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### BRAIN QUEST - Memory and Concentration:

| Activity    | Description  | Materials Needed |
|-------------|--|------------------|
| Memory Game | <p><b>Activity 1:</b></p> <p>Make the students sit in a circle. Ask everyone to think of something that they like to do. Then pick someone to start by telling the group for example “I like to swim”. The person to their right will then tell the group what the first person liked and adding what they like to do, for example “Fred likes to swim, I like to walk”.</p> <p>This continues right around the circle until the last person has to say what everyone likes to do.</p> | -                |

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|    |                        | <p>Other members of the group can prompt by miming the activity if anyone falls into difficulty.</p>  |   |    |
| <br><br>  | <p>Memory Tray</p>     | <p><b>Activity 1: Memory Tray</b></p> <ul style="list-style-type: none"> <li>Place lot of small items like sketch pens, pens, eraser, toy given, key chain, photo etc...</li> <li>Cover the tray with a cloth.</li> <li>Ensure that other students don't get a sneak peak of what is there in the tray.</li> <li>Show it to a student, cover it back.</li> <li>Give turn to all students.</li> <li>After all the students have got a chance to see the tray, ask them to list out one by one the items that they had seen.</li> <li>The student who says the most number of items is the winner and gets a star sticker or any goodie.</li> </ul> | <ul style="list-style-type: none"> <li>Sketch pens</li> <li>Pens</li> <li>Eraser</li> <li>Toy</li> <li>Key Chain</li> <li>Photo frame etc.</li> <li>Star sticker or any goodie</li> </ul> | <br><br><br><br>     |
| <br><br><br><br> | <p>Spot the newbie</p> | <p><b>Spot the newbie:</b></p> <ul style="list-style-type: none"> <li>Read a list of 10 words to the class, which they have to listen to carefully and remember.</li> <li>Read the list again but insert a new word that was not in the original list.</li> <li>Students have to indicate when they hear the "newbie" with a thumbs-up.</li> <li>Gradually increase the number of words in the original list.</li> <li>Sample List- apple, do, buy, sell, orange, take, run, bat, white, smile, photo, flower, bottle, doll,</li> </ul>   | <p>-</p>  | <br><br><br><br> |

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|   |                          | <p>mobile, mouse key ,board, pen cup, book, bike.</p> <ul style="list-style-type: none"> <li>• Teachers shall include words as appropriate.</li> <li>• Teacher shall ensure that this activity increases the students' memory skill.</li> <li>• Students can practice the previous days brain quest activities.</li> </ul>   |                   |   |
| <br><br><br><br><br><br><br><br> | <p>Give me the facts</p> | <p><b>Give me facts:</b></p> <ul style="list-style-type: none"> <li>• Teacher shall write the name of an item or object on the board (e.g. camel, pencil, socks.)</li> <li>• Ask students to tell three "facts" about the item written on the board.</li> <li>• Teacher shall not write these facts on the board.</li> <li>• Teacher shall randomly ask a student to remind of the three "facts" they suggested.</li> <li>• Add a second item to the list.</li> <li>• Ask for three facts.</li> <li>• Teacher shall ask another student to remind the three facts about the first and second items.</li> <li>• Write a third item.</li> <li>• Ask for three facts.</li> <li>• Repeat until the list becomes long.</li> </ul> | <p>-</p>          | <br><br><br><br><br><br> |
|   | <p>Paper Cup Tower</p>   | <ul style="list-style-type: none"> <li>• Teacher shall have many paper cups on the table.</li> <li>• Students have to arrange paper cups one on top of another in any fashion to form a tower.</li> <li>• Along with arranging cups, the student must call out list of names of a particular category like water animals, birds, places, etc.</li> <li>• The category should be told by the other students.</li> </ul>   | <p>Paper Cups</p> | <br><br>   |

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| <br><br><br><br>      | <ul style="list-style-type: none"> <li>Teacher shall ensure that the other students are quiet, giving the student who is doing the task enough confidence to complete the task.</li> <li>The student who builds the highest tower along with saying many category names correctly shall be rewarded with a star sticker.</li> </ul>  |  | <br><br><br><br><br><br> |
| <br><br><br><br> | <p>Juggling</p> <ol style="list-style-type: none"> <li>Teacher shall cut out squares from sponge a day before.</li> <li>Students shall try throwing one square up in the air at a time. Throw with one hand and catch with the other hand.</li> <li>Students shall add another square and keep practicing.</li> <li>Students shall add more squares to improve focus.</li> </ol>                                       | <ol style="list-style-type: none"> <li>Sponge</li> <li>Scissors</li> </ol> | <br><br><br><br>  |

**Outcome:**

Juggling improves eye-hand co-ordination, gross motor skills, and cognitive skills. It also teaches problem solving techniques and improves focus.

