



MEMORY CHALLENGE



CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

Activity overview

Test your memory

Equipment required

10-20 items randomly chosen from your house/ classroom

Time required

Less than 30 minutes

Take on your family or friends in this memory challenge, and then try some memory tricks to see if you can become even better. Your memory is just like a muscle – you can make it stronger by using and training it.

What to do:

1. Get someone who isn't doing the challenge hide a range of different household items (10-20) eg button, cutlery, plate, bowl, brush etc. This could be under a blanket, box or maybe in a separate room
2. Items are then shown for around 90 seconds and then hidden again
3. All players have 2 minutes to write down or draw as many items as they can remember
4. The player with the most correct items wins!

Some tricks to help improve your memory:

1. **Pay attention.** The more attention you give to a task, the more you retain.
2. **Picture it.** Create a visual image of what you are trying to remember. A big part of memory is visual, so creating an image gives you a better chance of remembering it.
3. **Repeat and repeat.** Again and again. Repetition helps to lock memories in.
4. **Form associations.** Link the item or object with something that is memorable or significant to you.
5. **Use keywords.** 'Tag' your memories by developing a list of key words targeted to what you are working to remember.
6. **Use mnemonics.** Patterns of letters, ideas or associations can greatly assist memory. They can take the form of an acronym (like ROY G BIV for the colours of the rainbow) or a rhyme (like "I before E except after C")
7. **Practice.** The more you use and challenge your memory the stronger it becomes.

Source: <https://www.inc.com/lolly-daskal/10-mental-habits-that-will-boost-your-memory-skills.html>

This information is not for sale. It is for educational purposes only.

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