

Objective

By the end of this lesson, you will be able to improve your memory skills through playing a fun memory game.

Materials and Prep

- A deck of playing cards
- A timer (e.g., a smartphone or a stopwatch)
- A quiet and well-lit space to play

Before starting the lesson, make sure you know the names of all the playing cards (Ace, King, Queen, Jack, etc.)

Activities

- **Memory Match:** Shuffle the deck of cards and lay them face down in a grid. Take turns flipping two cards over to find a match. If you find a match, keep the cards. If not, turn them back face down. The player with the most matches at the end wins.
- **Speed Challenge:** Set a timer for a certain amount of time (e.g., 1 minute) and see how many matches you can find within that time. Try to beat your own record each time you play.
- **Memory Story:** Create a story using the cards. For example, start with the Ace of Spades and make up a sentence about it. Then, add another card and continue the story. See how far you can go without forgetting any of the previous cards.

Talking Points

- **Memory:** Memory is the ability to remember things. We use our memory every day to recall information, like remembering someone's name or what we had for breakfast.
- **Concentration:** Concentration is when we focus all our attention on one thing. When playing the memory game, we need to concentrate to remember where the cards are.
- **Visualization:** Visualization means creating pictures in our mind. When playing the memory game, we can visualize the cards to help us remember their positions.
- **Practice:** Like any skill, memory can be improved with practice. The more we play memory games, the better our memory will become.
- **Fun:** Memory games are not only educational but also a lot of fun! It's exciting to challenge ourselves and see how much we can remember.