

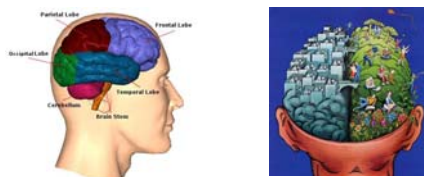
Mindformation©

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Lesson 0: Mindformation Part 1 = 心算 + 想象



Lesson 1: +1 口訣: 分加個十

$$78 + 64 + 59 + 18 = ?$$

$$8+4+9+8 = 29$$

$$7+6+5+1 = 19$$

$$219$$

Lesson 2: +2 口訣: 順序朗讀

$$7 + 4 + 8 + 9 + 6 + 5$$

$$11 \quad 19 \quad 28 \quad 34 \quad 39$$

Lesson 3: +3 口訣: 前至後加

$$19$$

$$36$$

$$379$$

Lesson 4: +4 口訣: 常在心間

顏色 + 位置

+1 功課

1. $63 + 78 + 96 + 44 + 41 + 88 =$ _____

2. $33 + 39 + 43 + 51 + 55 + 36 =$ _____

3. $21 + 79 + 74 + 85 + 63 + 82 =$ _____

4. $34 + 43 + 27 + 53 + 17 + 57 =$ _____

5. $24 + 14 + 11 + 15 + 75 + 78 =$ _____

6. $16 + 44 + 49 + 54 + 49 + 99 =$ _____

7. $27 + 64 + 57 + 85 + 12 + 64 =$ _____

8. $45 + 65 + 78 + 51 + 35 + 66 =$ _____

9. $28 + 65 + 63 + 41 + 57 + 23 =$ _____

10. $36 + 98 + 44 + 52 + 59 + 14 =$ _____

Lesson 5: +5 口訣: 逢 9 加 1

$$\begin{array}{r} 30 \\ 29 + 44 \\ \quad 73 \end{array}$$

+5 功課

1. $29 + 78 =$ _____

2. $89 + 75 =$ _____

3. $68 + 62 =$ _____

4. $79 + 73 =$ _____

5. $19 + 33 =$ _____

6. $38 + 36 =$ _____

7. $49 + 47 =$ _____

8. $98 + 52 =$ _____

9. $58 + 71 =$ _____

10. $69 + 68 =$ _____

Lesson 6: +6 口訣: 配對成十

$$\begin{array}{r} 10 \quad 10 \\ 6 + 4 + 3 + 7 \end{array}$$

20

+6 功課

1. $7 + 8 + 4 + 6 + 5 + 3 =$ _____

2. $6 + 4 + 5 + 2 + 4 + 5 =$ _____

3. $5 + 2 + 5 + 4 + 6 + 2 =$ _____

4. $9 + 7 + 6 + 3 + 4 + 1 =$ _____

5. $6 + 7 + 9 + 1 + 3 + 3 =$ _____

6. $3 + 1 + 6 + 4 + 7 + 5 =$ _____

7. $4 + 7 + 3 + 8 + 3 + 2 =$ _____

8. $8 + 2 + 9 + 1 + 5 + 3 =$ _____

9. $4 + 4 + 3 + 7 + 2 + 6 =$ _____

10. $9 + 8 + 8 + 2 + 7 + 1 =$ _____

心+訓練功課

1. $1 + 3 \rightarrow 79$

2. $1 + 4 \rightarrow 105$

3. $1 + 6 \rightarrow 157$

4. $1 + 7 \rightarrow 183$

5. $1 + 8 \rightarrow 209$

6. $1 + 9 \rightarrow 235$

7. $1 + 11 \rightarrow 287$

8. $1 + 12 \rightarrow 313$

9. $1 + 13 \rightarrow 339$

10. $1 + 14 \rightarrow 365$

Lesson 7: +7 口訣: 先加十位

$$13 + 26 + 9 + 17$$

$$13 \ 23 \ 33 \ 39$$

$$48$$

$$58 \ 65$$

+7 功課

1. $93 + 56 + 12 + 68 + 24 =$ _____

2. $7 + 63 + 19 + 75 + 31 =$ _____

3. $14 + 70 + 26 + 82 + 38 =$ _____

4. $21 + 77 + 33 + 89 + 45 =$ _____

5. $28 + 84 + 40 + 96 + 52 =$ _____

6. $35 + 91 + 47 + 31 + 59 =$ _____

7. $42 + 98 + 98 + 54 + 10 =$ _____

8. $29 + 85 + 41 + 97 + 53 =$ _____

9. $43 + 99 + 55 + 11 + 23 =$ _____

10. $8 + 64 + 20 + 32 + 76 =$ _____

Lesson 8: +8 口訣: 十個分加

$$\begin{array}{r} 24 + 15 + 31 + 12 \\ 20 \ 30 \ 60 \ 70 \\ 4 \ 9 \ 10 \ 12 \\ 82 \end{array}$$

+8 功課

1. $15 + 98 + 36 + 85 + 49 =$ _____

2. $29 + 26 + 91 + 48 + 96 =$ _____

3. $31 + 53 + 37 + 13 + 59 =$ _____

4. $57 + 42 + 64 + 48 + 24 =$ _____

5. $78 + 68 + 53 + 59 + 57 =$ _____

6. $36 + 37 + 33 + 41 + 87 =$ _____

7. $49 + 47 + 36 + 34 + 52 =$ _____

8. $74 + 71 + 58 + 47 + 35 =$ _____

9. $76 + 85 + 82 + 69 + 58 =$ _____

10. $13 + 87 + 96 + 93 + 87 =$ _____

Lesson 9: +9 口訣: 連續成對

$$\begin{aligned} &1 + 2 + \mathbf{3} + 4 + 5 \\ &\quad (6 \times 2) + 3 \\ &\quad \quad 15 \end{aligned}$$

+9 功課

1. $8 + 9 + 10 + 11 + 12 =$ _____
2. $5 + 7 + 9 + 11 + 13 =$ _____
3. $12 + 14 + 16 + 18 + 20 =$ _____
4. $3 + 6 + 9 + 12 + 15 =$ _____
5. $11 + 22 + 33 + 44 + 55 + 66 + 77 =$ _____
6. $25 + 26 + 27 + 28 + 29 + 30 + 31 =$ _____
7. $101 + 102 + 103 + 104 + 105 + 106 =$ _____
8. $70 + 75 + 80 + 85 + 90 =$ _____
9. $15 + 18 + 21 + 24 + 27 + 30 + 33 =$ _____
10. $85 + 86 + 87 + 88 + 89 + 90 =$ _____

Lesson 10: -1 口訣: 化減為加

$$\begin{array}{r} 32 - 18 \\ 18 + ? = 32 \\ 18 \ 28 \ 32 \\ 14 \end{array}$$

-1 功課

1. $48 - 14 =$ _____
2. $41 - 20 =$ _____
3. $78 - 22 =$ _____
4. $105 - 76 =$ _____
5. $92 - 27 =$ _____
6. $89 - 33 =$ _____
7. $35 - 18 =$ _____
8. $82 - 31 =$ _____
9. $107 - 81 =$ _____
10. $77 - 29 =$ _____

Lesson 11: -2 口訣: 整百相加

$$111 - 85$$

$$111 - 100 = 11$$

$$100 - 85 = 15$$

$$11 + 15 = 26$$

-2 功課

1. $154 - 33 =$ _____

2. $127 - 14 =$ _____

3. $168 - 39 =$ _____

4. $259 - 138 =$ _____

5. $346 - 115 =$ _____

6. $458 - 329 =$ _____

7. $342 - 189 =$ _____

8. $672 - 285 =$ _____

9. $867 - 479 =$ _____

10. $987 - 298 =$ _____

Lesson 12: -3 口訣: 減數湊十

$$34 - 9$$

$$34 + 1 = 35$$

$$9 + 1 = 10$$

$$25$$

-3 功課

1. $47 - 19 =$ _____

2. $46 - 27 =$ _____

3. $72 - 26 =$ _____

4. $71 - 45 =$ _____

5. $56 - 39 =$ _____

6. $57 - 38 =$ _____

7. $79 - 53 =$ _____

8. $45 - 36 =$ _____

9. $55 - 28 =$ _____

10. $67 - 46 =$ _____