Memory

Objective:
The aim of the activity is to promote memory training and cognitive function. This exercise helps to improve concentration, attention and memory skills.

Description of how to do the activity:

Preparation:
- Obtain a memory game with tiles containing matching pictures or cards.There are many printable memory games available.
- Place the tiles face up on a table or flat surface.
- The number of people who can participate in the activity can vary depending on the size of the memory game and how it is organized. Normally, memory can be played by 2 to 6 people. If the game has enough tiles to make it interesting, more people can participate. However, it is important to ensure that all participants have a reasonable chance to turn over tiles and participate actively. If the group becomes too large, the game may become less engaging for each individual.

Rules:
- Players take turns turning over two tiles at a time to find matching pairs.
- If a player finds a matching pair, they take the tiles and score a point. Otherwise, the tiles are turned back face up.
- Play continues until all matching pairs have been found.
- The player who has the most matching pairs when all tiles have been taken wins.

What is needed to complete the activity:
Memory game with tiles, printable or digital game.

Time required:

The time required varies depending on the number of tiles and players. A round can usually take 15-30 minutes.

Alone or in a group:
Memory can be played both alone and in groups. It can be particularly entertaining when played with others.

Examples of printable memory games that are free to use with older people:
https://www.memozor.com/memory-games/printable-memory-games/for-seniors
https://www.memozor.com/memory-games/printable-memory-games/for-adults

Examples of digital memory games:
https://www.memozor.com/memory-games/for-adults
https://www.memozor.com/memory-games/for-seniors-or-elderly
https://www.memozor.com/memory-games/big-or-giant
https://www.helpfulgames.com/subjects/brain-training/memory.html
https://www.tucogames.com/