

THE  
RESERVES OF  
**OUR**  
MEMORY

# TACTILE MEMORY

**A Series**

of Books on the  
Development  
of Visual  
Memory in  
Children



**THE RESERVES OF OUR MEMORY**

I. Y. Matyugin, T. Y. Askochenskaya, I. A. Bonk

# **TACTILE MEMORY**

**A Series of Books on the Development of Visual Memory in Children**

**"Eidos Center" NBC, Moscow, 1991**

**I. Y. Matyugin, T. Y. Askochenskaya, I. A. Bonk, 1991**

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**Translated to English by Alexander Podoprighora (2020)**

**Translation edited by Olga Podoprighora (2020)**

### LESSONS IN PRACTICAL PSYCHOLOGY

More and more often, on colorful posters and display advertisements, there appear announcements about modern mages and miracle workers, who, by flexing their intellectual muscles, demonstrate the miracles of our memory. They come onto the stage and demonstrate feats right before your eyes, carelessly tossing a barbell of unbelievable weight, a barbell with the exorbitant loads of memory, attention and intelligence. One push... - and a long row of words is memorized, one more push... - and large mathematical sums are calculated instantly. The mages toss up the intellectual dumbbells one after another, and the audience looks at them, short of breath and filled with a light feeling of jealousy.

And here is a completely different stage, full of the tragedy and pain of human life. And from this stage, one can hear the words:

I have work, that cannot be postponed:  
To destroy my memory. And then  
I must turn my soul into a stone.  
I must start to learn to live again.

(Translation by Natasha Gotskaya)

Behind Anna Akhmatova's verse which contrasts greatly with the tricks on the theatre's stage, appears the authentic psychological truth regarding the inner workings of the self-creation of identity. Every one of us, the mages on the stage, the audience looking closely upon the miracles of phenomenal memory, the poet beyond the verge of despair, are all preoccupied with one task, **the creation of ourselves**.

We can order ourselves to forget, we can kill off our memory, and at last we can harness the art of memorizing our world in visual forms. The most important thing is to simply realize that **practical psychology is a science about building, constructing, cultivating and designing the human world**.

The series of books prepared by Igor Matugin and his colleagues is a sort of introduction to such practical psychology as a culture of harnessing the individual's behavior.

This series of texts carries the title "The Reserves of Our Memory". However the meaning of all these texts is not limited by, nor strictly in regards to memory itself or increasing its reserves. It is much broader than that. Igor Matugin's texts instruct us on performing an everyday **task**, the task of controlling one's behavior. According to the genius psychologist L. S. Vygotskiy thanks to this task, anyone, both child and adult, not only uses their memory, but begins lording over it.

And who knows, perhaps lessons on practical psychology, on the most difficult art of lording over oneself, will come in handy right when destiny commands that we "learn to live again".

Vice-president  
Of the USSR Psychologists' Society  
Doctor of the Psychological Sciences  
Aleksandr Asmolov

Dear Friend!

In this book, the magical world of new feelings and images will open up before you.

You will discover new games that will help you better interpret the surrounding world, develop your imagination, improve your memory and help you get rid of bothersome worries.

Here, we will tell you about a very interesting kind of memory, known as tactile memory.

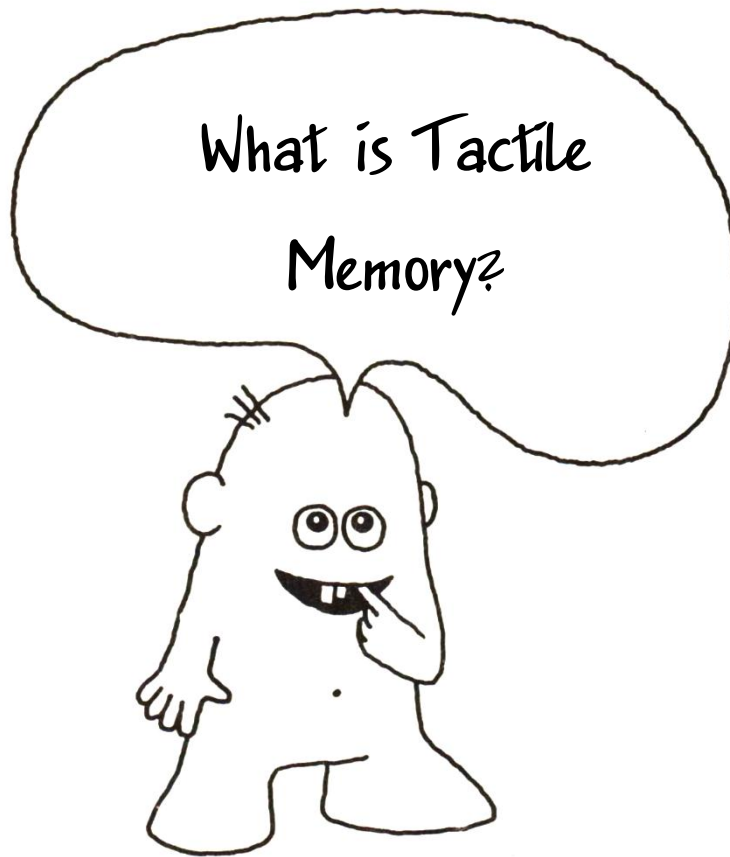
As you read this book, try not to skip ahead. What is the point of playing when you already know the correct answer?

For each game, you will receive a set amount of points. Record these. Once you finish this book, you will tally up the points and find out whether or not you have good tactile memory.

Our students Irene and Alex will help you complete these tasks.

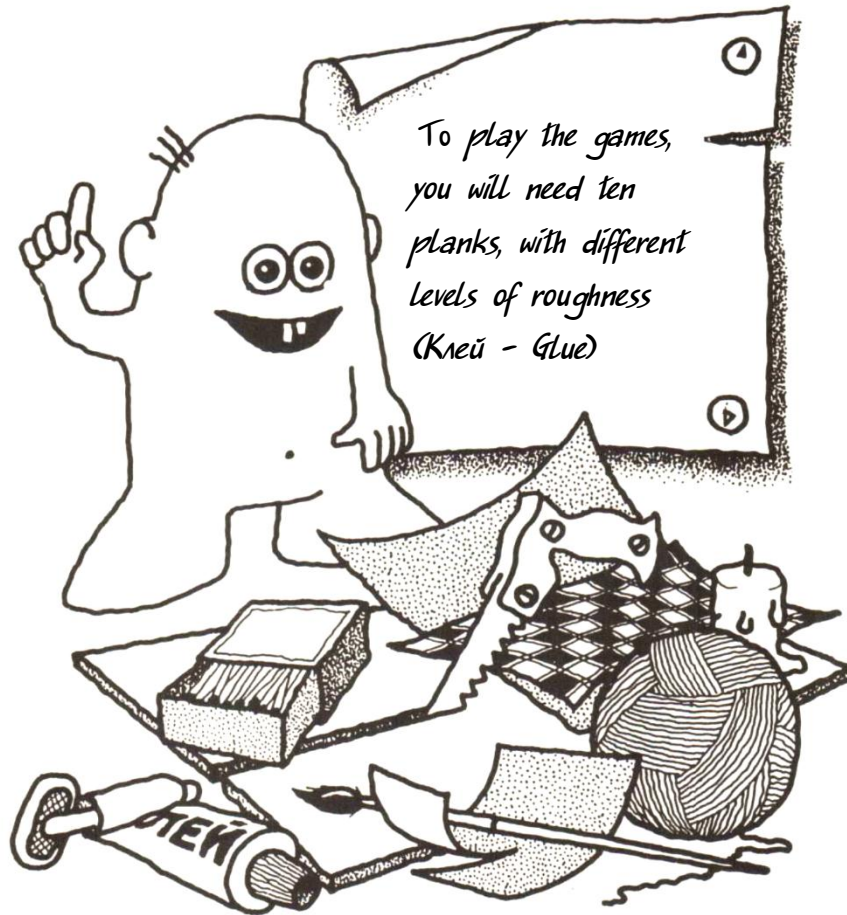
We wish you luck!





Tactile memory is the ability to remember the feelings one has, when touching various objects.

\*



They're not hard to make...

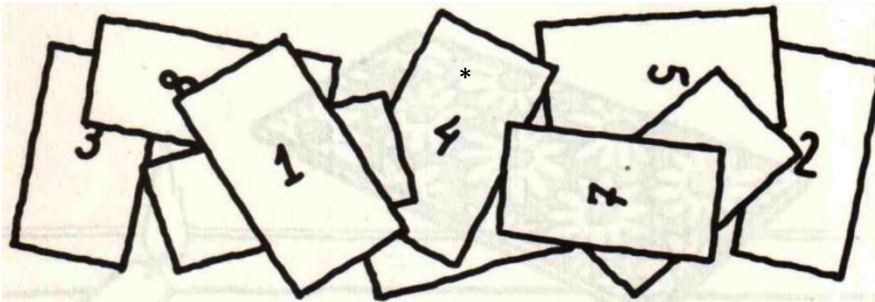
You will need some cardboard, fur, pieces of fabric, some rope and other materials that are easy to find around the house.

Cut ten planks of about this size out of a thick piece of cardboard, or some plywood.



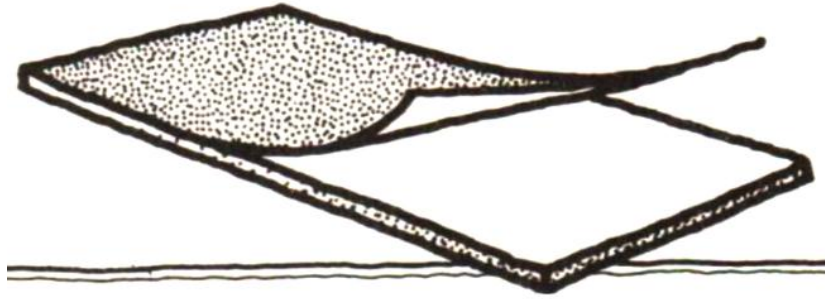
Write a number from 1 to 10 on one side of each plank, like so:

All planks must feel differently to the touch.

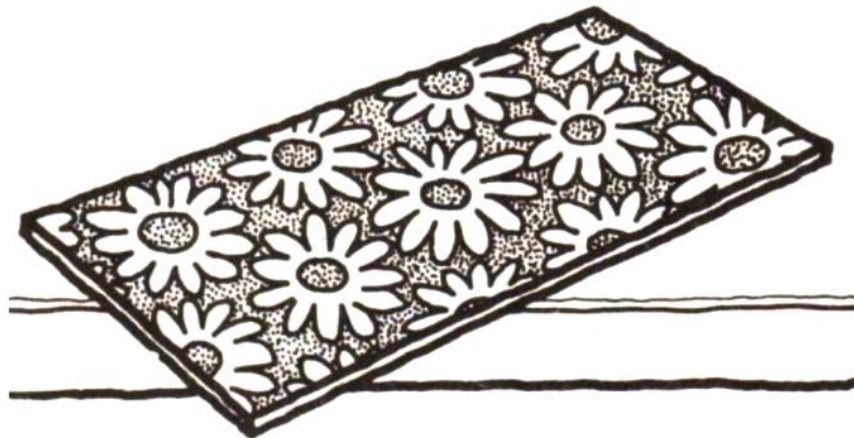




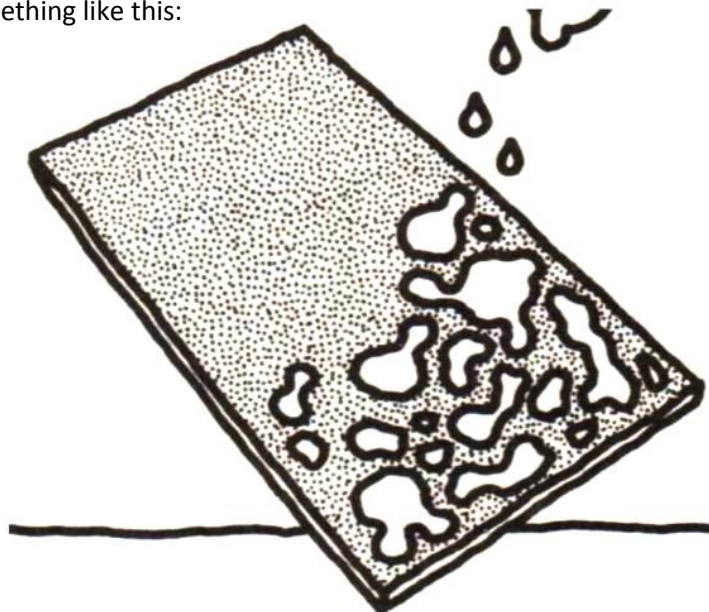
Plank #2 must be rigid and rough to the touch. It is best to use sandpaper for this.



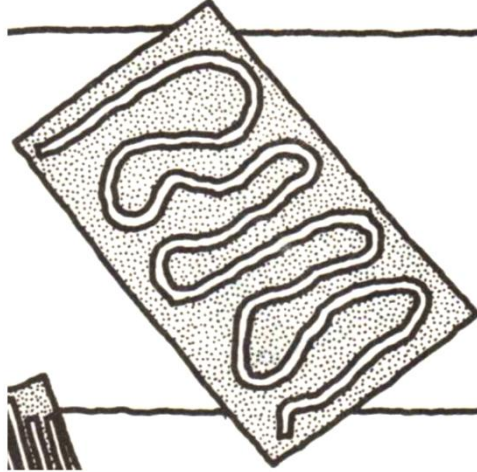
Glue a piece of some sort of fabric such as baize or flannel onto plank #3.



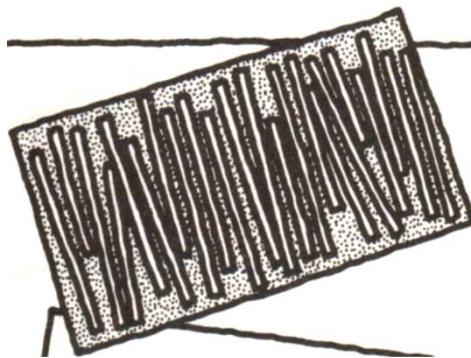
For plank #4, you must drip some melted candle wax, so that set drops of wax appear on the plank. The result should look something like this:



In order to create plank #5, take a piece of rope or a thick shoelace and glue it onto the surface of the plank.



For plank #6, you will need to use matches or some kind of small sticks.

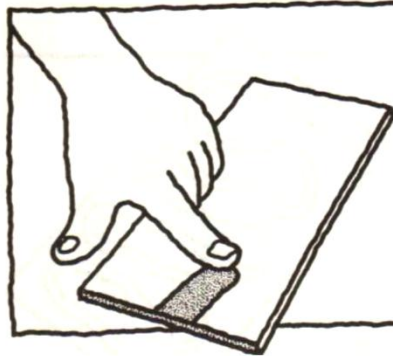


Plank #7 also has matches, but they must be broken in half and glued onto the plank in no particular order, like so:

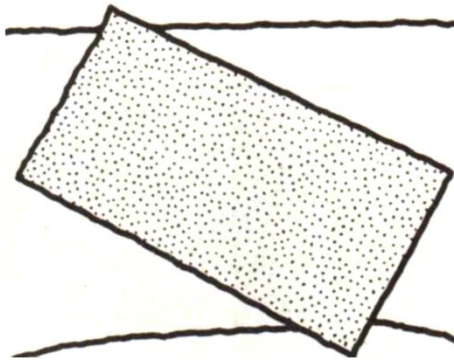


## 10

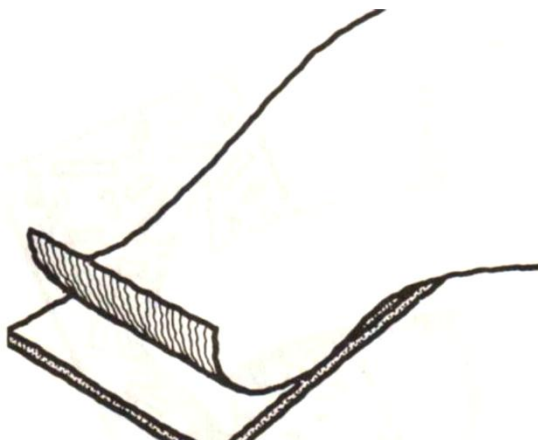
The surface of plank #8 must be completely smooth. Plastic film, foil or something similar will do the job.



Glue some velvet or velvet-like fabric onto plank #9. You can use velvet paper or suede leather.



Glue some kind of patterned fabric, such as corduroy or rough canvas onto the last plank, plank #10.



Now the planks are ready, let's begin playing!



**GAME #1**

Place the planks in a row from 1 to 10 with the number facing down.



Now, read the directions for this task carefully, because you will be performing it **WITH YOUR EYES CLOSED**.

You will need to close your eyes and carefully, without rushing, feel the surface of each plank. Try to memorize how they feel to the touch, and what order they are placed in.



Once you've done so, move them around! Do not open your eyes!



Now, try to place them in their original order **ONLY BY TOUCHING THEIR SURFACES**.



Are you finished?

Flip the page.

Let's see how well you were able to perform this task.

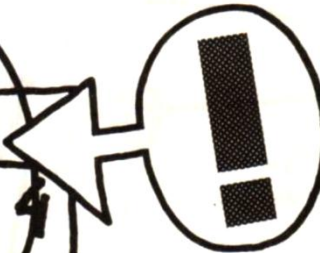
\*

*Write the number of the planks in the order in which you placed them from memory in the lower column.*

1	2	3	4	5	6	7	8	9	10

If the numbers are not the same in both rows, that is an error.

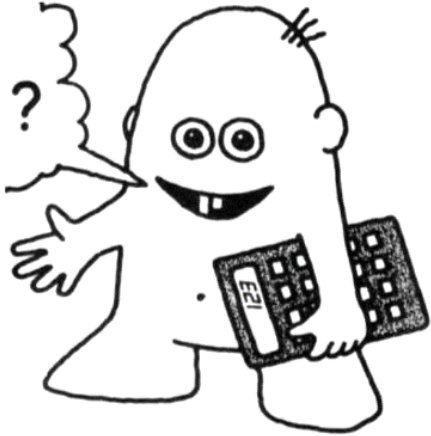
1	2	3	
1	2	5	4



Tally up the number of errors.

On the next page you will see the amount of points you've received for this game.

Find your answer in this list of options.



None - 10 points

One or two - 8 points

Three or four - 5 points

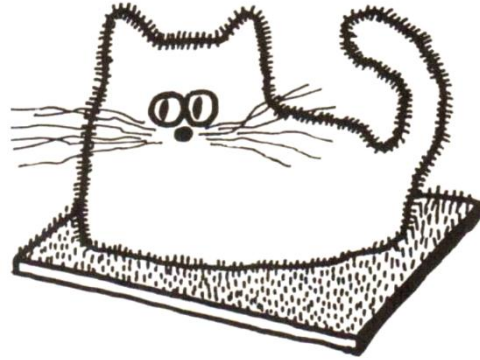
Five or six - 3 points

More than six mistakes - 1 point



## GAME #2

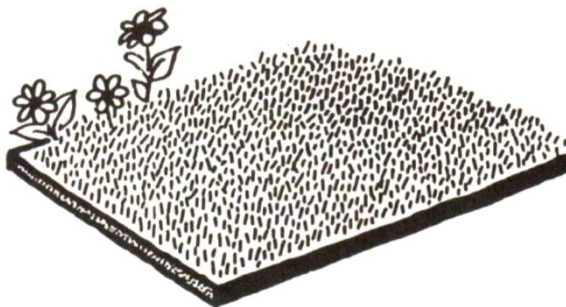
Take plank #1. Close your eyes and touch it. What does its surface remind you of?



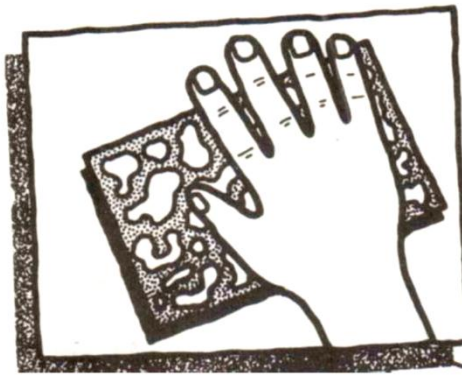
Irene touched the plank said that it feels like a CAT



or a WOOL COAT



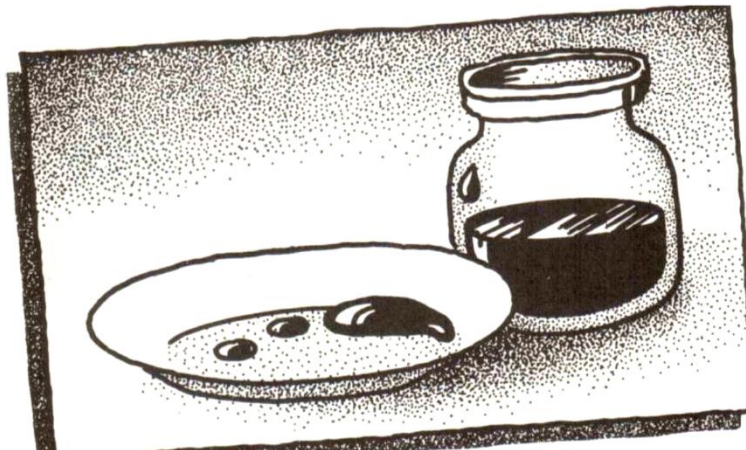
or even a MOWED LAWN.



Now, touch plank #4. When touching it, Alex pictures



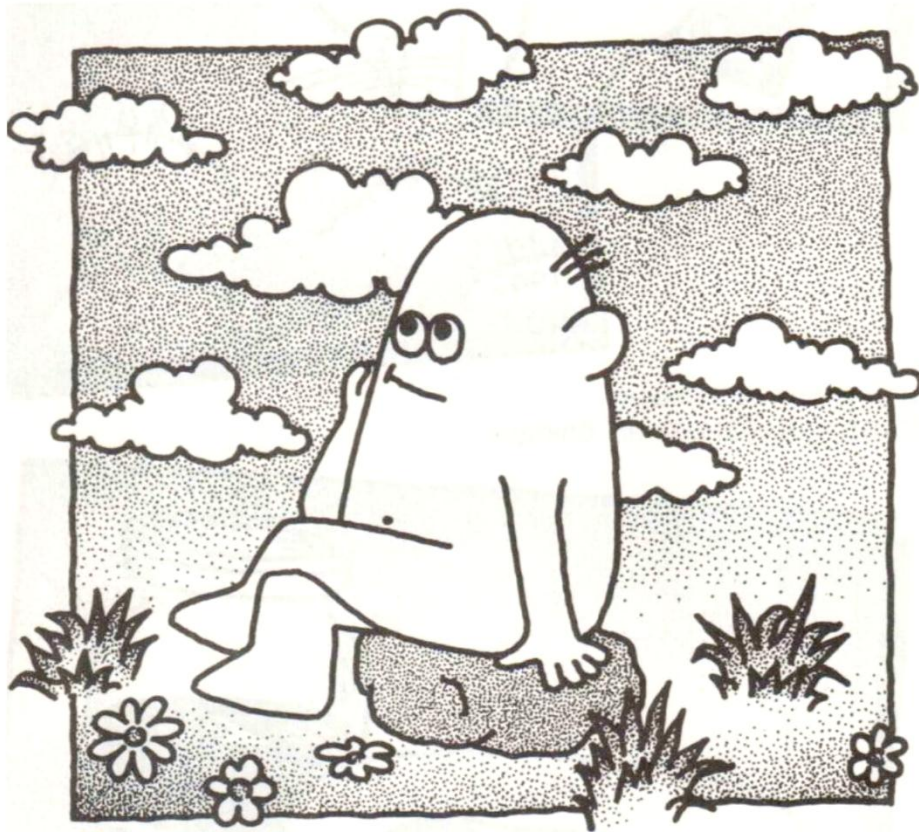
HILLOCKS IN A SWAMP.



Or SEES set DROPS OF JAM on a plate.

What do you picture when touching these planks with your eyes closed? Do you see anything in your mind when you do?

Try to picture an image in your mind. Just don't rush. The image might not appear right away. You need to focus and imagine it very well.



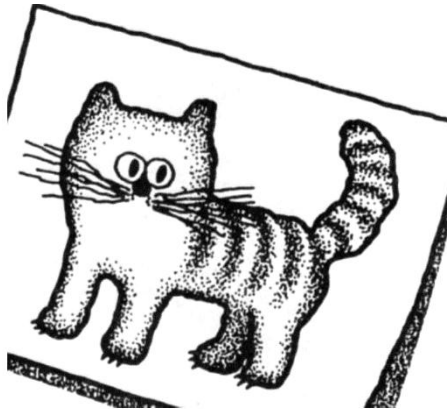
The images may be different. For example, plank #1 reminds many people of a cat. However, everyone pictures the cat in their own way.



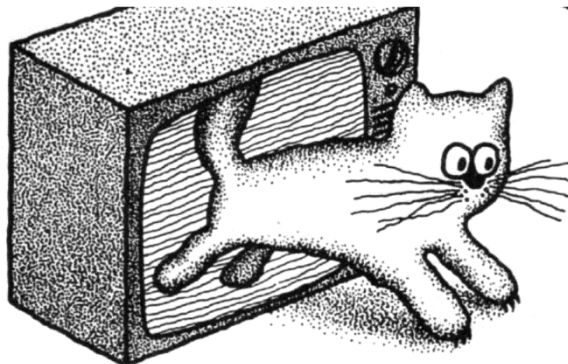
Some do not see the cat very well. As if it is enveloped in mist, or do not see it at all.



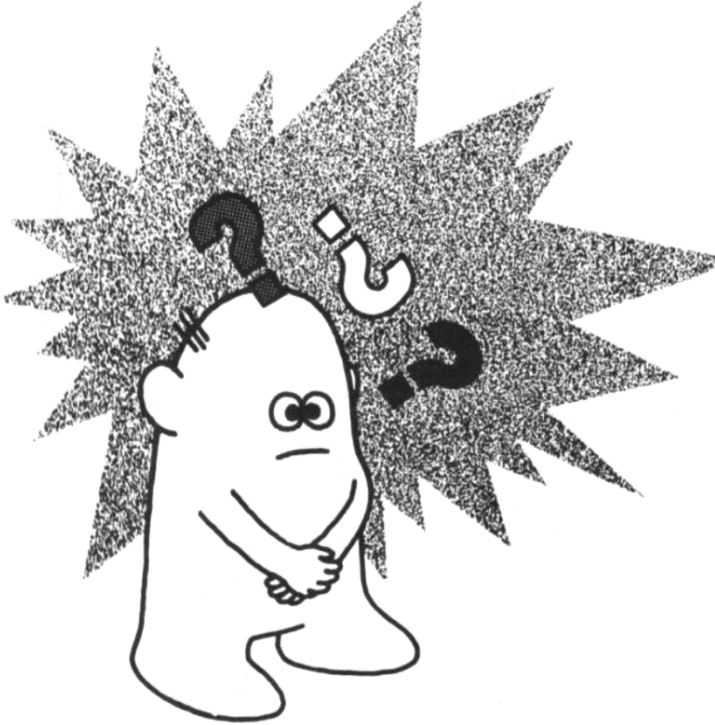
For others, an image of a cat appears as if in a drawing or photograph.



Or, one could see the cat as if it is on a TV screen, running around, lapping milk from a bowl, playing with a ribbon...



Usually, at first the pictures appear for a brief period and disappear quickly.



In order for the pictures to be vivid and remain before your eyes for a long while, you need to practice a lot.

So, let's practice now:

## FANTASIZE ON YOUR OWN...

Place the planks on a table. Touching each one in turn, imagine what they feel like. Try to imagine that object as clearly as if you were actually seeing it.

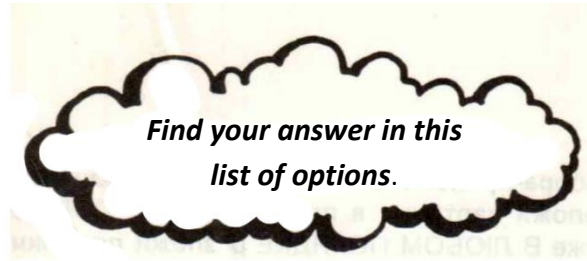


This plank feels like...

This one feels like...



Check how many points you've received for this game.



I touch the plank and...

Don't see the image, or see it very badly as though through a mist.

- 2 points

See the image as though it were on a drawing or a photograph

- 5 points

See the image as though it were moving on a TV screen.

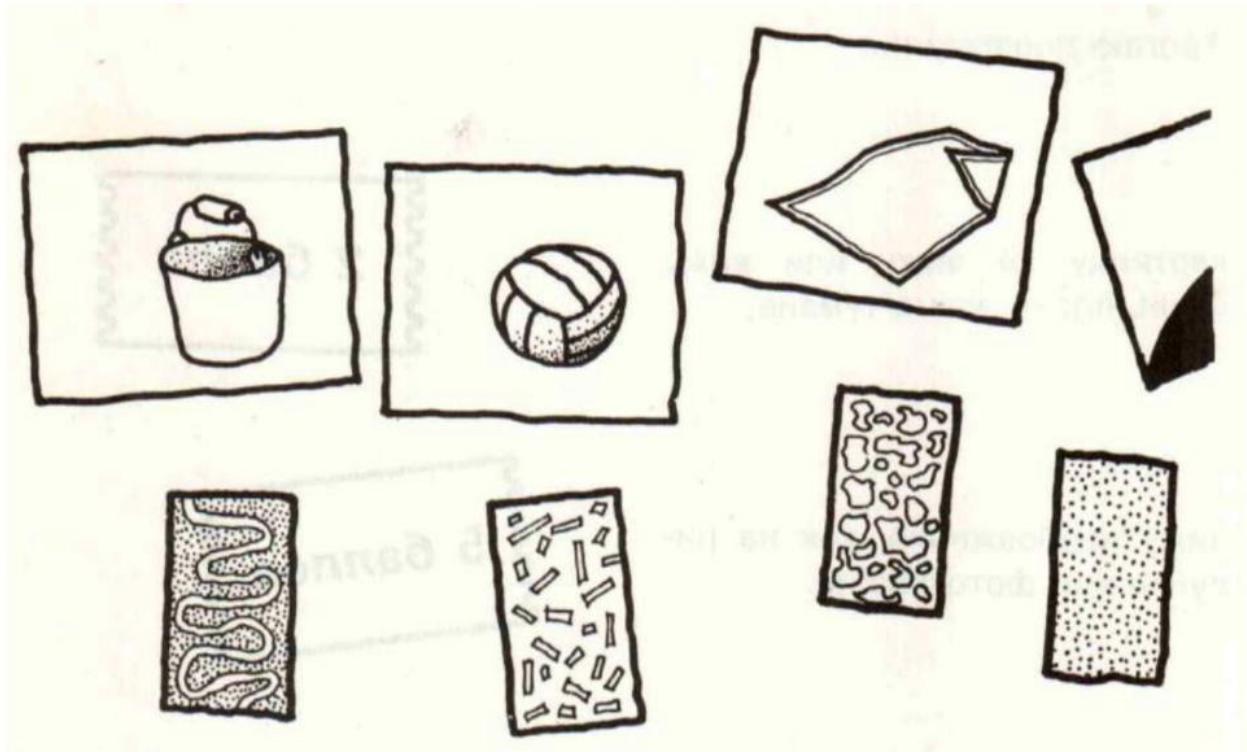
- 10 points

Do not feel badly if you can't see the image right away. Repeat this exercise often, and you will definitely succeed.



**GAME #3**

Take the page with 10 pictures from the attachment at the end of the book. Cut the pictures out. Place them in a row IN ANY ORDER. Place the planks underneath the pictures IN ANY ORDER as well.



Finished?

You will need to memorize WHAT PICTURE IS UNDER WHAT PLANK. However, you may only look AT THE PICTURE, while the plank must be memorized BY TOUCH. FIRST, LOOK AT HOW IRENE DOES IT.

For IRENE, the picture of a drop of water ended up on top of plank #3.

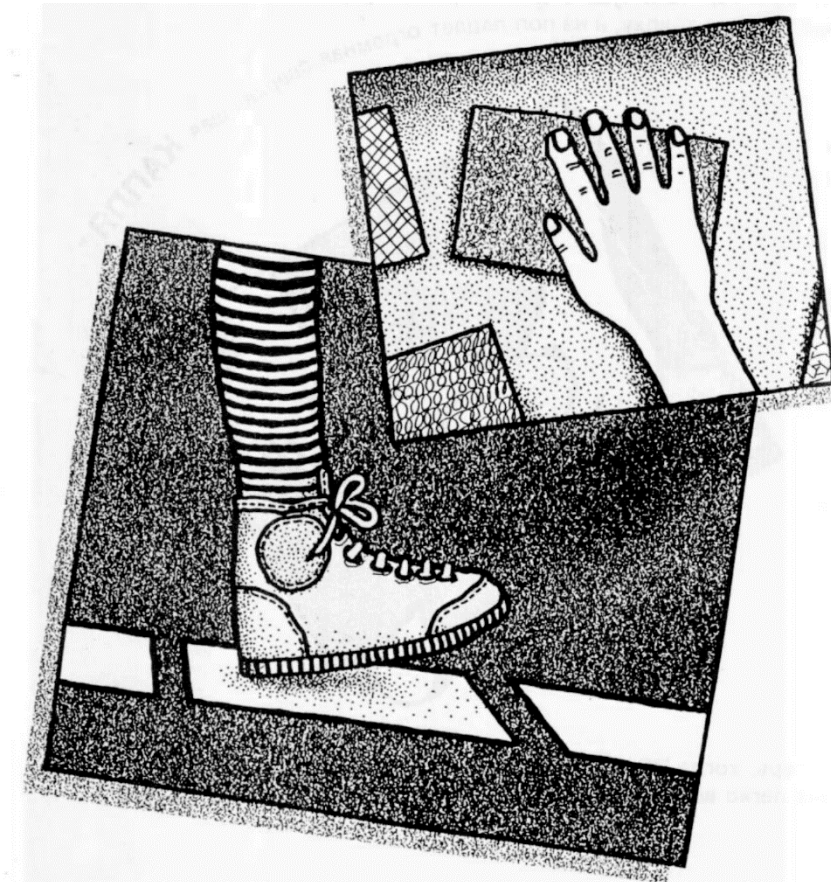
IRENE: "I'm touching the plank and looking at the picture. I feel fabric with my hand, and see a drop of water in the picture. How do I connect the drop of water with what I'm feeling with my fingers? I'm imagining wringing a wet rag, and seeing a large glistening drop of water fall to the floor."



Now, whenever IRENE touches the plank with her hand, she will remember this picture easily.

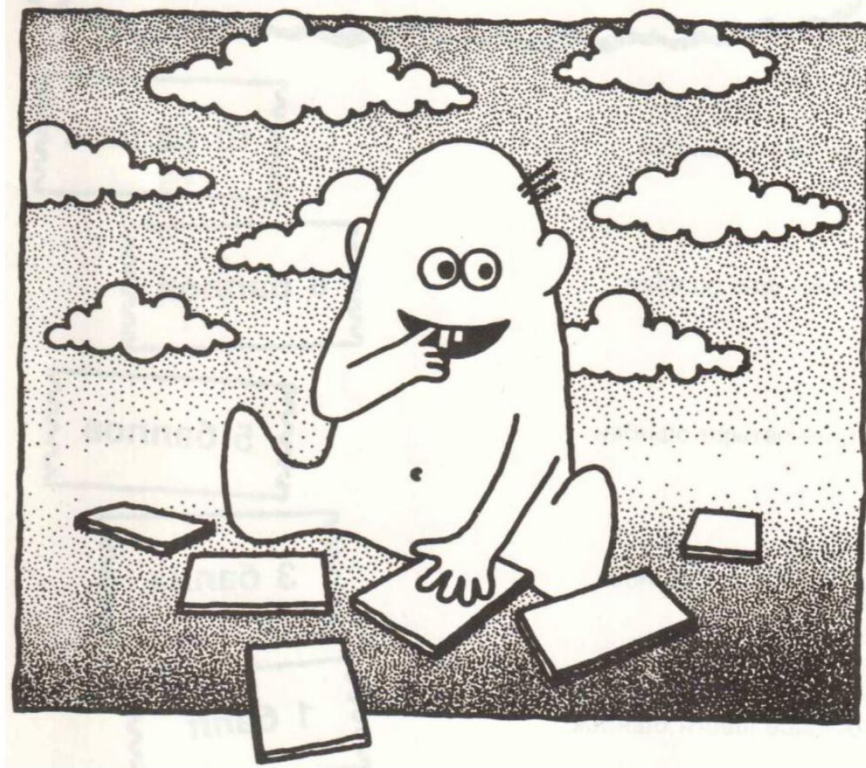
For IRENE, the picture of a shoe ended up on top of plank #2.

IRENE: "I'm touching plank #2. With my hand I feel something similar to asphalt. There is a shoe drawn in the picture. I see myself walking down an asphalted road in such shoes".



So, there are planks and pictures in front of you. Look at the pictures at the same time as touching the planks, and memorize which picture is on top of which plank.

CONDITION: LOOK ONLY AT THE PICTURE, MEMORIZE THE PLANK WITH YOUR FINGERS.



And now, WITH YOUR EYES COSED, choose any plank at random. Touch it and try to imagine the picture that was lying on top of it.

You can test yourself by looking at the picture. Do so with all of the planks.

If you cannot remember a picture or if you remembered one incorrectly, that is a mistake.



No mistakes - 10 points

One or two mistakes - 8 points

Three or four mistakes - 5 points

Five or six mistakes - 3 points

More than six mistakes - 1 point

This game develops your visual memory very well. You can replay it a few times, by using other images, such as pictures, photographs or cards that you find at your house.



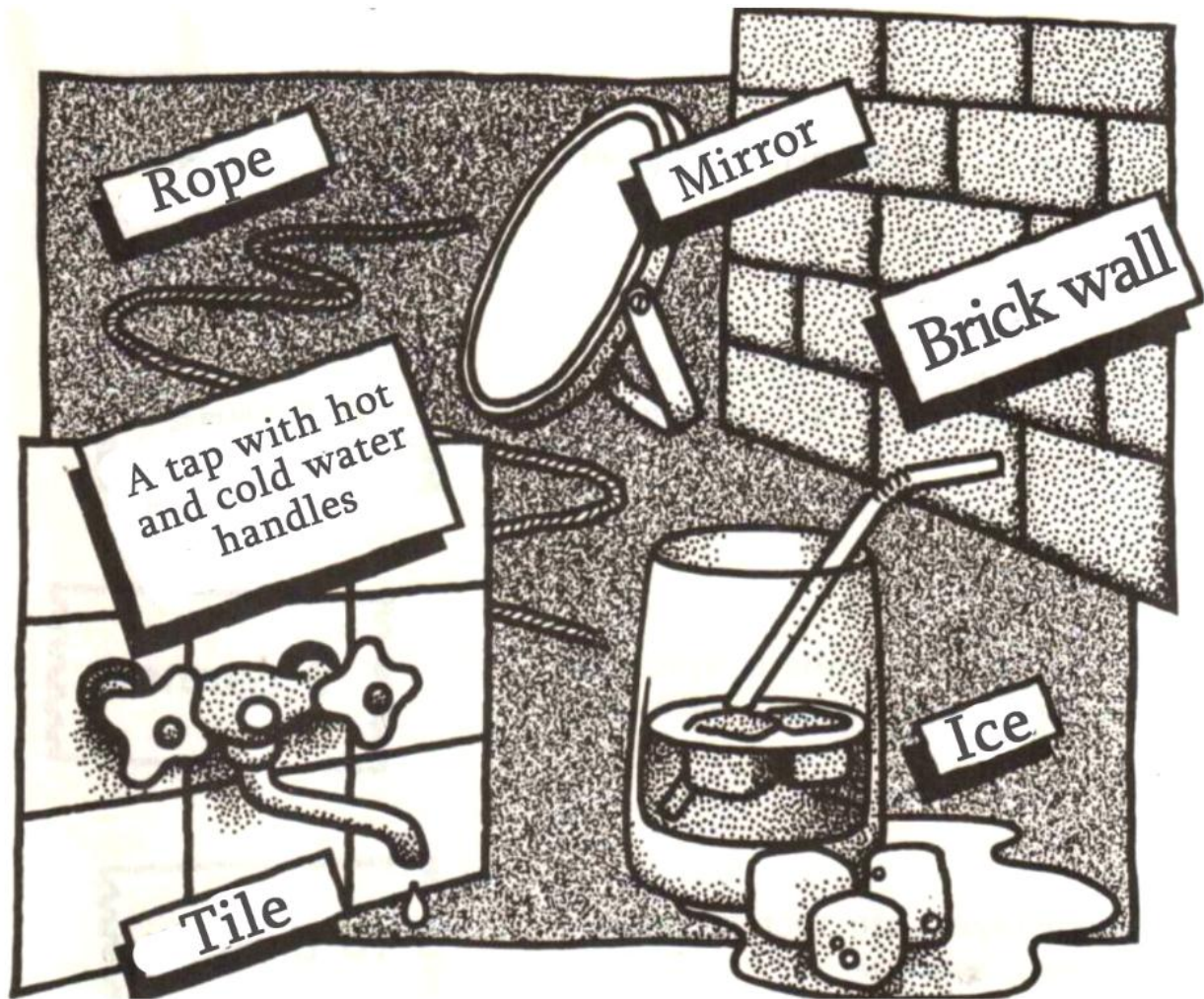
**GAME #4**

This picture has many objects in it. Among them are hot, cold, smooth and rough ones.

Imagine that they are real and that you are touching them with your hands.

What do you feel when you do so?

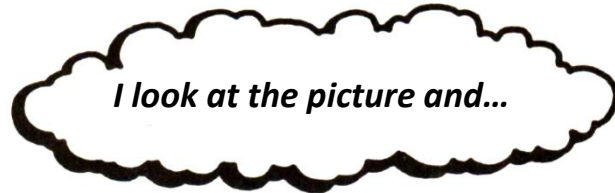
DO NOT RUSH, sometimes you need to wait a few minutes until you can feel something well.



Find some of these objects in your house, touch them and try to memorize how you felt when doing so.

Then, play the game again.

See how many points you've received for this game.



Feel nothing with my fingers - 2 points

Feel something, but not as if I'm touching an actual object - 4 points

Feel some objects well and others not so well - 6 points

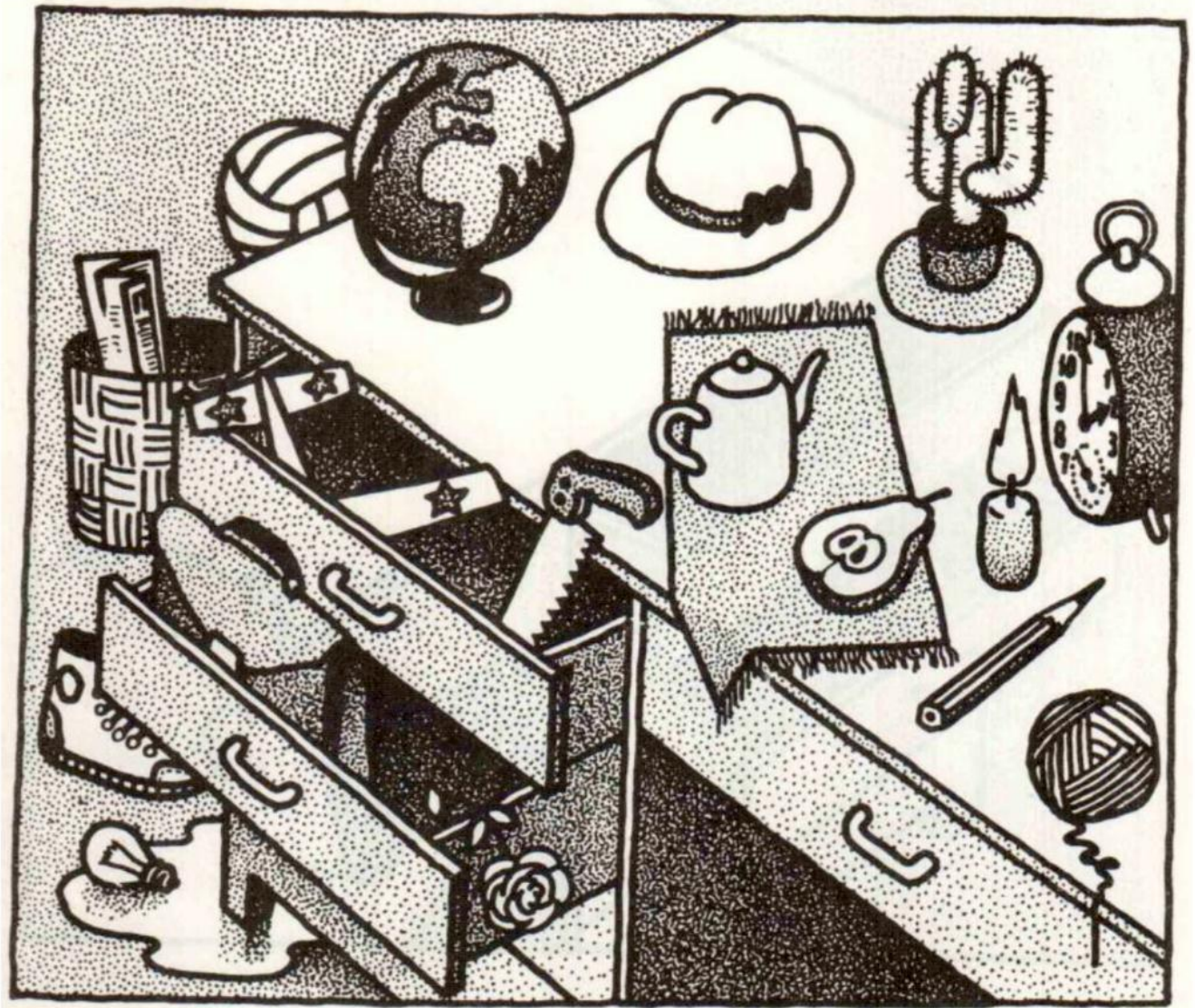
Feel like I'm actually touching real objects - 10 points



## GAME #5

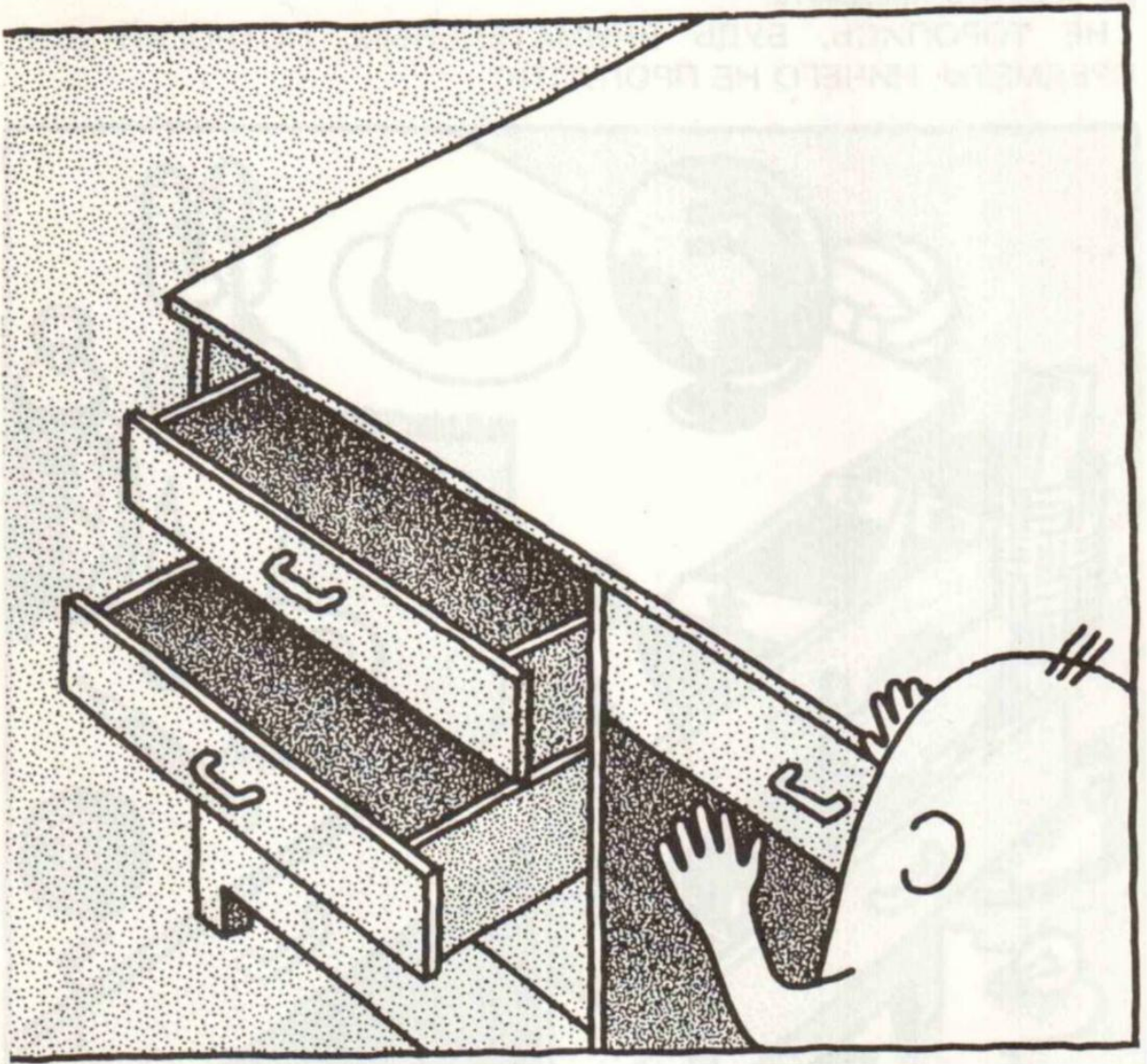
There are multiple objects on and under the table. All of them feel differently to the touch: warm, cold, smooth, prickly, soft and hard. Just like the previous game, imagine touching each object.

DO NOT RUSH. PAY ATTENTION. TOUCH ALL OF THE OBJECTS AND DO NOT MISS ANYTHING.



All right, have you felt all of the objects? Now, flip the page.

Try to remember the objects that were on and under the table. It will be easier, if you imagine touching them with your hands again.





Here, write down the objects you remembered, or draw them.

A blank sheet of paper with a decorative, wavy black border. The paper is yellowed and shows faint, mirrored text from the reverse side, including words like 'ПОТОМ', 'КАКТО', 'СМОДЕТ', 'ОБЕРА', 'РОЗА', 'БАДНУРН', 'ПОРТО', 'КАВУ', 'БОТНО', 'КУВ', 'ШУРА', 'МРМ', and 'БАДНУРН'. There are also small square checkboxes next to some of the text.

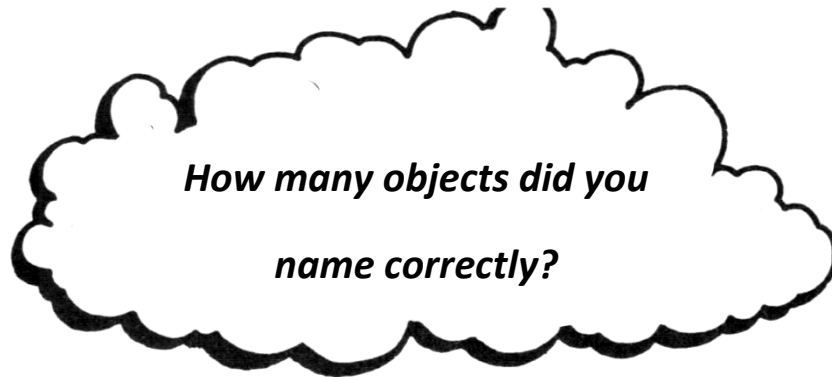
Flip the page and you'll see whether or not you've remembered everything.

Here are the objects that were on and under the table:

- ☐ Globe
- ☐ Pear
- ☐ Tea kettle
- ☐ Towel
- ☐ Saw
- ☐ Cactus
- ☐ Toy airplane
- ☐ Candle
- ☐ Rose
- ☐ Alarm clock
- ☐ Pencil
- ☐ Basket
- ☐ Ball
- ☐ Hat
- ☐ Ball of yarn
- ☐ Shoe
- ☐ Puddle
- ☐ Briefcase
- ☐ Light bulb
- ☐ Newspaper

Cross out the squares next to the objects that you wrote down on the previous page. Now count up the number of squares that you did not cross out. That is the number of mistakes you made.

GRADE YOURSELF



Twenty - 10 points

More than sixteen - 8 points

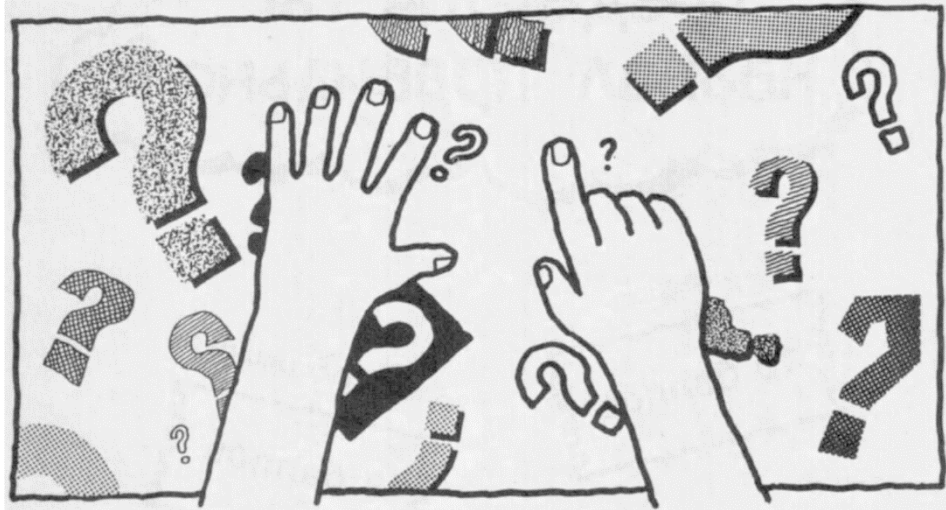
From twelve to sixteen - 5 points

From five to eleven - 3 points

Less than five - 1 point

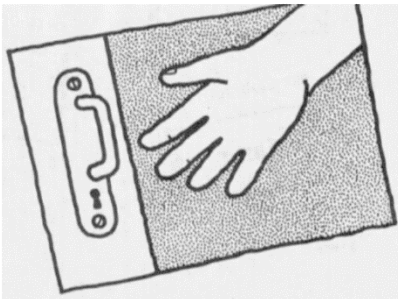
**GAME #6**

Try to recall the things you've touched during the day. Now, imagine that you are touching them again.



For example, you can feel the cold of the metal door handle or the soft upholstery of the couch...

Don't rush. You need to very clearly imagine touching these objects.





**CHECK HOW MANY POINTS YOU RECEIVED FOR THIS GAME**

I RECALL THE OBJECTS AND...

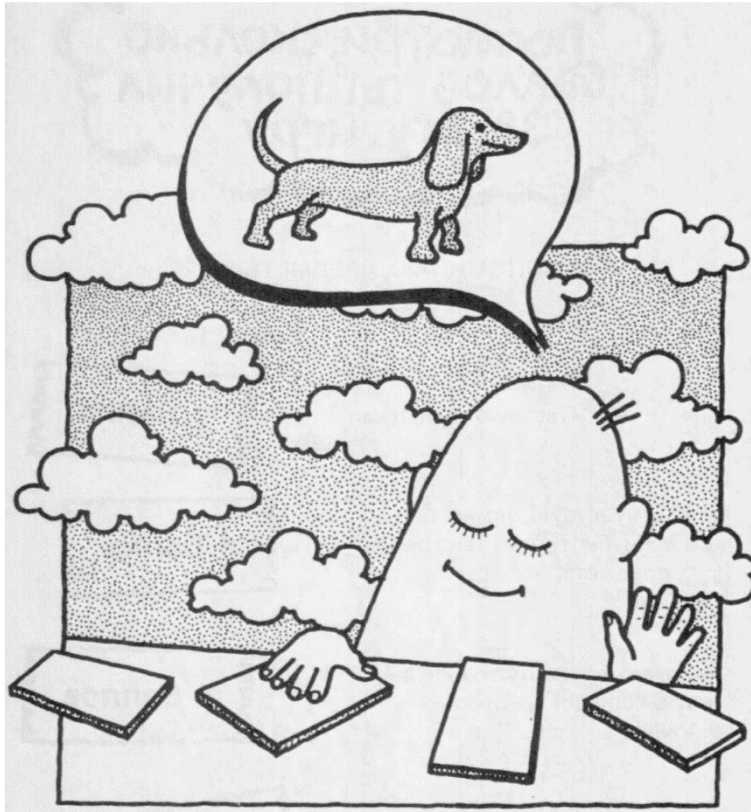
Feel nothing with my fingers - 2 points

Feel something, but not as if I was touching real objects - 4 points

Feel some objects very well, while others not so well - 6 points

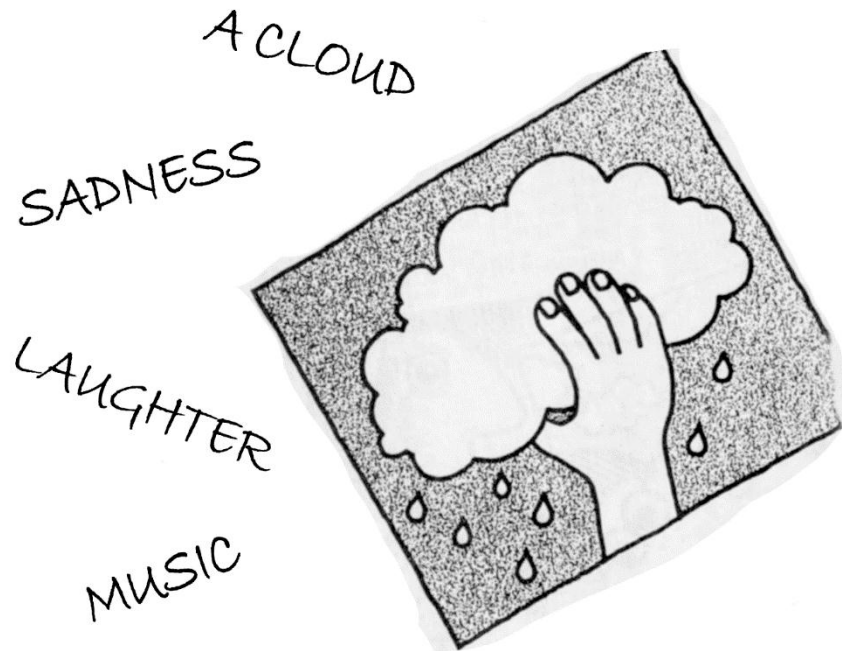
Feel as if I am touching real objects - 10 points

Now you've learned that by touching a plank, you can visualize what it reminds you of at the same time.



Also, you can see what an object feels like without actually touching it. These can be the most unexpected objects, and sometimes it will not even occur to you that you can touch them.

## IMAGINE THAT YOU'RE TOUCHING



Well, did it work? Do not rush... If you work hard, you will certainly get it.

Try writing down what you feel with your hand when you touch

A CLOUD

SADNESS

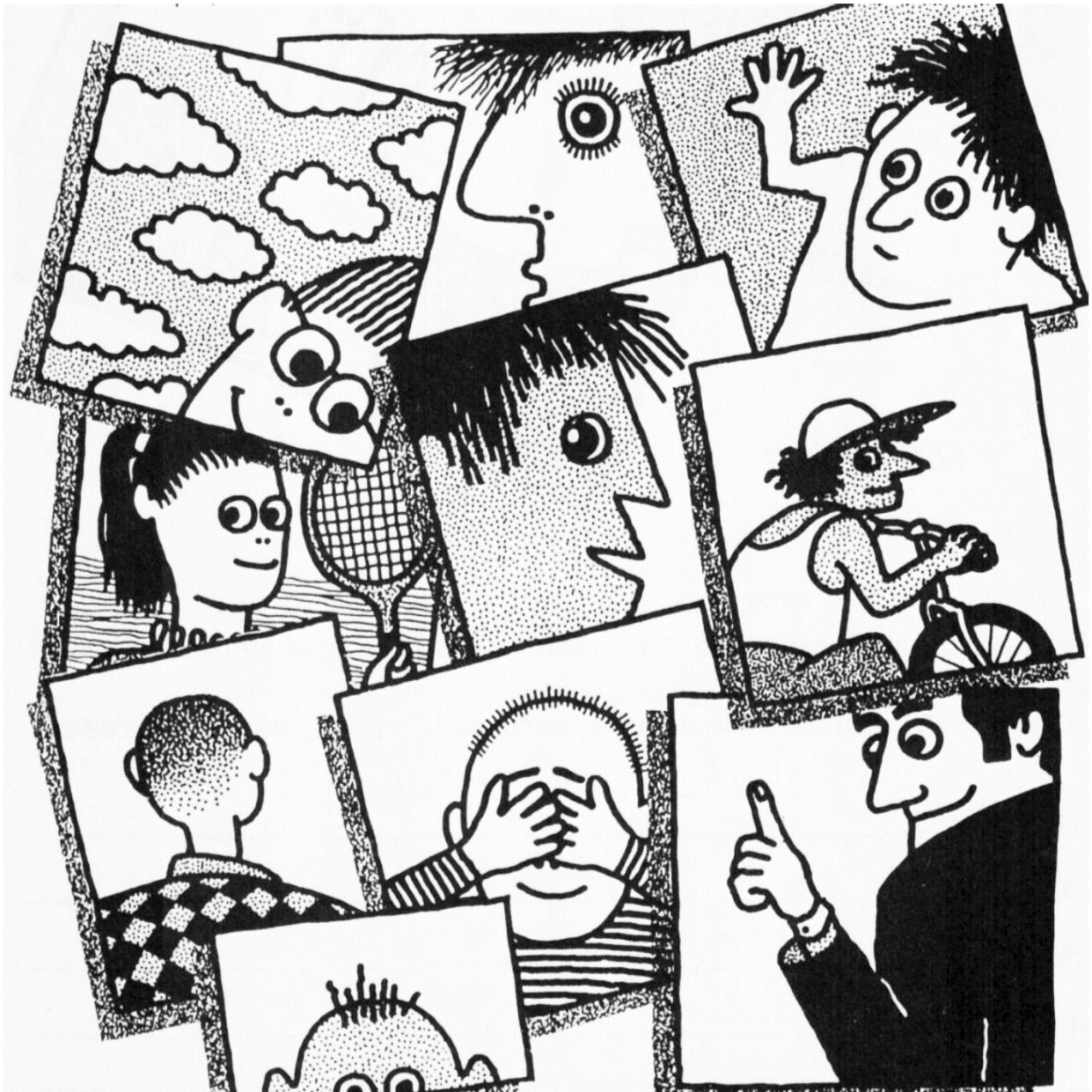
LAUGHTER

MUSIC

## GAME #7

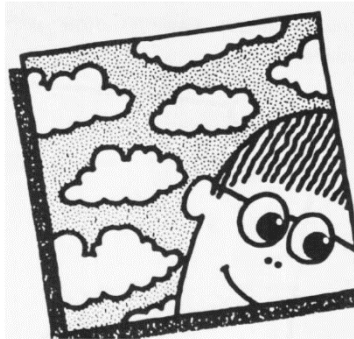
You probably know many people, both children and adults. Imagine that each plank is one of the people you know. The plank can remind you of their character, their voice, their look or their habits.

Look at the people that Irene and Alex know.

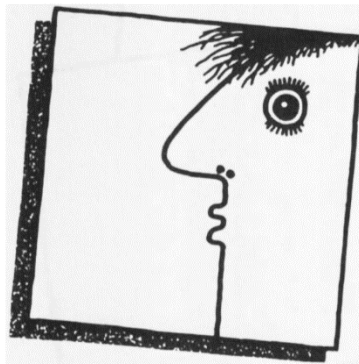


Plank #8 reminds Alex of his friend Sasha.

Sasha wears glasses and the surface of plank #8 is just as smooth as the glass in Sasha's glasses.



Plank #9 reminds Alex of his neighbor, Mr. Vlad. He has such a nice velvety voice!



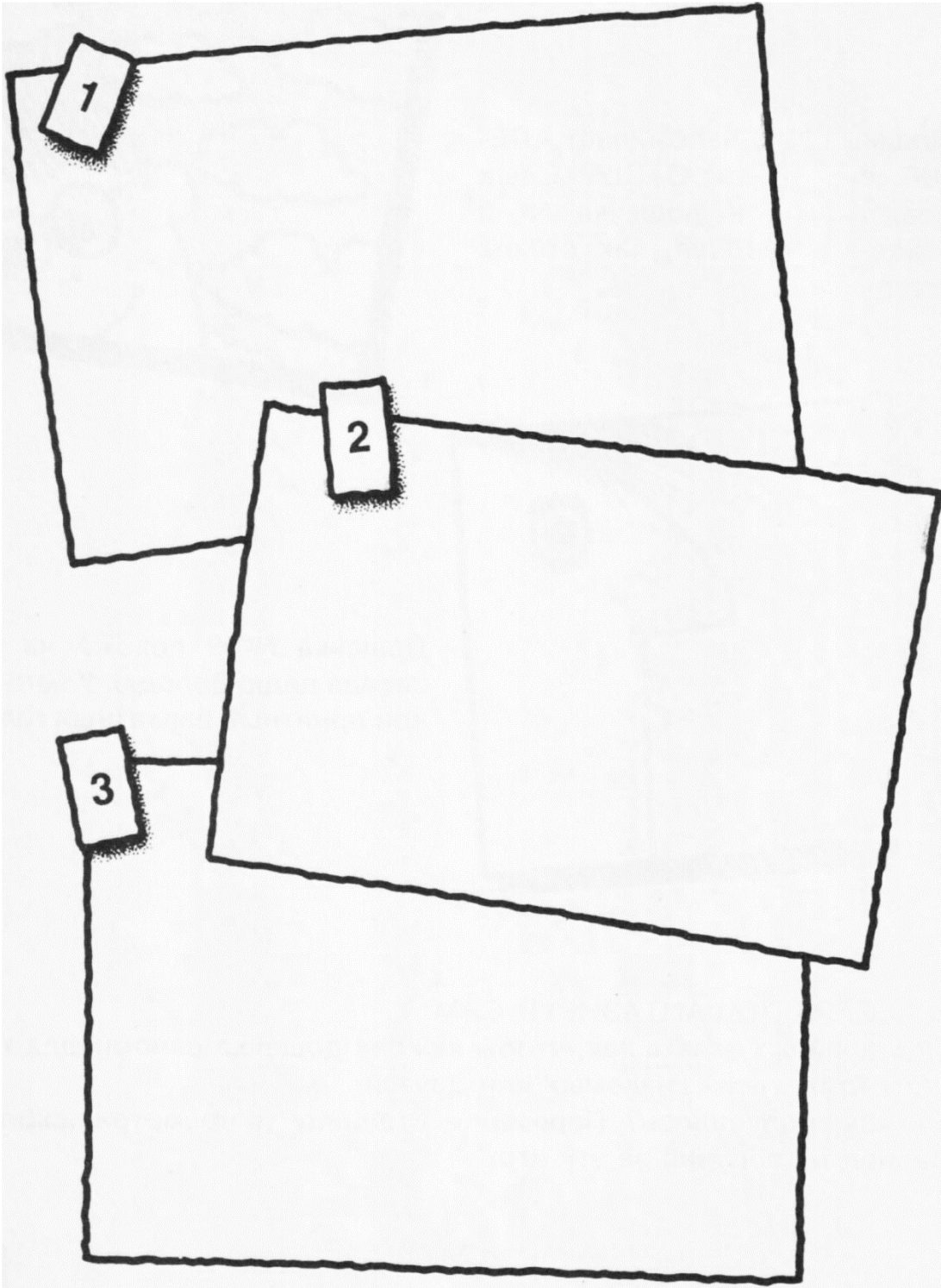
NOW, FANTASIZE ON YOUR OWN

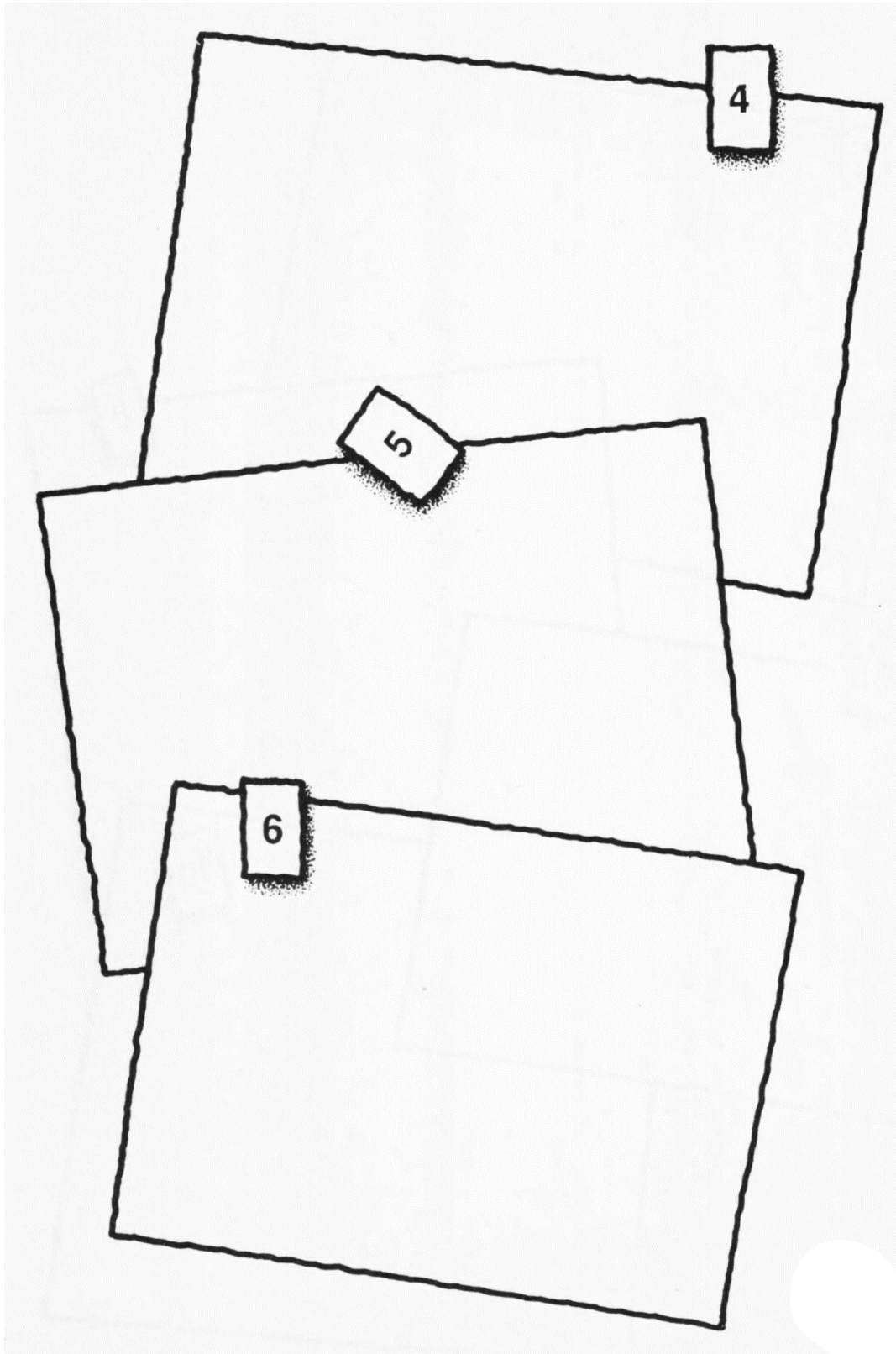
Try to make each plank remind you of one of your acquaintances or friends.

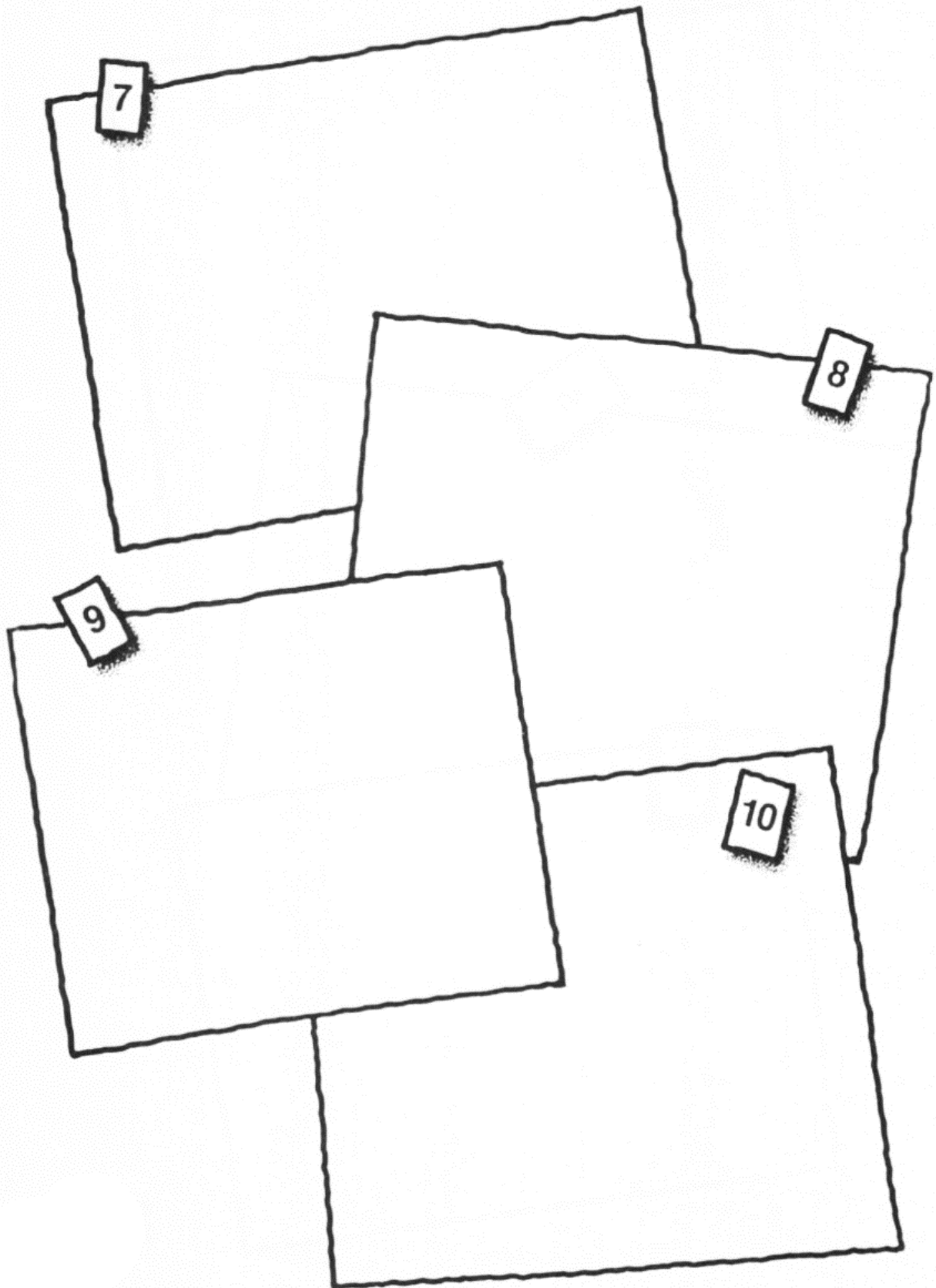
Well, did it work? Flip the page and see how many points you've received for this game.



If you want, write down or draw the people that the planks remind you of.









I TOUCH THE PLANKS AND...

The planks do not remind me of anyone - 2 points

Only some of them feel like an acquaintance - 5 points

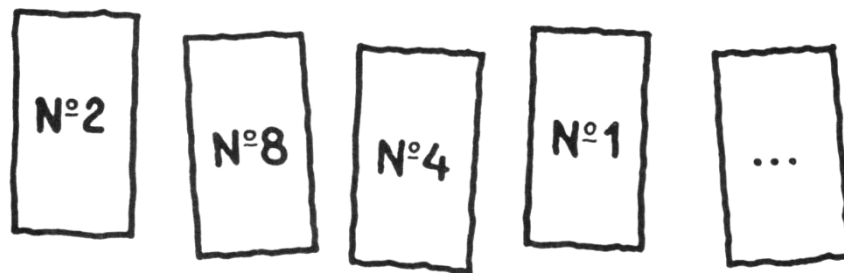
Every single plank reminds me of someone I know - 10 points

So, you've learned to imagine what a plank feels like by touching it.

Now it will be easy for you to do well in GAME #1, in which you memorized the order of the planks. To do so, you need to touch the planks, imagine what they feel like and CREATE A MOVIE IN YOUR HEAD.

Here is what ALEX does:

He places the planks in this order:



ALEX: "I touch the first plank in the line. It feels like the rough wall of a house. Next to it is a plank that feels like glass. I SEE A WALL WITH A WINDOW.

The next plank feels like set raindrops. "I SEE THAT IT IS RAINING AND THE RAIDROPS ARE STICKING ON THE GLASS.

Next, comes a soft plank. Of course, it's a cat. "THE CAT JUMPS UP ONTO THE WINDOWSILL AND PLAYS WITH THE RAINDROPS..."

And so, Alex creates a movie using all ten planks. Then, he mixes them up, closes his eyes and begins recalling.



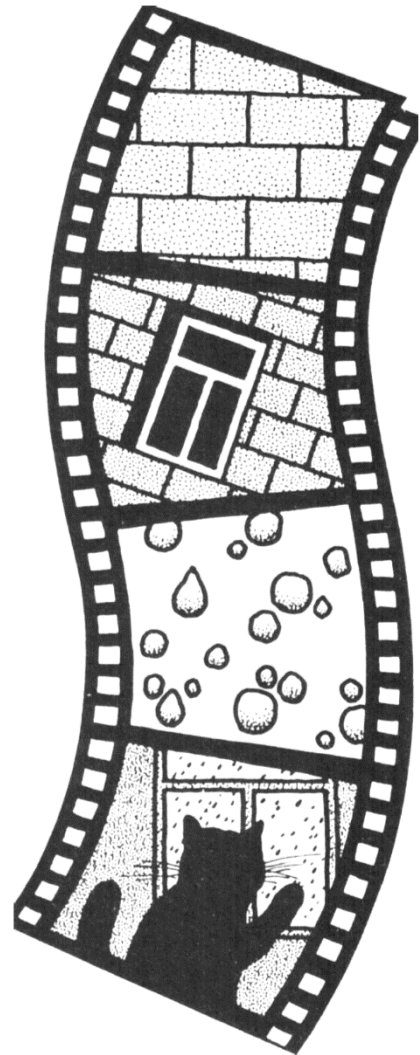
"...First, I see the rough wall of a house. I look for the rough plank. It is the first one.

I continue recalling. On the wall of the house is a window. I look for the smooth plank that feels like glass.

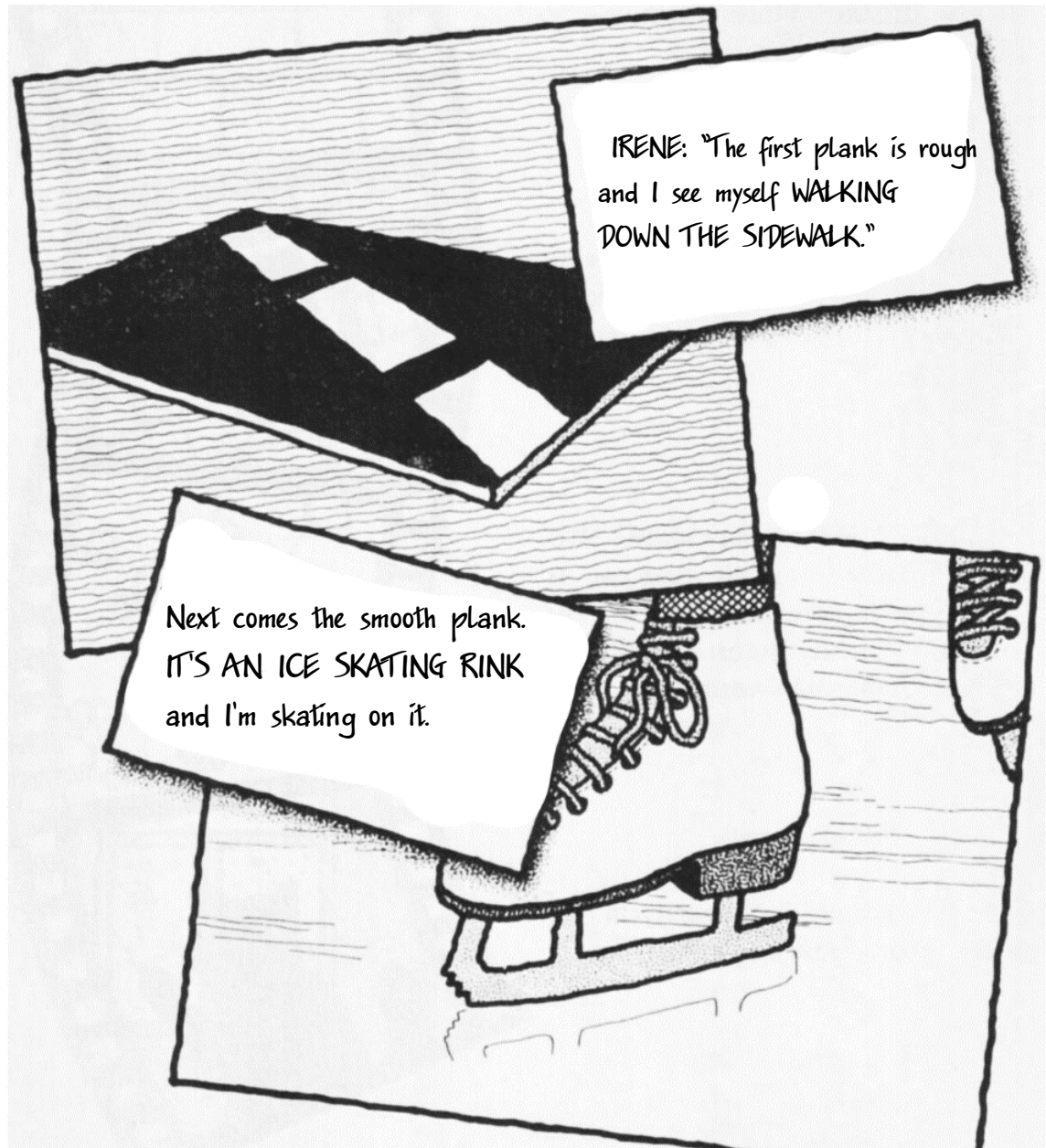
What plank comes after? What happened next?


...It was raining and the raindrops were sticking to the glass. Of course! The next plank is the one with the set raindrops.

And now, a cat jumped up onto the windowsill. That's the soft plank..."




Or, you COULD create a movie featuring yourself. Look at how IRENE does it. Her planks are in the same order as ALEX'S.





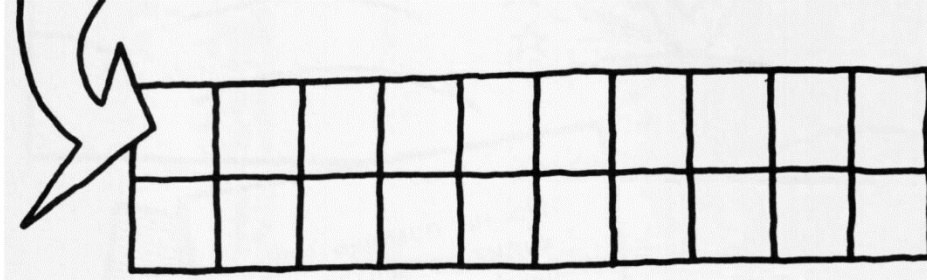
The next plank turns into ICY SNOWBANKS. I trip and fall...



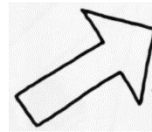
But the fourth plank comes to my rescue. It's soft and seems like a large FLUFFY CARPET. And that's what I fall onto."

**GAME #8**

Take the ten planks, mix them up and place them in any order WITH THE NUMBER FACING UP. Write the numbers on the planks into the top row of empty boxes in the same order that you placed them.

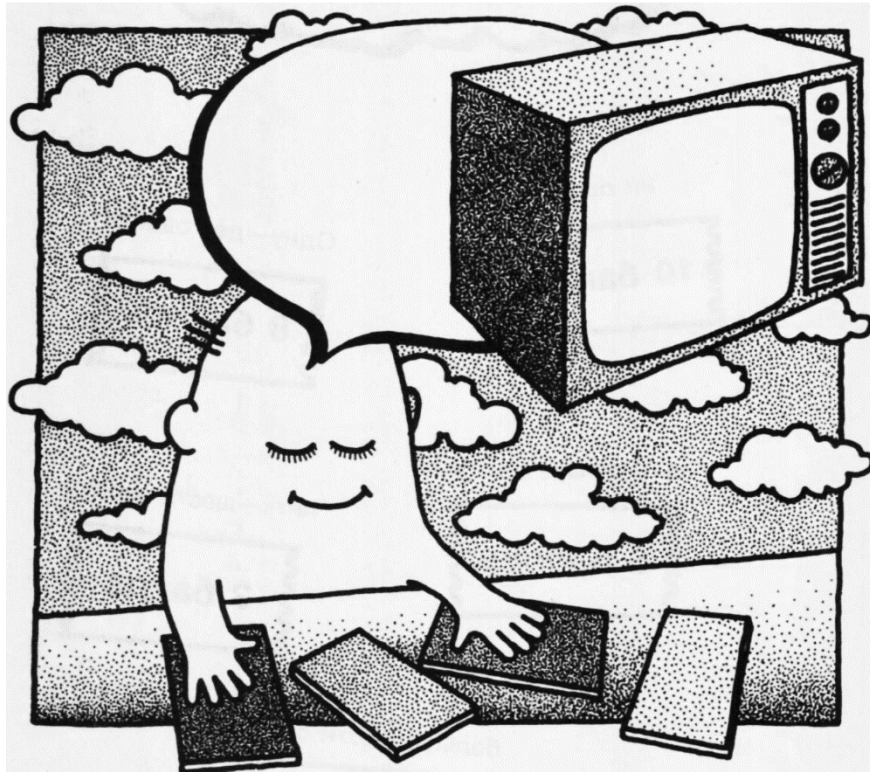


Now, flip the planks so that the number is facing down. DO NOT CHANGE THEIR ORDER. Then, carefully read the instructions on the next page.



WITH YOUR EYES CLOSED, touch each plank in turn, imagine what it's like and create your movie. Then, shuffle the planks around.

KEEPING YOUR EYES CLOSED, recall your movie and place the planks the way they used to be.



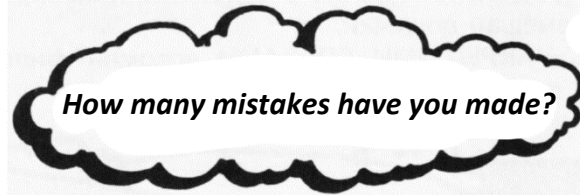
Done?

Flip the planks number up and write the numbers down into the lower row of boxes on the previous page.

Count up any mistakes you may have and grade yourself.



FIND YOUR ANSWER ON THIS LIST



None -10 points

One or two - 8 points

Three or four - 5 points

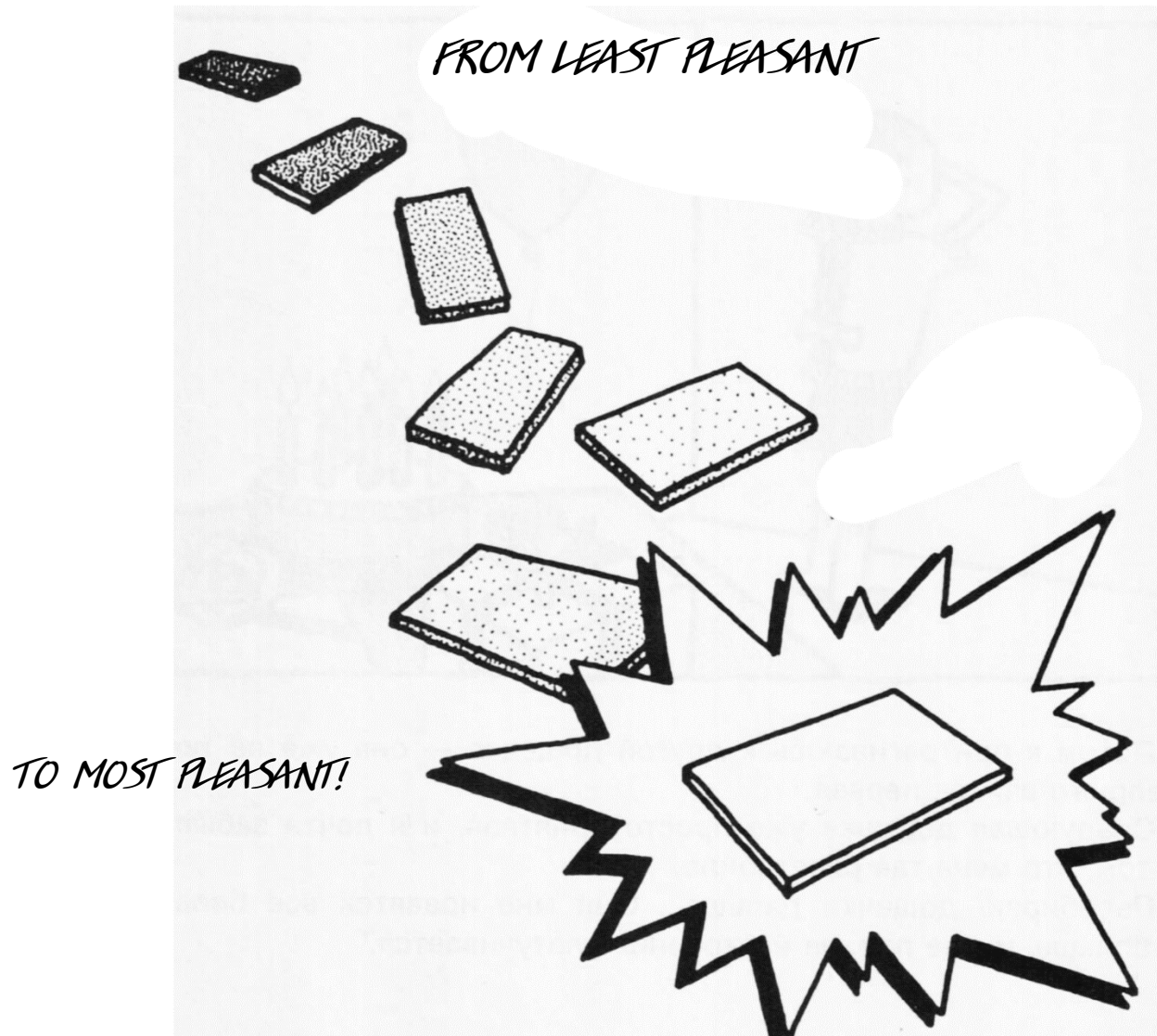
Five or six - 3 points

More than six - 1 point

## GAME #9

By this point you've worked with the planks many times. Surely you like some more than others, and maybe you even dislike some of them.

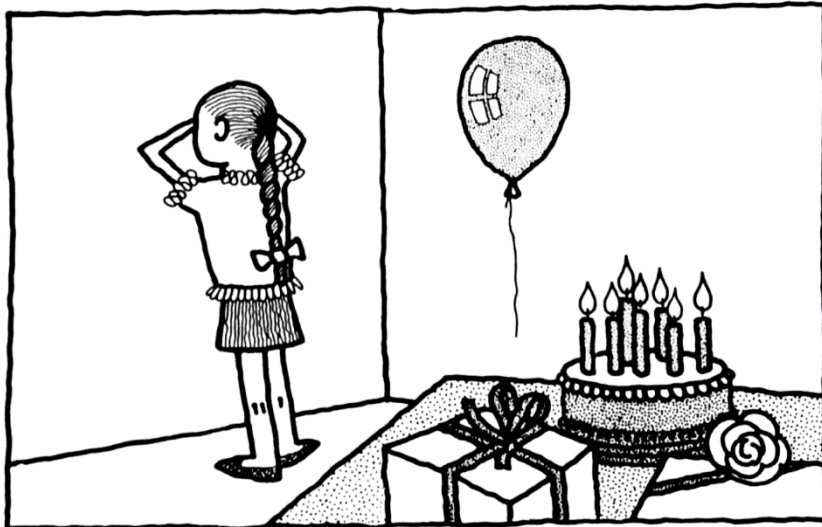
Try placing the planks in order from least pleasant to most pleasant!



Some of the planks may remind you of certain events, unpleasant or pleasant, sad or joyous.

Here is what IRENE has to tell us:

"I placed the planks from least to most pleasant. I touch the most unpleasant plank and right away remember how sad I was when I did not get a dog for my birthday...



...Then, I touch the next plank, which is not as unpleasant as the previous one.

The next plank just feels okay and I almost forget what upset me so much.

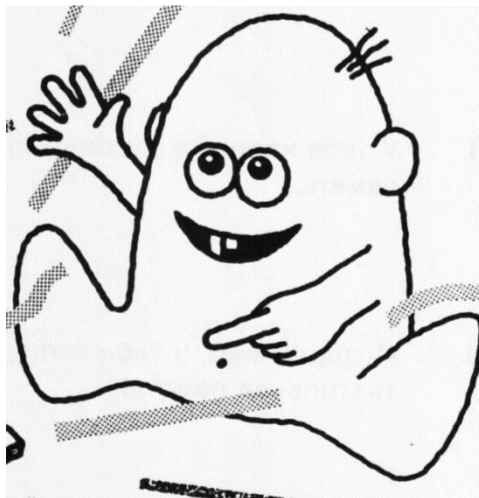
I continue going through the planks... I like them more and more, and my bad mood just flies away".

"And here it is, the last and MOST PLEASANT PLANK! I remember getting a bike... I race quickly down the road and the wind is blowing in my face..."





If you don't have the planks anywhere near you, just imagine them and do the same exercise in your mind.



You can sum up the results of the tactile memory games by tallying up the points you received for each game.

From 12 to 24 points - Don't feel badly. Play these games again and you will definitely improve your tactile memory.

From 25 to 38 points - You have average tactile memory. Pay extra attention to the mistakes you made and practice some more.

From 39 to 75 points - You have good tactile memory.

From 76 to 80 points - Congratulations! You have great tactile memory.

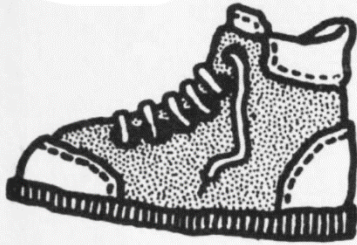


You can play these same games with a larger number of planks. You can have fifteen, twenty, or as many as you want! If memorizing ten planks is too easy for you, make a few new ones and play again.



## Attachment for GAME #3

Shoe



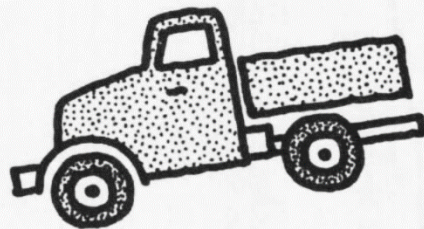
Bucket



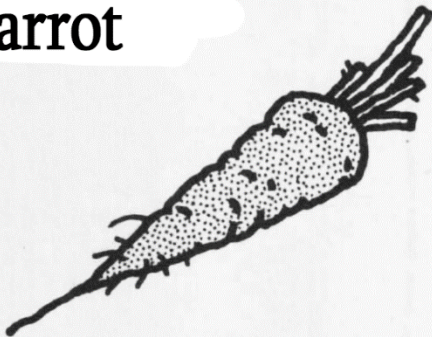
House



Truck



Carrot

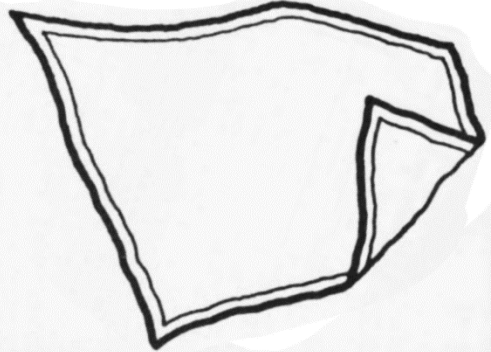




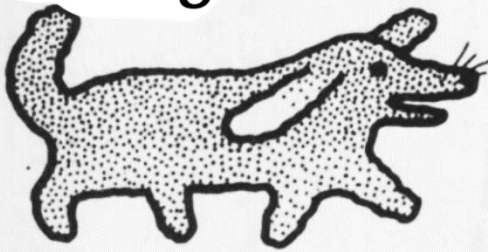
Road



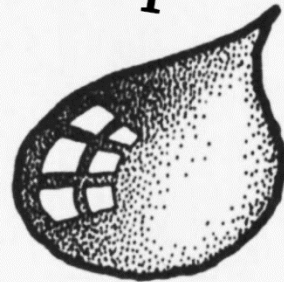
Handkerchief



Dog



Raindrop



Ball

