



# BRAINWORKS MEMORY GAME



## Instructions:

- **Laminate the cards and cut them out. Or cut, then laminate!**
- **Play memory: Place the cards face down and work on memory skills by trying to find matching cards.**
- **Once the match has been made: Complete the activity!**
- **Repeat until all matches have been found and completed.**

## Modifications:

- **Each player finds a match and uses the activity as part of an obstacle course. After all matches have been made, each player completes all of the obstacle courses that have been set up. (2 players, 2 courses, 3 players, 3 courses, etc.)**
- **Ditch the matching and have the child pick 3-5 cards (depending on age) and set up an obstacle course to complete.**
- **Instead of matching activity cards together, match colored arrows and work on identifying activities that have the same adaptive response: i.e. "Bouncing on a ball and peanut rocking both make me feel awake."**
- **Match activities to emotion cards. (Join [BrainWorks](#) to access feeling / emotion cards and print / laminate) Have the child pick a card and identify the emotion they feel when completing it.**

# BRAINWORKS MEMORY GAME



**Bounce on ball 10x**



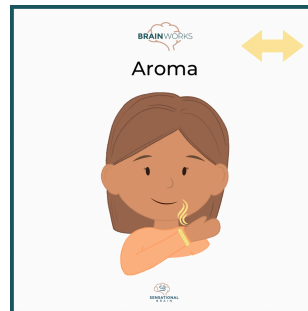
**Crawl forward and backwards 5x**



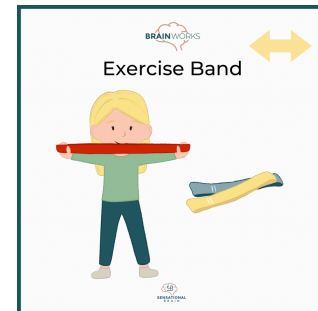
**2x in each direction**



**Peanut rock 8x**



**Find something that smells yummy**



**Slow stretches 10x**

# BRAINWORKS MEMORY GAME



**Bounce on ball 10x**



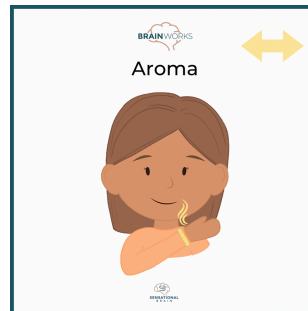
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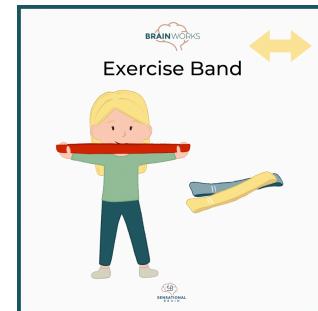
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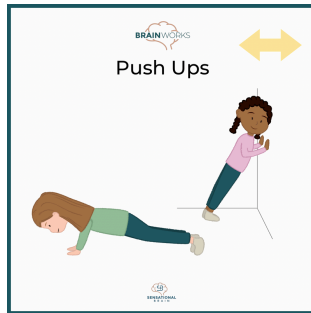


**Find something that  
smells yummy**



**Slow stretches 10x**

# BRAINWORKS MEMORY GAME



**5 push ups**



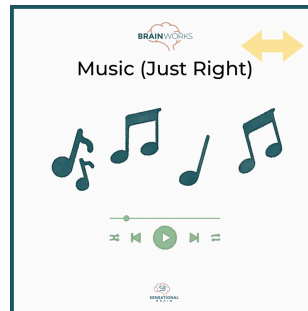
**Find a tunnel or  
make a tunnel**



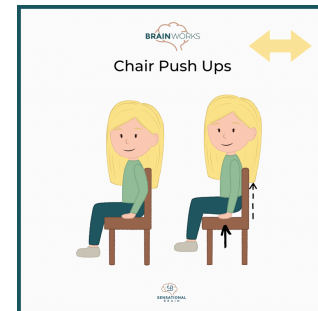
**Keep a beat for  
20 seconds**



**Shake it up 5x**



**Listen to your  
favorite song**



**10 chair push ups**

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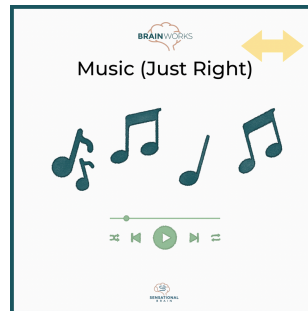
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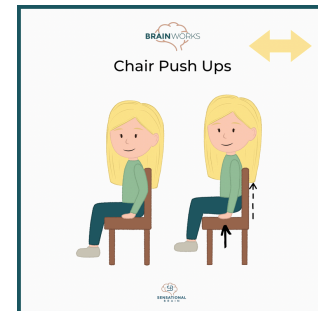
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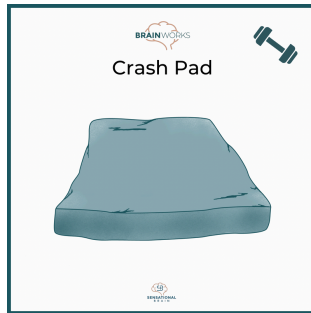


**Listen to your  
favorite song**



**10 chair push ups**

# BRAINWORKS MEMORY GAME



**Jump and crash 3x**



**Clap to the beat  
at 60BPM 15x**



**10 reps of mouth or  
tongue exercises**



**Jump with 2 feet 10x**

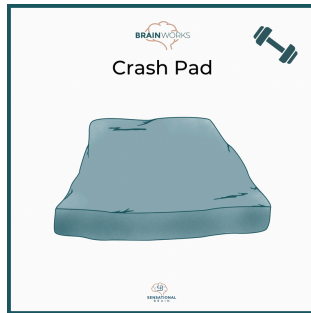


**The length of the  
room you're in**



**Find something heavy  
to lift, push or carry**

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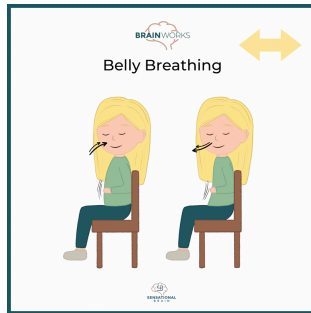


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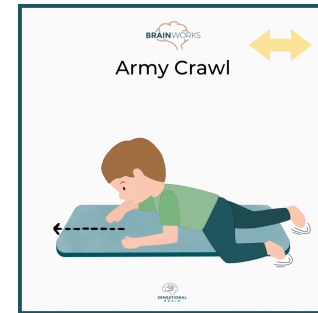
# BRAINWORKS MEMORY GAME



**Slow belly  
breaths 5x**



**Massage your hands or  
ask for a hand massage**



**Army crawl under a  
desk or tunnel**



**10 dots on your arms,  
hands and fingers**

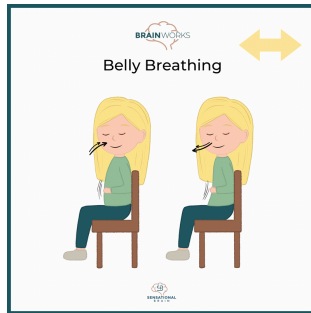


**Hold 4 yoga poses  
for 10 seconds each**



**Spin 3x in each direction  
with eyes open**

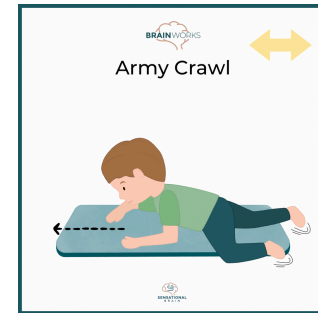
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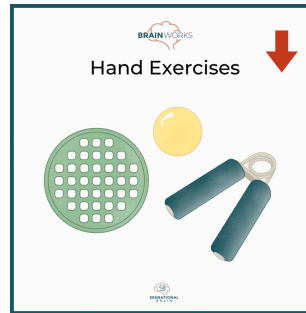


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# BRAINWORKS MEMORY GAME



**Windmills 10x**



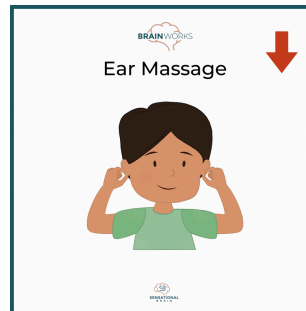
**10 reps of a  
hand exercise**



**Elephant walk the  
length of the room**



**Log roll in both  
directions on a line**



**Soft ear lobe  
massage 30 seconds**

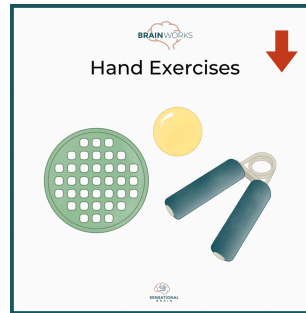


**2x each direction**

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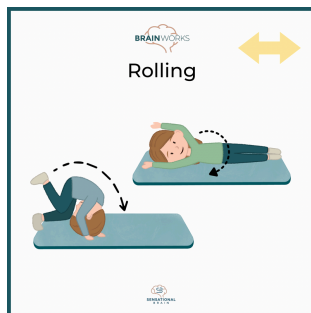
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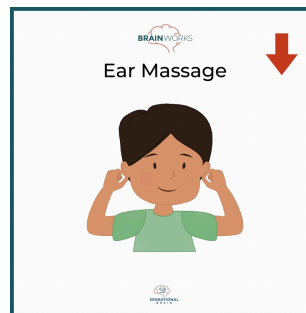
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