how the path ends

The end of each sheet changes with the level. We will always tell you before it changes.

Levels 1 and 2
Sheets 1 to 20

There is an **EXIT** with a thick border. When you reach it, you're done.

Level 3
Sheets 21 to 30

There are **three DOORS** with dashed borders. Only one is the right one. If you forget a rule-change mission, the path takes you to a false door. When you reach a door, you stop. The word tells you whether it was the right one.

Level 4
Sheets 31 to 40

The end is not marked. You finish when you can't move to any neighboring square. The word tells you whether it was the right end.

✂ **AT THE END OF THE BOOK YOU'LL FIND BOOKMARKS TO CUT OUT**

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Tricks for remembering the missions

Say them out loud. Repeat the missions two or three times before you turn the page.

Use “if…, then…”. For example: “If I reach a 6, then I write its letter.”

Picture it. Before you start, think about the moment: “I reach the 6. I write the letter.”

One at a time. If there are many, learn the first one, then the second, and so on.

The helps

Help A: the move strip. On the notes page of each sheet there are numbered boxes. Cross one out at each move, so you don't have to keep count in your head.

Help B: look again. If you forget a mission, you can go back and look at it.

Using helps is not cheating. On each sheet, tick the ones you used. Over time, try dropping them one by one.

At your own pace

- There is no time limit. Writing down your time is optional.
- You can stop whenever you like and carry on another day.
- If a sheet gets you stuck, move on to the next one. You can come back later.
- Making mistakes is part of the game.
- Looking at the solutions is not cheating: it's also learning.
- Choose a comfortable spot, with the light and sound you prefer.
- Move, stretch or take breaks whenever your body asks for it.

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My real-life missions

The missions in this book are a lot like the ones in your daily life: taking a pill, answering a message, taking the laundry out of the washing machine.

Write down things you tend to forget. Then turn them into “if…, then…”: choose a cue that already happens every day and link it to what you need to do.

Example. I forget: taking my evening pill. **If** I brush my teeth at night, **then** I take the pill.

What I forget	If… (cue)	Then… (action)	Did it work?
			☐
			☐
			☐
			☐
			☐
			☐
			☐

Come back to this page whenever you like. If something doesn't work, change the cue.

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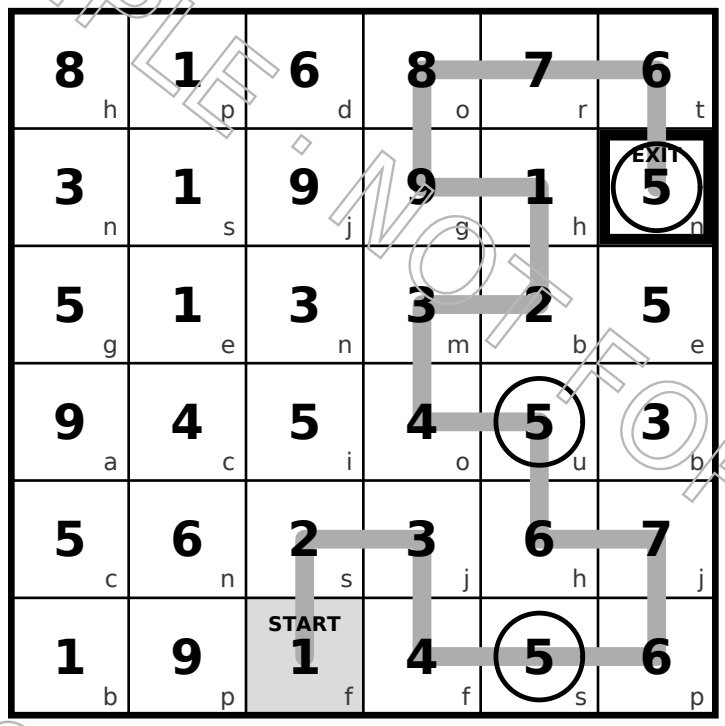
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Worked example · Level 1

Writing letters and a rule change. The missions were:

✎ Each time you reach a **5**, write its letter.

↺ Moves 1 to 6: go up (+1). **From move 7: go down (−1).**



Up: START 1, 2, 3, 4, **5** (write S), 6, 7

Down: 6, **5** (write U), 4, 3, 2, 1, 9, 8, 7, 6, **5** (write N; EXIT)

Word: **SUN**. Circle: letter written.

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Before you start

- Use a pencil and an eraser.
- The missions for each sheet are on the right-hand page, at the bottom and **upside down**, so you don't read them by accident while doing another sheet.
- When you are about to start a sheet: turn the book around, read the missions, repeat them and turn the page.

Turn the book around. The missions for sheet 1 are below.

Sheet 1

Level 1 · Missions

✎ Each time you reach a **6**, write its letter.

↺ Moves 1 to 6: go up (+1). **From move 7: go down (−1).**

Read them, repeat them and turn the page. If you forget them, you can come back and look. That's fine: just tick "Help B".

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Sheet 1

Level 1

Start by going up (+1). Going up: after 9 comes 1. Going down: after 1 comes 9. No diagonals. No repeated squares. **End: the EXIT (thick border).**

7 o	6 e	5 o	4 c	3 n	2 j
6 k	5 m	9 f	4 i	7 p	1 r
3 o	4 j	2 p	9 f	7 l	9 s
2 r	START 1 p	1 d	9 s	1 s	8 i
4 d	8 g	1 h	3 a	9 c	7 p
9 z	3 l	3 o	3 t	7 f	EXIT 6 y

Practice: remembering something later and changing the rule.

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Sheet 1 · Notes

Letters: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Help A (optional): cross out one number at each move.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36

Did you reach the EXIT? ☐ Yes ☐ No Helps used: ☐ A ☐ B

Time (optional): _____

Solution: page 96

When you finish, turn the book around. The missions for sheet 2 are below.

Level 1 · Missions

Sheet 2

✎ Each time you reach a **7**, write its letter.

↺ Moves 1 to 6: go up (+1). **From move 7: go down (−1).**

Read them, repeat them and turn the page. If you forget them, you can come back and look. That's fine: just tick "Help B".

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Sheet 2

Level 1

Start by going up (+1). Going up: after 9 comes 1. Going down: after 1 comes 9. No diagonals. No repeated squares. **End: the EXIT (thick border).**

6 g	4 g	8 l	9 f	1 e	2 r
5 b	6 r	EXIT 7 l	5 s	6 i	3 m
2 v	5 r	3 z	9 u	9 b	4 d
START 2 r	2 e	4 v	1 r	6 a	5 i
3 r	5 r	5 m	4 h	2 a	6 d
4 n	5 u	6 j	7 o	8 f	7 w

Practice: remembering something later and changing the rule.

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Sheet 2 · Notes

Letters: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Help A (optional): cross out one number at each move.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36

Did you reach the EXIT? ☐ Yes ☐ No Helps used: ☐ A ☐ B

Time (optional): _____

Solution: page 96

When you finish, turn the book around. The missions for sheet 3 are below.

Sheet 3

Level 1 · Missions

✎ Each time you reach a **3**, write its letter.

↺ Moves 1 to 12: go up (+1). **From move 12: go down (−1).**

Read them, repeat them and turn the page. If you forget them, you can come back and look. That's fine: just tick "Help B".

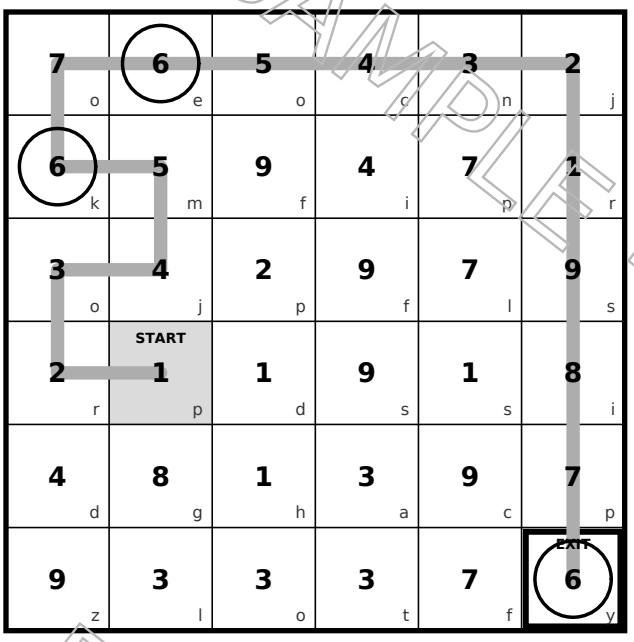
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Solutions

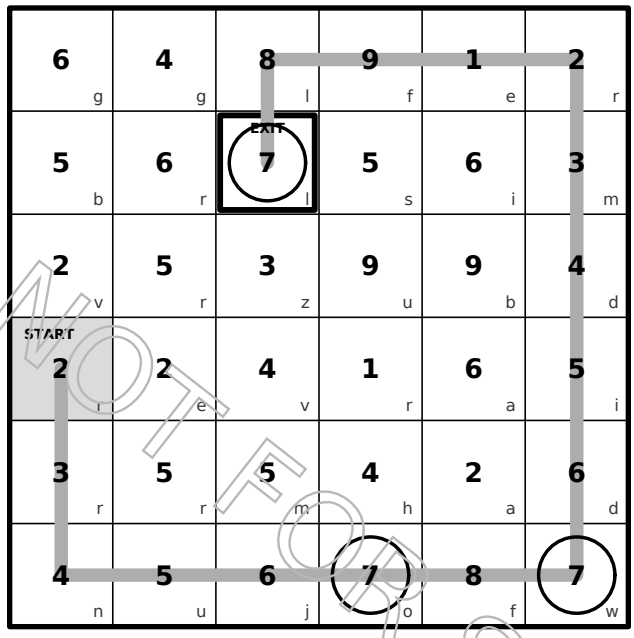
Circle: letter written. Square: letter that goes at the end. Solid border: the right end.

Sheet 1 Word: **KEY**



Down from move 7.

Sheet 2 Word: **OWL**



Down from move 7.

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Bookmarks to cut out

In the book, each bookmark has the symbols on the front and the rules on the back. Use one while you learn the symbols. Once you know them, keep marking your page.

MISSIONS

The symbols



Write

When you reach a certain number, write the letter on that square.

Levels 1, 2 and 4



Rule change

From a certain move, switch from going up to going down, or vice versa.

All levels



At the end

Remember a letter and write it at the end, when you reach the EXIT or a DOOR.

Levels 2 and 3



Start later

At first you write nothing. You start when something specific happens.

Level 3



Stop

When something specific happens, you stop writing letters.

Level 4

Read, repeat and turn the page.

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THE RULES

So you don't get lost

Neighboring square: above, below, left or right. Never diagonal.

Going up (+1): go to the neighbor with 1 more. After 9 comes 1.

Going down (−1): go to the neighbor with 1 less. After 1 comes 9.

No repeats: each square is used once at most.

Move: going to a neighbor. Leaving START is move 1.

Count moves, not numbers: “move 7” is your 7th move.

How it ends

Levels 1 and 2
You reach the EXIT (thick border).

Level 3
Three DOORS with dashed borders. Only one is right.

Level 4
No marked end: you finish when you can't move.

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This is the end of the free sample of
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Thank you so much for trying it!

I'd love to hear your honest opinion:
what worked for you and what didn't.

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