



# Westfield Nursery School 'Memory' Games

## Why play Memory Games?

Playing memory games regularly brings the following benefits:

- 1- Healthy exercise to your brain.
- 2- Improve concentration.
- 3- Enhance the cognitive skills.
- 4- Boost the brain functionality.
- 5 - Train your visual memory.
- 6- Increase short-term memory.
- 7- Prevent memory-related illness.
- 8- Help to keep focus.
- 9- Increase attention.
- 10- Playing memory games against the clock forces us to think fast.

## Things you can do

The following are things you can do to help your child to train his/ her memory. Before you start, please remember:

- Give your child your full attention
- Play somewhere quietly
- Give lots of praise
- If your child gives the wrong answer encourage them by saying something like- that was a good try, let's try another one
- Don't continue if your child is tired or no longer interested
- More shorter periods are better than one long one



## Kim's Game

Place 4 or 5 everyday objects (e.g. cotton reel, teaspoon, ring, keys, coin, button) on a tray. Ask your child to close their eyes and remove one object from the tray. Can your child tell you which one has gone? If your child is having difficulty with this game; place the items in a line in front of them



and point to each one (from left to right) saying its name before your child closes their eyes, then remove the object.

#### *Variations*

- Use less objects
- Use more objects
- Don't remove an object but ask your child to list (verbally or in writing) how many items they can remember



#### **Feely Bag**

Put 4 or 5 everyday objects on the table for your child to see. Place them in a non-see-through bag or pillowcase. Ask your child to feel the objects inside the bag one at a time. Ask your child to describe one object and guess what it is. Let them bring the object out to see if they were right.

#### *Variations*

- Use less objects
- Use more objects
- Take turns to feel and describe the object for the other person to guess what it is



#### **Supermarket Game**

Each person takes it in turns

First person "I went to the supermarket, and I bought..." some thing beginning with a

Second person "I went to the supermarket, and I bought..." some thing beginning with b and the object beginning with a

First person "I went to the supermarket, and I bought..." some thing beginning with c and the object beginning with b and the object beginning with a

Second person "I went to the supermarket, and I bought..." some thing beginning with d and the object beginning with c and the object beginning with b and the object beginning with a etc. When someone forgets an object, the other person is the winner!

#### *Variations*

- This game can be played with more than 2 people
- This game does not have to be played in alphabetical order





### Tea Game

(Similar to the shopping game) E.g.

First person "Last night I had fish for tea"

Second person "Last night I had fish and chips for tea"

First person "Last night I had fish and chips and beans for tea"

Second person "Last night I had fish and chips and beans and jelly for tea" and so on

*Variations*

-This game can be played with more than 2 people

-Play with different menus; breakfast, lunch, healthy, party food etc



### Clothes Game

(Similar to the shopping game) E.g.

First person "Yesterday I wore a jumper"

Second person "Yesterday I wore a jumper and trousers"

First person "Yesterday I wore a jumper and trousers and socks"

Second person "Yesterday I wore a jumper and trousers and socks and pants" and so on

*Variations*

-This game can be played with more than 2 people

-Play with clothes for different seasons/ venues; winter, summer, skiing etc



### Holiday Game

(Similar to the shopping game) E.g.

First person "On the beach I took my spade"

Second person "On the beach I took my spade and bucket"

First person "On the beach I took my spade and bucket and towel"

Second person "On the beach I took my spade and bucket and towel and sun hat" and so on

*Variations*

-This game can be played with more than 2 people

-Play with different types of holidays; skiing, camping, sports etc



### Clapping Game

(Similar to the shopping game) E.g.

First person claps twice and says "I clapped twice"

Second person claps four times and says, "Tom clapped twice, and I clapped four times" and so on

*Variations*

-This game can be played with more than 2 people





-This game can be played with other body percussion clicking, tapping, patting etc

### **Pairs**

Select 6 cards (3 pairs). Use playing cards or cards from a card game. Shuffle the cards and place them up for the child to see. Then turn them face down in rows. Child picks a card and turns it over. He then tries to find the matching card by turning another card up. If it is different the cards are placed face down again. If it is a matching pair the player has another go. Continue until all the pairs are collected.

### *Variations*

- This game can be played with more than 2 people
- Use a suitable number of pairs (work up to a whole pack)
- Don't let the child see the cards before they are placed face down



### **Other**

If you have any feedback about this booklet or other games to add to this please let Mrs Collins know.

A search on the internet will find some suitable memory games.

Other activities which help observational skills include

- Jigsaw puzzles
- Puzzle books which include spot the difference, maze pictures, following the trail, dot-to-dot

