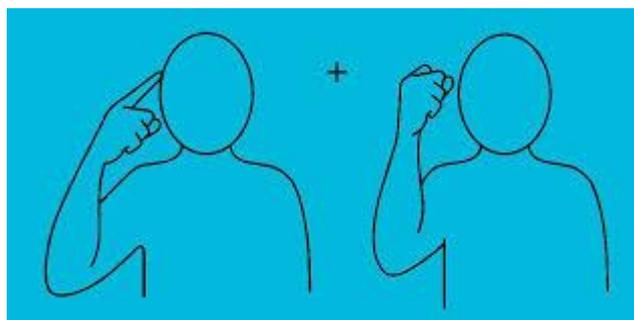


Activity	Memory games	
Key:	Due the various abilities of our children we have graded some of the activities into different levels.	Contact details:
Seeds		schools@cdssgroup.org.uk All Education Advocates access this email. Sarah Larkin (Cheshire West) Becky Harris (Cheshire West) Yvonne Edwardson (Cheshire East)
Saplings	Your child may access different levels depending on the activity as well as their ability.	
Trees		

Brief description of Activity

People with DS have a weak short term memory, this is why retaining instructions, learning new vocabulary and new skills can be difficult. Makaton and other visual prompts can help support learning and lots of repetition is needed to transfer any knowledge to long term memory. The good news is that visual memory is a strength so memory games can help improve this skill.

A typical person can retain 7 items, plus or minus 2. A person with Downs syndrome typically has a digit span of 4 or 5. What's your digit span, take the test below and have a look?



<https://humanbenchmark.com/tests/number-memory>

Resources needed

None particularly. Activities can be adapted to use whatever you have at home.

Activity – Seeds, Saplings and Trees

I Like To...

This is a quick and simple memory game that requires no preparation or equipment. It is a good game to play with the whole family but can be played by two people as well.

Pick someone to start. They need to tell the group/other person something they like to do for example "I like to go swimming". The next person says "Mum (or

name of the person) likes to swim, I like to dance”. This continues until everyone has had a go and then each person can add a second activity to what they like to do and the game continue, or it can be started again. If your child finds it tricky you can mime the activity to help them along. Older children may like to make up silly activities that they like to do to make it more humorous.

If this is too tricky for your child use an everyday scenario that is more familiar to your child such as ‘In the morning I get up. In the morning I get up and I get dressed,.... I get up, get dressed, brush my teeth etc.

Picnic memory game

Using the attachment or a lunch box from home you could play ‘in my lunch box today I have ... you pick up one of the printed items or a real one and put it in the box, the person says in my lunchbox today I have an apple. The next person can then pick up another item, look at it and put it in the box and then close it. You will prompt them to say in my lunch box today I have an apple and a banana and so on. Signing the items may help a child to remember more items.

If your child cannot remember the sequence then let them look again at the items, remind your child of the sequence, shut the box and try again.

Simon Says

Traditional game that can be enjoyed by everyone in the family. If your child prefers it you can call it by the name of whoever is ‘on’ eg Daddy Says, Bella Says etc. The person who is on gives an instruction such as “Simon says touch your head”. Everyone must follow the instruction unless the person doesn’t say “Simon Says before the instruction”.



The Tray Game

Find a selection of small interesting items that will fit on a tray (or use the Twinkl resource). Let your child look at the items on the tray then cover it with a tea towel. Take one item away and hide it behind you.

Can your child tell you what is missing from the tray when you take the tea towel away?

Under the Cups

You will need an even number of paper cups for this game and pairs of small items or treats such as a mini chocolate bar, box of raisins, small world toys, counters, biscuit etc. Hide the treats under the cups in a random pattern. Ask your children to take it in turns to turn over two cups. If the treats underneath match each other they can claim their prize, otherwise the cups go back over the prizes and the next person has a go. To make the activity harder just increase or reduce the number of cups played with. You could also place a booby prize under two of the cups that has an instant forfeit underneath such as ten jumps on the spot.

Pairs

Another version of this game is to print off 2 copies of the picnic items and play pairs. Choose pairs of items and take it in turns to turn two over at a time to find the matching items.

Using more or less pairs will make this activity easier or harder.

There is also a spring Makaton symbol attachment that you can use in the same way.

Attachments

Instructions, alphabet cut out and colour trays for memory game

Picnic theme memory game

Spring Makaton matching game

Cheshire Downs Syndrome Support Group

Registered Charity Number 1146127.

Website address: www.cheshiredownssyndrome.com

Phone number: 07518 590300

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