



Game Title:

"Memory Bank"



Concept:

Players collaboratively manage an imaginary “Memory Bank,” strategically investing wellness resources into categories, and then recalling their investments to build cognitive strength, wellness literacy, and community connection.



Objective:

- Allocate imaginary resources thoughtfully, strengthening strategic thinking, recall ability, and wellness literacy.
- Enhance memory through recalling resource investments made by each player.



Gameplay Mechanics:

- **Players:** 2–6 (expandable).
- **Materials:** Optional simple counters (pebbles, coins), paper, or purely imaginative.
- **Initial Setup:**
Players start with an imaginary budget of **10 "wellness points"** per turn.
- **Core Resource Categories:**

Category Symbol Example Allocation	----- -----	🧠 Cognitive
Books, learning, training 🏃 Physical Exercise, rest, nutrition ✨ Spiritual Meditation,		
reflection, gratitude practices 🤝 Connections Friendship, community support 🌳		
Environmental Sustainability, eco-friendly actions		








Gameplay Rounds:

1. Allocation Round:

- Each player secretly allocates their 10 wellness points across the five wellness categories, mentally or on paper.

Example Allocation:

-  Cognitive: 3 pts
-  Physical: 2 pts
-  Spiritual: 1 pt
-  Connections: 4 points
-  Environmental: 0 points

Players announce their allocation out loud, explaining their reasoning briefly.

2. Memory & Recall Challenge:

- After everyone announces their allocation, the group pauses.
- Players then take turns recalling **another player's allocation exactly**.
- Accurate recall earns bonus points (e.g., +3), promoting active listening, memory strengthening, and empathy.

Example Recall:

"I recall Sarah allocated 3 points to 🧠, 2 points to 🤝, and 5 points to 🌳."



Scoring System:

- **Allocation Phase:**
 - Balanced distribution across categories earns **2 points bonus**.
 - Strategic insight clearly articulated earns **additional points** (e.g., +2).
- **Recall Round:**
 - Successful recall of another player's exact allocation earns **+3 points**.
- **Community Bonus:**
 - If every player successfully recalls allocations, the group earns a collective **Unity Bonus (+5 points)**.



Victory & Reflection:

- Winner(s):
 - Highest total points after set rounds (usually 3-5 rounds).
 - Post-game reflections focus on:
- Which wellness areas were easiest or hardest to allocate points to, and why?
- How did recalling others' priorities deepen your understanding of their perspectives?



Advanced Variations:

- **Increasing Complexity:** Add layers (e.g., limited total points, changing wellness categories per round).
- **Strategic Partnerships:** Allocate resources collaboratively, recall as teams.



Benefits & Outcomes:

- **Enhances memory and attention** (through recall challenges).
- **Strengthens empathy and human connection** (through active listening and awareness).
- **Develops strategic resource management skills** in a relatable wellness context.
- **Reinforces holistic wellness integration** into daily life decisions.



Accessibility & Inclusivity:

- Requires **zero or minimal materials**.
- Simple enough for all ages and backgrounds.
- Supports cross-cultural interaction and bonding.

"Memory Bank" offers players meaningful skill development through playful interaction, integrating wellness deeply into cognitive patterns, while empowering unity, empathy, and strategic thinking.