

NOU "School of Eidetics"

# **LIVING SIGNS**

15 GAMES WITH CARDS

MEMORY AND CONCENTRATION DEVELOPMENT



## “Living Signs”

### 15 Games With Cards

#### Memory And Concentration Development

The book consists of 15 games. You play with the cards that have living signs on them. You can cut the cards out or make them by yourself. While playing these games, you develop visual and associative memories, expand attention span (it means you can memorise a few sequences simultaneously).

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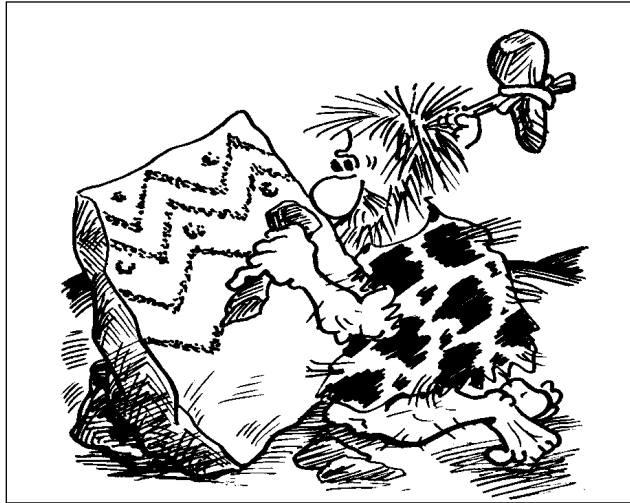
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### Game 1 “Who Gives More”

**Play.** The leading player points to one of the signs on the cards. For example, he/she chooses one sign – a round with a cut-through circle inside. The players, one by one, say their associations that they have with this particular sign: the associations can remind some objects. The players have 3 to 5 seconds to answer.

When the player does not have an association, he/she leaves out the turn.

The players cannot repeat other’s associations or say vague ones. For instance, if there is an abovementioned sign, the associations can be the following: a SHARK’S MOUTH, a FLOWER, a COLLAR, a FIRE, a WIG, a NEST, a TOOTH with a HOLE, a HANDLE, an EARRING, a SCREEN of a RADAR, a SPACE SUIT, a NECKLINE of the DRESS, etc..

You play until there is only one player who will become the winner.

## Game 2 “An Unusual Story”

**Play.** The leading player shows 10 signs to the players. The players think of a story using these 10 signs. They can do it aloud. After that all the players say, draw or they describe the signs in the abovementioned order. For example, there can be the following story: there is a TRACK that a slowing-down CAR has left; a dirty WIND screen; ORANGES that are rolling out of the BODY of a car...

### **Advice for beginners.**

Tips (while making up a story):

1. Make up unusual story. The more unusual facts you have, the better you are memorizing the story.
2. Include action in a story. You add action, as if it is an action movie. You connect the signs as if a real activity is happening. The students love the plots based on action movies, love stories, fantasy or horror movies or sport.
3. Imagine a bright picture. You imagine this story as if you are watching it on the screen of TV. When you have seen something, it is more complicated to forget.

### Game 3 “A Cicero Dress”

**Begin the game.** You take 7-10 signs and memorise them with the help of the participants’ clothes: you can attach one sign to the collar, the next one – to a belt, the other one – to the buttons, or to a colour or texture of the cloth and to other objects. (Cicero method is the method of attaching objects, that you need to memorise, to the things that are placed around the room.)

**Play.** The players attach the signs to the participants’ clothes. After that they name the signs aloud or draw. It is important not only to recall the sign, but the order as well: which sign is the first one, the second one, the third one, etc.. It will be easy to recall them, because you will see the signs while looking through the clothes of the players.

**Advice for beginners.** When you attach signs to the clothes, you try to follow this order: you look at the first player, then – at the second one, after that – at the third one, etc.. If there are only a few players, you can attach a few signs at one player, but stick to the route: from the left side to the right side or from top to bottom. This way will help not to forget the sequence of the signs while recalling them later. For instance, the sign “ship” you attach to the COLLAR of the first player (the corner of the collar reminds the ship’s head); the sign “parts of the circle” – you attach to the BUTTON of the next player; “the violin clef” – you attach to the EAR; “the square” – you attach to the POCKET and “the car” – you attach to the WATCH or BELT, etc..

## Game 4 “Room”

**Begin the game.** You take 7-10 signs and memorise them while looking at the objects in the room (the ones that are placed on the table, walls or shelves).

**Play.** The players attach the signs to the objects. After that they name them aloud or draw. It is important not only recall the signs, but recall the sequence as well: which sign is the first one, the second one, the third one, etc.. You can do it easily when you look at the objects in the room.

**Advice for beginners.** When you attach the signs to the objects, you try to follow this order: from the left side to the right side or from top to bottom. This way will help not to forget the sequence while recalling the signs later. For example, the sign “the cross” – you attach to the SCISSORS (they are on the shelf); the sign “the arrow” – you attach to the HANDLE; “the car” – you attach to the ASHTRAY (the car emits smoke and an ashtray is linked with a cigarette); “the girl” – you attach to the PHONE (she talks a lot on the phone); and “the rectangle” – you attach to the DOOR, etc..

## Game 5 “Hide A Sign In Your Dreams”

**Begin the game.** At the beginning of the game the players say what their short-term and long-term dreams are. Then you take 7-10 signs and memorise them while attaching them to the objects or events that you have just told about.

**Play.** While attaching specific signs to the dreams, you can talk about them aloud, as sometimes you need to think carefully. After that the other players need to answer and they can name the signs or draw them. It is important not only to recall the sign, but to recall the sequence of the signs.

**Advice for beginners.** If your dreams are abstract (“I want to be happy” or “be kind to everyone”), you better make them a bit clear (“to be happy, for example – to have a friend, to go to the café 2 times a week”, etc.). Then it will be easy to attach signs to the objects, as in the previous games. For instance, Kate dreams about a kind-hearted HUSBAND and they go to sea on holidays, he will earn enough MONEY, etc.. You can attach signs to these words easily: the sign “the star” – you attach to “the HUSBAND”; the next one is “the arch” – you attach to “a SEA WAVE”; the sign “the arrow” – you attach to “MONEY”, etc..



## Game 6 “Hide A Sign In The Childhood”

**Begin the game.** You take 7-10 signs and think of one day in your childhood that you remember quite well. Children like to recall their birthdays or how they went fishing for the first time or how they did some sport, etc..

**Play.** The players attach the signs to their memories. They can discuss it aloud, as it might be difficult to do for the first time. After that the signs can be checked aloud or the players can draw them. It is important not only to recall the sign, but the sequence of them as well.

**Advice for beginners.** While attaching the signs to the things or events, you can choose only necessary facts. For example, Kate was thinking about the time when she spent her time in the village in June or July: the sign “the triangle” – you can attach to the MOUNTAIN when she was cycling; the sign “circles” – to the inflatable POOL where she was swimming; the sign “the hand” – to the SPLINTER that she got; the sign “the star” – to the BUTTON on her jeans, the ones that she wore and the sign “checkmark” – to the GRASS that she cut with her father.

## Game 7 “Hide A Sign In A Song”

**Begin the game.** You take 7-10 signs and memorise them with the help of a song: you attach the signs to the lyrics of a song: you can choose individual words or one song for all of them.

**Play.** The players attach the signs to the lyrics of the song and they can discuss the signs aloud. Then the players check them aloud or draw.

**Advice for beginners.** While you are attaching the signs, you can attach to both nouns and other parts of speech. As we know you cannot knock words out of a song, but in our game a little bit of courage will help you a lot – you can omit some words and choose only those that match the signs.

## Game 8 “Hide A Sign In A Movie”

**Begin the game.** You take 7-10 signs and memorise them with the help of a movie or cartoon. The players can choose any movie or cartoon that they remember: a comedy, an action movie, a love story, an adventure or fantasy.

**Play.** The players attach signs to the events in a movie or cartoon. They can discuss the signs aloud and then they check them aloud or draw. It will be very easy to name them while recalling the movie.

**Advice for beginners.** For instance, Paul recalls “Ninja Turtles” cartoon. The sign “a half - circle” – you attach this sign to PIZZA, the one that the turtles love to eat; the sign “grid” – you attach to CHESS; the sign “the circle” – you attach to Krang HEAD who is a turtle’s enemy; the sign “the arrow” – you attach to a SWORD that belongs to one of the turtles; and the sign “grid inside the circle” – you attach to a SEWER COVER that they use for hiding, etc..

## Game 9 “Gestures”

**Begin the game.** You take 7-10 signs and memorise them with the help of gestures.

**Play.** The players attach each sign to the gesture. For example, the sign “the flower” – the player can show how he/she sniffs at a flower and puts it in a vase; the sign “the rectangle” – the player shows how he/she swims in a pool...

After that the players recall the signs, while recalling the gestures.

## Game 10 “Hooks”

**Begin the game.** You take 7-10 signs and memorise them with the help of hooks. You need to prepare these hooks in advance.

**Play.** The players attach the signs to the hooks. You can discuss the hooks aloud and after that you check the signs aloud or draw them. You name the signs from the beginning or from the end or from the middle. For instance, the leading player can ask for the seventh sign or the second one or the fifth sign, etc..

It will be easy to do so if you are recalling the hooks.

**Advice for beginners.** You choose the following words as the hooks:

1. EYELASH
2. GOOSE
3. SEA
4. CHAIR
5. BIKE
6. BAG
7. BRAID
8. WOMAN
9. MONKEY
10. TARGET

For example, the sign “a finger” – you attach to the first hook “an EYELASH” and imagine how we adjust our eyelashes; the sign “the triangle” – you attach to a GOOSE and see the footstep of a goose; the sign “the rectangle” – you attach and imagine the pool that is full of SEA water; the sign “the circle with a cut” – you attach to the CHAIR and imagine the seat of the chair; the sign “the star” – to the BIKE, as a star is a part of a bike; the sign “circles” – to the BAG and it looks as if

there are circles on the bag; the sign “the diamond” – to the BRAID and you imagine this pattern of a diamond on the braid; the sign “the cross” – to the WOMAN who has it on her necklace; the sign “the circle out of small parts” – to the MONKEY and it looks as if the monkey eats an orange; and the sign “the arrow” – to the TARGET and you imagine how an arrow flies and hits the target.

Now it is easy to name any sign, for example, when the leading player asks for the fourth sign. You think of the fourth hook which is the chair and the seat of the chair that reminds the sign “the circle with a cut”.

## Game 11 “Smells, Touches, Sounds And Moves”

**Play.** You take 7-10 signs and think what they remind you of. You try not to just see the picture, but imagine the visual object, you try to feel moves, and hear the voice and sounds, and smell a flavour as well. Some things like flavours can be very easy to smell, while moves can be a bit more complicated to see. You had better do the things that are easy for you first: see, feel or smell.

After that you check how well you remember the signs.

**Advice for beginners.** You can look at Irina, “I look at the sign and imagine and hear the thunderstorm, and how the rain is pounding on the window. Then I look at the next sign and see the clothes on the dryer outside and I feel the smell of fresh clothes. The third sign – I imagine a hill, I am sliding down on the sledge and the fast move is taking my breath away. The next sign - I see a phone and I feel a smooth cover of it.”

## Game 12 “Labyrinth”

**Play.** You draw a 4\*4 grid. You take 7-10 signs. The leading player dictates the moves (to move on the grid) and says a sign which will belong to each square.

At the end of the game you need to recall the route and draw it: which square has which sign.

**Advice for beginners.** You can memorise the signs with the help of the story, and you will remember the route easily or you can use Cicero room, for instance: you look at the room that you know rather well and imagine how you move around it and attach the signs to the objects that you see. You can look at Irina, “I have chosen my bathroom, because there are a lot of things and it is very easy to attach the signs.”

Move 1 – one square down – the sign “the circle with a cut”: I attach it to the slipper on the floor;

Move 2 - two squares to the left – the sign “the circle with the cross”: I attach it to the handle of the cold – water tap, because it looks very similar to each other and it is on the right side in my bathroom and after a hot – water tap.

After that I recall my moves around the bathroom and I easily recall both the moves and the signs.



### Game 13 “Do It Yourself”

**Play.** You can make up a table with your own signs to play and offer the signs to other students. You only need to imagine different things, animals, plants and create the signs using their images and you create your own table.

## Game 14 “Living Signs”

**Play.** The leading player shows 7-10 signs. He/she offers to the players to sit comfortably, close their eyes, relax their body and focus on the signs. The players imagine that they are in a movie theatre, you see a screen in front of you and the signs appear there one by one. They are transforming into various objects, becoming alive and you see a movie with these signs: an adventure, a comedy or a sci – fi. It is good if there is calm music in the background (music for relaxation or classical music). The players exchange their impressions at the end of the game.

**Advice for beginners.** Everyone can imagine bright pictures, because we see dreams at night, though sometimes they are black and white, sometimes they are colourful and bright as if they are real. It can also happen that apart from visuals, you feel smells, sounds, touches or kinaesthetic emotional experience. The most important thing is to stop making stories, but relax and not to try to see something on purpose.

Calm music will strengthen relaxation, and bright images will appear faster.

## Game 15 “The Book Of Records”

**Play.** The aim of the game is to get a personal record. You take 100 signs. Even if a person who has a unique memory cannot memorise so much, unless he/she uses mnemonics and eidetics techniques! Besides, it is very difficult, if he/she needs to name signs randomly and start from any row or any place in a row. The following method will help to do so. To get a good result we recommend to use a mixed technique: for instance, to memorise row 1 - 2, you use association method (you make up a story); row 3 – 4, you use hooks; the next two rows, you use Cicero room (as there are 10 Cicero rooms, so you can memorise 100 signs) and for other rows, you can use digit – letter method.

You will get a good training guide to develop memory and concentration and improve mnemonics techniques.



























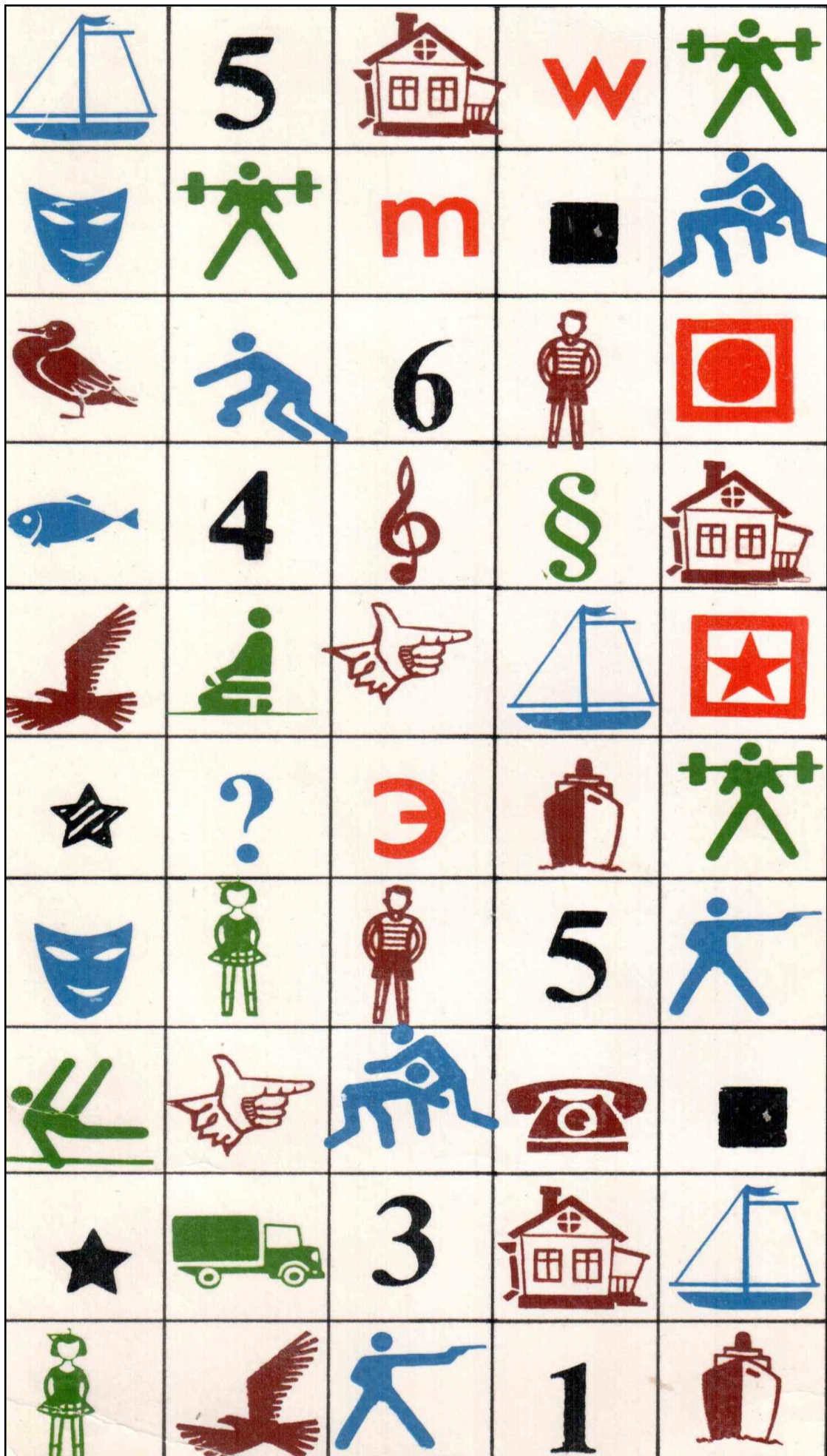

























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