



**DAILY WONDER**

The Home Learning Hub

# MEMORY GAMES

- Memory Object Game:** Gather a basket with at least 10 different objects. Have a scarf or pillowcase to place over them, so they are covered. Take away the covering for 10 seconds, and then replace the cover. Ask your child to close their eyes while you remove one object from the basket. Ask them to open their eyes as you remove the cover and tell you what is missing!
  - Variations:** Ask your child to name all the items they saw in the basket after you replace the cover. Experiment with variations of the game when the original way has been fully experienced or is not working well. You can try a different number of objects, different amount of time displaying the objects, ask them to write a list or draw as many of the objects from memory perhaps even in their exact location
- Memory Exercise Game:** The goal is that your child can listen while receiving 3 or more instructions and then complete each instruction in order from memory. Make it simpler if that is challenging and make it harder if you need to challenge further. You can use this as an active activity or a grounding activity, depending on your child's needs.

**Examples:**

  - Jump 6 times, touch your toes 3 times, run on the spot for 20 seconds.
  - Take 7 steps forward, jump on your right leg 2 times, and then sit down and stand up again.
  - Do 10 jumping jacks, turn in a circle 3 times and then punch the air with your left arm 2 times.
- Compass Directions Active Game:** Play an active game using all the compass directions (N, NE, E, SE, S, SW, W, NW). Ask your child to move in certain ways to each point around the room.

**Examples:**

  - Walk backwards 10 steps to the NW corner of the room, do 5 jumping jacks to the South wall.
  - Take 10 steps South, jump up and down 5 times, take 10 steps East, run to the NW corner of the room.
- Active Warm-up Game:** Speak 3-4 instructions first, and then have your child perform these active warm-ups.

**Example:**

  - Do 7 jumping jacks, 10 push-ups and 6 sit-ups etc. This will get the body warmed up, and the mind centred.