“Memory is the diary that we all carry about with us”

This is how Oscar Wilde defined it. Memory is the warehouse of our memories and experiences. It is the capacity that allows us to learn and adapt. Thanks to memory we are who we are.

Thanks to memory we remember the people we are with, the conversations we have had, where we have traveled, our knowledge and professional skills.

Having a good memory is conditioned by age, diet or genetics, but also environmental factors such as stress, intellectual activity, quality of sleep, etc. However, there are diseases such as Alzheimer’s that cause the gradual loss of memory, the loss of our precious memories. But it is a loss that can be confronted. From NeuronUP we rely on cognitive stimulation to work memory as a preventive method.

In the following document, we share with you 5 exercises developed by NeuronUP to work on memory with adults and children.

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INSTRUCTIONS: Write the number less than and greater than these quantities.

1. _______ 45 _______

2. _______ -26 _______

3. _______ 11 _______
INSTRUCTIONS: Write each word in the corresponding category.

CASE  MARKER  LILY  GLUE  ORCHID  CEDAR  PETUNIA
AZALEA  NOTEPAD  OAK  PAPER  BIRCH  BEECH  ERASER
PENCIL  RULE  FOLDER  CHRYSANTHEMUM  DAISY
CALCULATOR

PLANTS

OFFICE SUPPLIES
Circle each drawing with the same color as its category.

BLUE: Leisure

BLACK: Animals
Put each number in its place.

30 28 22
43 48 34

thirty-four
forty-three
twenty-two
forty-eight
thirty
twenty-eight
INSTRUCTIONS: Write the category that each word belongs to.

MARKER:
DRUM:
HUSBAND:
REFRIGERATOR:
ARCHERY:
CHICKEN:
TRAY:
DRILL:
NECK:
JUICE:
WHITE:
SCARF: