



MONSTER MASH-UP MEMORY GAME

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INSTRUCTIONS

Here's a fun way to begin using memory strategies backed by science to help make memories stick.

Research shows that how we **process** information can make a big difference in creating memories that last longer.

When we process information **deeply**, by **working actively** with the information we are trying to remember, the images created in our minds are more resistant to fading.

Try some **deep processing** with your kids and students in this Monster Mash-Up Memory Game!

- 1) Create 3 piles of cards: a monster pile, a fruit pile, and a donut pile.
- 2) Put the piles face down.
- 3) Leave the Reference Cards with all the monsters, fruits, and donuts on them face up so players can use these group pictures as clues. You can also play the game without these clue cards if you like, though that will make the game more challenging!
- 4) Ask each player to pick up one card from each pile. If you have more than 3 players, make multiple copies of the donut cards!

- 5) Once each player has 3 cards, ask players to try and remember what monster, fruit, and donut they have picked.

- 6) This is where deep processing happens. **Encourage players to create interesting pictures in their mind to tie all 3 images together.** For example, if a player has drawn a winged monster along with a banana and a donut with sprinkles, that player might imagine 2 bananas on the wings, and the whole monster covered with sprinkles. If a player has drawn the round orange monster with a pineapple and a donut covered with lines of white frosting, the player might imagine the orange monster wearing a frilly pineapple hat and slipping on lines of white frosting that are oozing from the donut.

- 7) Once players have created a funny visual, ask them to put their cards face down and try to remember what their 3 cards were. They can use the Reference Cards and point to what they remember if that feels more fun [or

they can try and remember what cards they drew without any visual clues!]. After players describe what they remember, ask them to turn over their cards to see if they remembered their pictures correctly.

- 8) Try variations of this game. Maybe players could pick up one monster and more than one fruit, or two monsters and multiple fruits if they want to practice building bigger mental images with more items.

Check out my complimentary **Introductory Memory Guide for Parents and Teachers** available on my website, brendamiles.com, for more ideas on helping kids build mental images that stick!

































































