



**Do You Know What I Know? (🧠 A Cognitive Health Story)  
(1<sup>st</sup> – 6-7 yrs.)  
Demonstration: Memory Master**



**STORY CONNECTION-SLIDES 9-13 (Approx Time: 5-10 mins)**

What people are paying attention to plays a big role in learning, changing how we “see” the world, and how we remember what we “see.” In this demonstration, student(s) will focus on short-term memory and remembering by looking at pictures on the screen and then writing down what they saw.

**Materials needed:**

- Paper
- Pencils, crayons, markers, etc.
- Equipment to display online virtual memory test
  - Short Term Memory Test link: <https://faculty.washington.edu/chudler/puzmatch.html>

**Preparation needed:**

- Determine how memory test will be displayed easily for all to see

**Instructions:**

1. Explain to the student(s) that they are going to see some pictures on the screen. Their job is to focus on the pictures and really study them so they can remember as many as they can.
2. Tell them that after they have some time to study the pictures, they are going to have a chance to make a list of all the pictures they can remember.
3. Discuss some strategies that they might use to help them remember the images.
  - We tend to remember things that we like or things that are important to us, however this could be a problem if none of the images are of things that you like.
  - Sorting items into categories is also a way to help us remember things. Some categories are foods, things that fly, things found at school, things found at home, things you use with your hands, etc. See if the student(s) can also produce some categories prior to moving on.
4. Pass out paper and make sure student(s) have writing utensils ready prior to clicking start. All materials should be on the desk and NOT in hands while studying the images of the objects.
5. Go here: <https://faculty.washington.edu/chudler/puzmatch.html> to access the website.
6. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
7. When all student(s) are ready and understand the directions, click “start” on the website page.
  - The objects will stay on the screen for 30 seconds and then you will automatically be directed to a new page.

8. When time is up and the pictures are no longer on the screen, have student(s) write the names of as many as they can remember. Remind them to spell the best they can and differentiate as needed for the group. Drawing might be acceptable in some cases.
9. Before showing them the pictures again, make a list on the board of all the objects they remembered
10. Ask student(s) what strategies they used to remember the objects. Remind them that we tend to remember things that are important to us or things we have a connection with. This can help guide the discussion as to why they remembered some objects and not others.

Objects on Test:

butterfly	house	pencil	chair	lock	apple	computer	guitar	globe/Earth	airplane
telephone	kite	cake	ice cream cone	rainbow	clock	scissors	plant	lightbulb	hammer



Additional Resources:

Attention: Your Brain's Superpower <https://kids.frontiersin.org/articles/10.3389/frym.2021.588455>

This website has great information and additional resources in easy-to-understand language for both student(s) and adults.