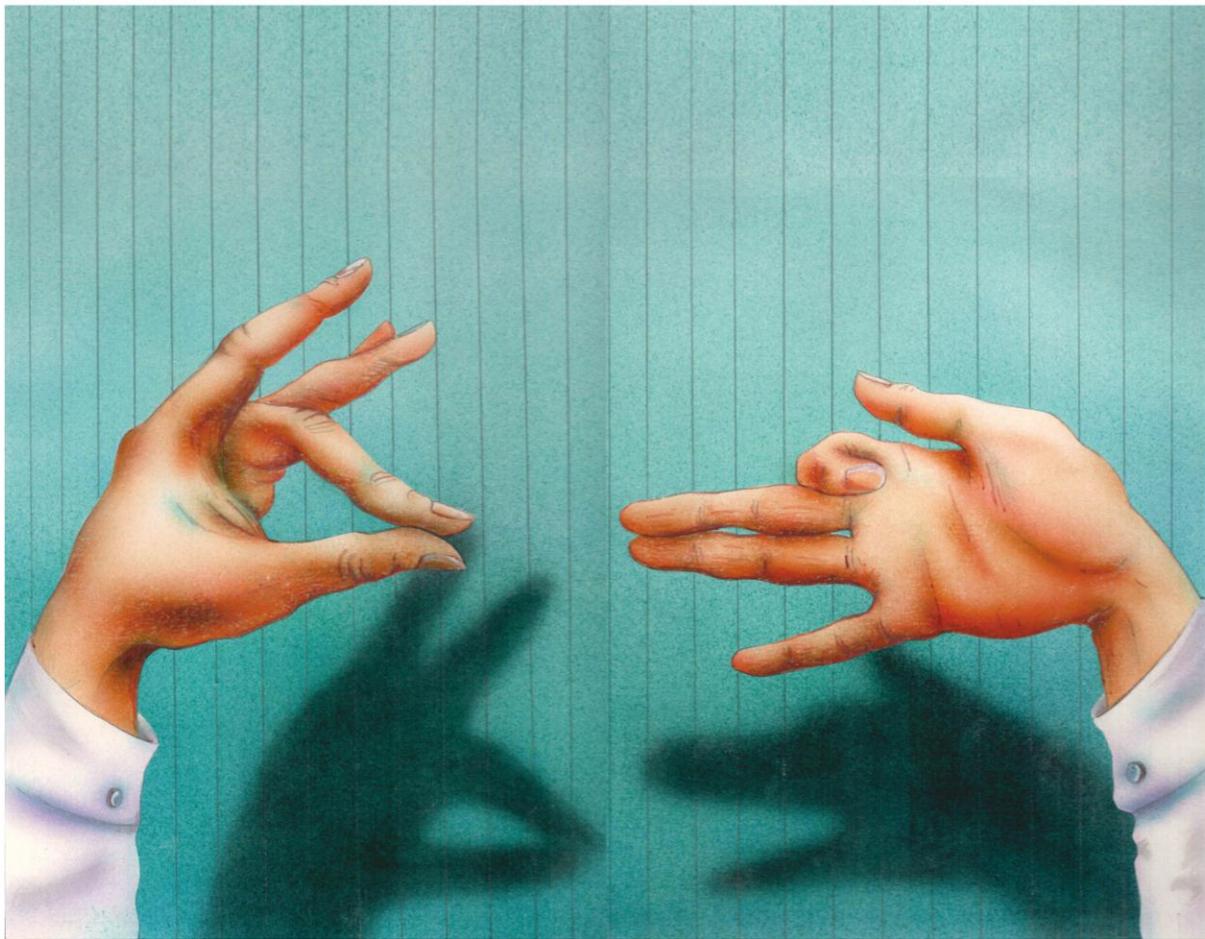


How To Develop Your Child's Memory and Concentration

For children and their parents

Igor Matyugin / Tatiana Askochenskaya / Irina Bonk



И. Матюгин, Т. Асконченская, И. Бонк

**КАК РАЗВИТЬ
ВНИМАНИЕ И ПАМЯТЬ
ВАШЕГО РЕБЕНКА**

Книга для детей и их родителей

**Эйдос
Москва, 2016**

How To Develop Your Child's Memory and Concentration

For children and their parents

Igor Matyugin / Tatiana Askochenskaya / Irina Bonk

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Игорь Матюгин, Татьяна Аскоченская, Ирина Бонк

Как развить внимание и память вашего ребенка. Книга для детей и их родителей

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Editor Hanna Asipovich (2020)

Translator Hanna Asipovich (2020)

Igor Matyugin, Tatiana Fskocheskaya, Irina Bonk

How To Develop Your Child's Memory and Concentration

For children and their parents

The psychologists say that one of the main reasons why students have bad marks at school is reduced attention span and concentration.

Today there are a number of methods which train attention span and memory. However, such specialists as teachers, psychologists and doctors usually work with students and sometimes there should be specific equipment and the lessons can turn out to be boring and uninteresting. A certain advantage of this book is that it is easy to use and you can even improve your memory and concentration on your own.

There are interesting techniques and methods of recollection and memory improvement in the book such as memorizing words, drawing with both hands, moving the dice on the board using your imagination and others. The reader will not only learn how to imagine, for example, oranges or a flying bumblebee clearly, but also taste, smell and hear the objects that he or she imagines and besides, the student will increase attention span.

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The fact that lots of information rains down on our children is common today. However, neither children nor parents live easier because of it. Psychologists and doctors often hear, ‘my child is a smart boy, but he has problems with studying, as he is inattentive and does not memorize well.’ And it is often so. If the child cannot concentrate fast, memorize necessary data and separate major facts from minor ones, he or she is just ‘drifting’ in ‘the sea of information’.

There is no need to prove that children’s memory and attention should be developed. But how? The title of the book speaks for itself.

Nowadays there are quite a number of methods how to train memory and attention. However, such specialists as teachers, psychologists and doctors usually work with students and sometimes there should be specific equipment and the lessons can turn out to be boring and uninteresting. A certain advantage of this book is that it is easy to use and you can even improve your memory and concentration on your own.

The book is the system of tasks that are games which improve memory and attention. Nevertheless, it is both entertaining and includes modern scientific basis on the structure of attention and memory. The children use the ability to imagine things and they start to do it quickly and easily even without paying attention to the complexity of tasks sometimes.

Let us say ‘thank you’ to the author and wish him good luck!

Member of Russian Academy of Medical Sciences

and Russian Academy of Education.

L. Badalyan

Game 1

Let's check your memory first. You try to memorize the words in a given order.

You can only read these words ONE TIME, and it is even better if someone reads them aloud and slowly for you.



LEAF
SEA
HOUSE
FIRE
PALM
TV SET

RING
BUMBLEBEE
APPLE
MIRROR
PEN
TEAPOT



So, are you ready? Now, check the next page.

You write the words that you have read or heard or if you want to, you can draw them on a separate piece of paper. And if someone can check you, you say the words aloud:

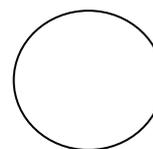
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Check how many points you have got for this game. You have recalled:

- Less than 4 words 3 points
- 4 – 7 words 7 points
- 8 – 11 words 9 points
- All the 12 words in a wrong order 15 points
- All the 12 words in a given order 25 points

Write your points here:

My points in game 1



Don't get upset if it was complicated. How to memorize a lot of words quickly? How to memorize with no mistakes and even in a given order?

Let's try to do it.

Game 2

Have you ever thought that a word can be SEEN? So, for example, the word **BUMBLEBEE**.

You close your eyes and try to imagine a real bumblebee.

You stay focused, don't rush and try to see it clearly as if you really see it.

Maybe you won't be able to do it quickly, you need to train.

You can see this bumblebee in different ways.



You think about a bumblebee, try to imagine it, but you can't see it clearly. You see something like a spot. It looks like a bumblebee and maybe not.



You can see a bumblebee, as it is on the photo or on the picture. Say, like on this picture.



And this bumblebee becomes alive in your imagination. You see how it flies and lands on flowers.

Yes, it is alive!

Now, you try to see a word

CHRISTMAS TREE

Don't rush and focus.

So, what do you see?

How does it look?

Check the picture that shows better what you see.



I see nothing.



I see something like a spot that looks like a Christmas tree.



I see a Christmas tree as in the picture or on the photo.



I see a real Christmas tree. It seems I can reach out and touch it.

Now you need to imagine seven words. Don't forget to check each word depending how well you see it.

	I can't see it	Something like a spot	As in the picture or on the photo	As real
Butterfly				
Lake				
Tree				
Stairs				
Cloud				
Scissors				
Cherry				

Are you ready?

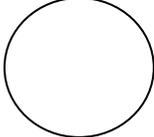
Turn the page.

Recall the words that you have imagined and write them down or draw:

-
-
-
-
-
-
-

How many words have you recalled?

Less than 4 words	3 points
4 – 6 words	6 points
7 words	10 points

My points in game 2 

Game 3

You can not only see the words, you can hear, smell, taste and touch them as well.

Just recall a **BUMBLEBEE**... You can see and hear it.

Do you hear, it's buzzing?



Here are 3 words.

TRY TO HEAR THEM

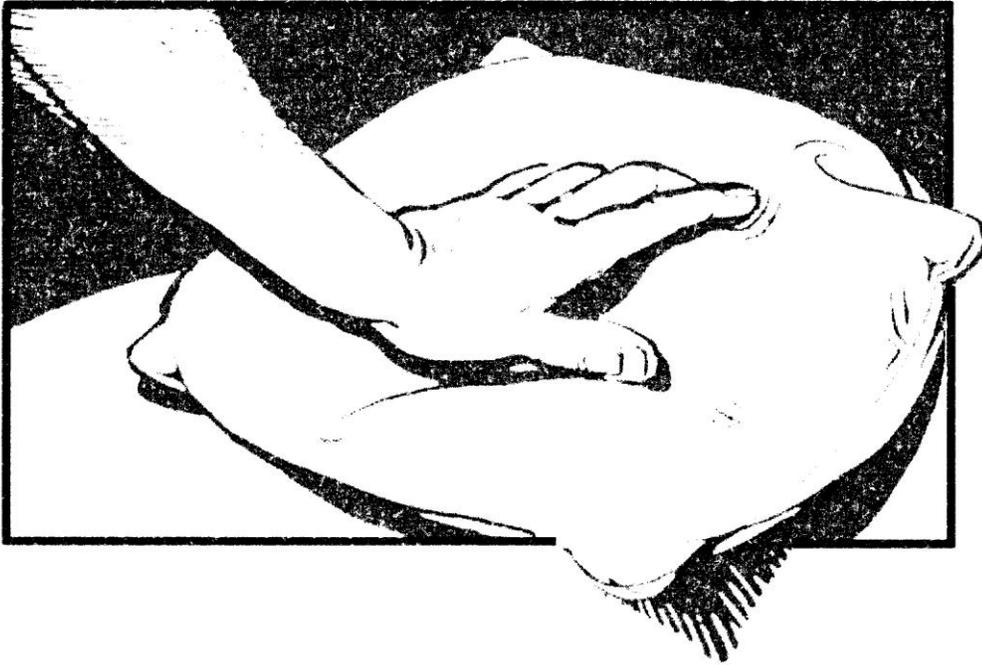
BELL

CAR

VASE

You can touch a word. For instance, a word

PILLOW



Do you feel how soft and plush it is?

If you cannot imagine it at once, then touch a real pillow at home and remember what you feel when you are touching it.

TRY TO TOUCH THEM

WHEEL

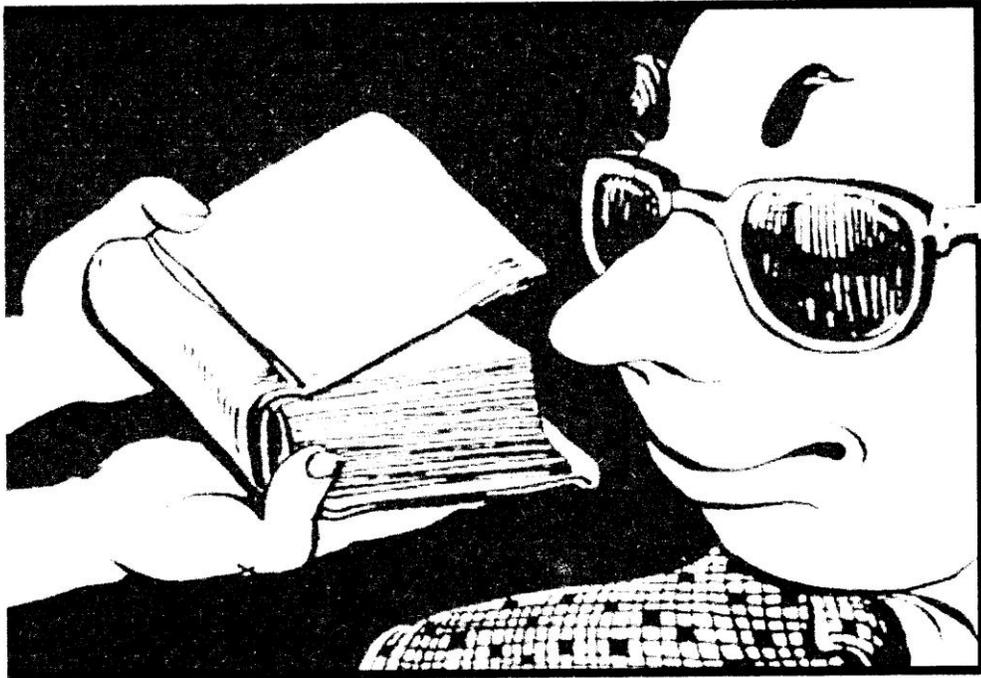
CUP

SCARF

Some words are easy to smell or taste.

A **LEMON**. It is sour, isn't it? How wonderful is the smell of the word **ROSE**!

The word **BOOK** even smells. Can you believe in it? Then just try to smell this book.



PICKLE

FOREST

COOKIE

RAIN

And now recall all the words that you have heard, touched, smelled and tasted in this game.

I'll help you with the first word:

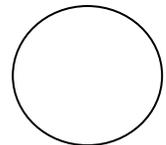
- **BUMBLEBEE** • •
- • •
- • •
- • •
- • •

COUNT YOUR POINTS

HOW MANY WORDS have you recalled?

- | | |
|-------------------|-----------|
| Less than 5 words | 3 points |
| 5-8 words | 7 points |
| 9-12 words | 15 points |
| 13-15 words | 20 points |

My points in game 3



Game 4

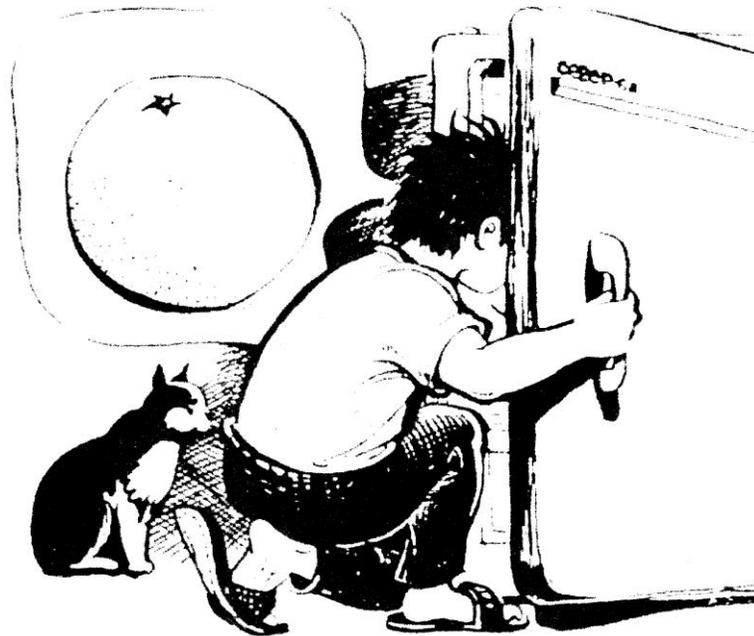
In reality you can see, hear, touch, taste and smell one and the same word.

Just take a look, a word **ORANGE**.

It is easy to imagine it – it is so bright, orange...

There is not anything easier than to feel the smell and taste of it...

And now, you imagine that you are touching an orange. You are taking it out of the fridge. It is so cold, round, almost smooth, but it has small bumps and holes...



If you really really want, you can even hear the sound of an orange. It is easier to imagine how it is rolling off the table and hit the floor...

And some children consider that the orange has its own sound, but each of them hear this sound differently. Victoria, for example, hears a high melodic sound of a flute when someone says the word ORANGE.



You read these words and try to imagine them the way you have done with the word ORANGE. But! You should not use all the senses. For example, one word can be seen and heard, the second word can only be seen, the third one can be seen, touched, tasted and smelled. Try to do it as you like it. And do not forget to check how you have imagined each word.

	I see it	I hear it	I taste it	I smell it
BALL				
LION				
NUT				
BOUQUET				
SCISSORS				
CHERRY				
POTATO				

RECALL AND WRITE DOWN THE WORDS

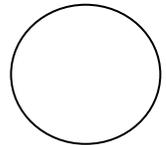
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CHECK HOW MANY POINTS YOU HAVE GOT

You have recalled:

Less than 4 words	3 points
4 – 6 words	7 points
All the 7 words	12 points

My points in game 4



Game 5

You have already understood that a word can be seen, heard, touched, tasted and smelled. It will help you memorize very different words. To memorize them in a GIVEN ORDER, you need to imagine that the words are the characters of a story.

Look at how Victoria does it!

Let's memorize the words together with her.

HERE ARE THE WORDS:

CAMEL

MAGAZINE

WIND

ROSE

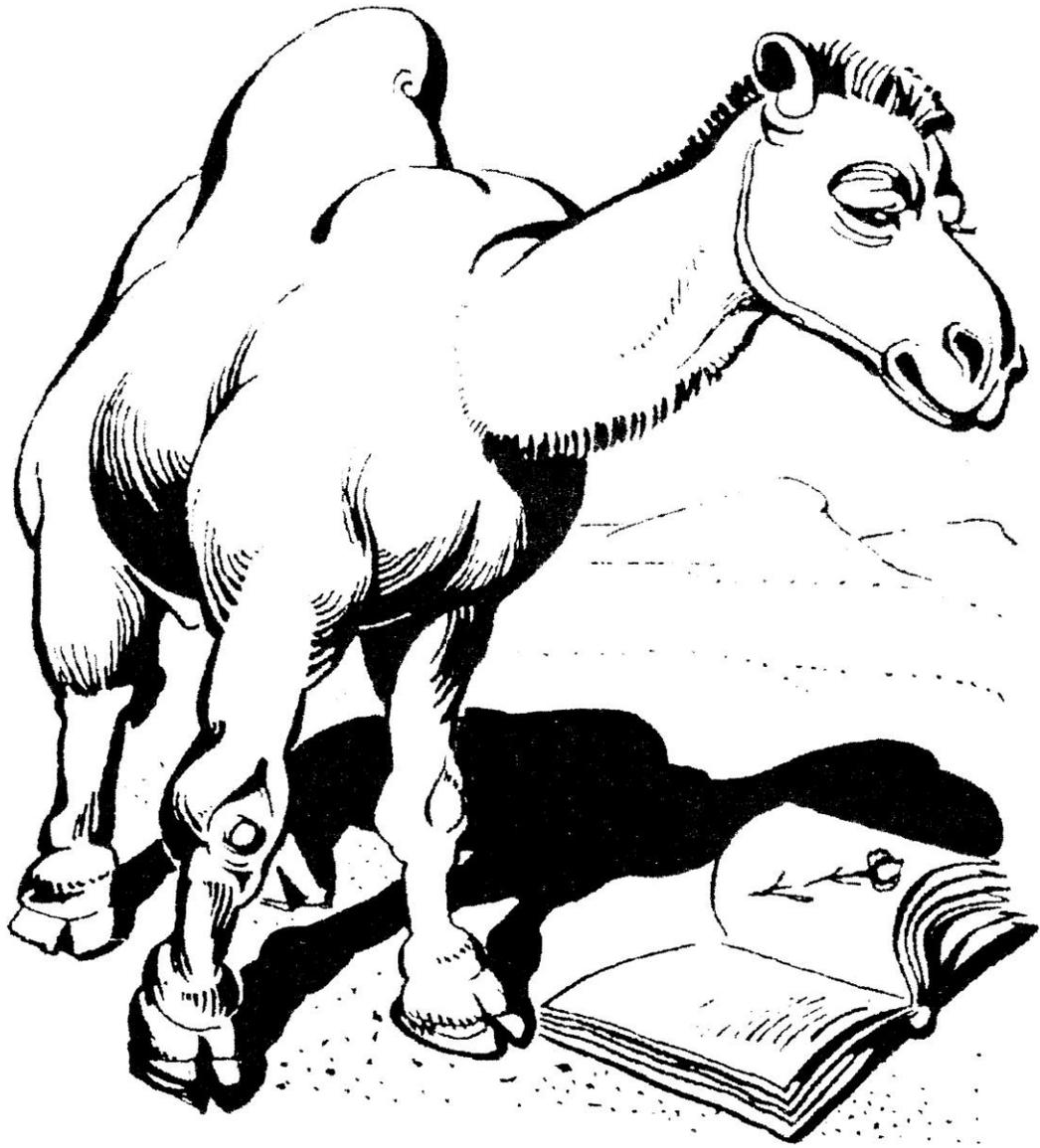
NIGHT

HAT



Victoria imagines a short movie where the words – characters play their role:

“I see a CAMEL that is walking across a desert. He finds a MAGAZINE and starts to look it through. The WIND turns the page, and there is a big red ROSE.



I see how it is getting darker and darker very fast and the NIGHT comes. The camel is going to sleep and he sees a HAT in his dream.

When I need to recall the words, I close my eyes and watch this movie once again trying to see it as clear as if everything is real. The words are recalled in a given order easily.



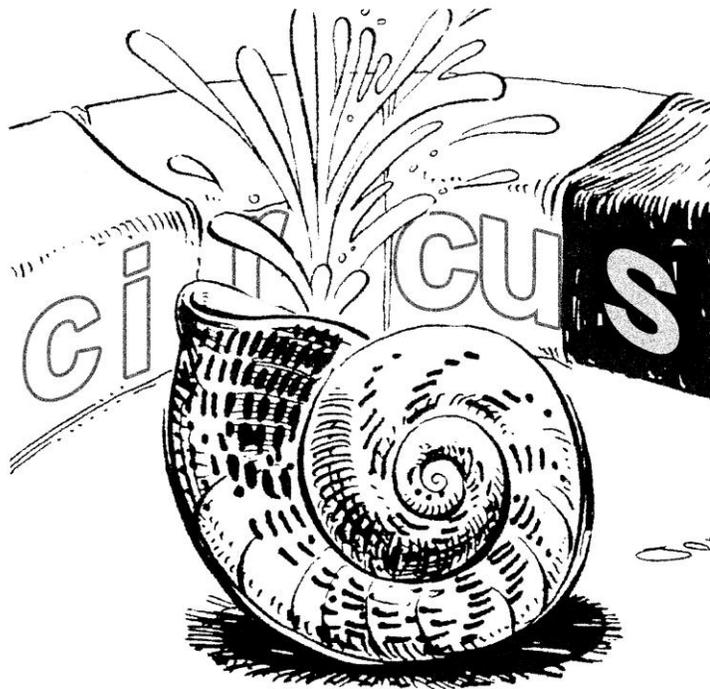
MEMORIZE THE WORDS:

CIRCUS
FOUNTAIN
PRINCESS

SHELL
PEAR
BUS

LET'S START TOGETHER.

You are in the CIRCUS. There is a big sea SHELL in the circus ring. Suddenly a FOUNTAIN shoots out of the shell.



You continue the movie yourself and memorize it.

If you want, you can draw the movie.

MEMORIZE SIX MORE WORDS:

BIRD

SCHOOL BAG

SWEET

CAR

WINDOW

BOAT

You make up the movie yourself. If you can, draw it.



Have you watched the movie? Turn the page.

You try to recall all the words that you have memorized in this game. You need to watch 3 movies once again using your IMAGINATION.

Movie 1

-
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Movie 2

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-
-

Movie 3

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-



COUNT YOUR POINTS FOR EVERY MOVIE.

How many words have you recalled?

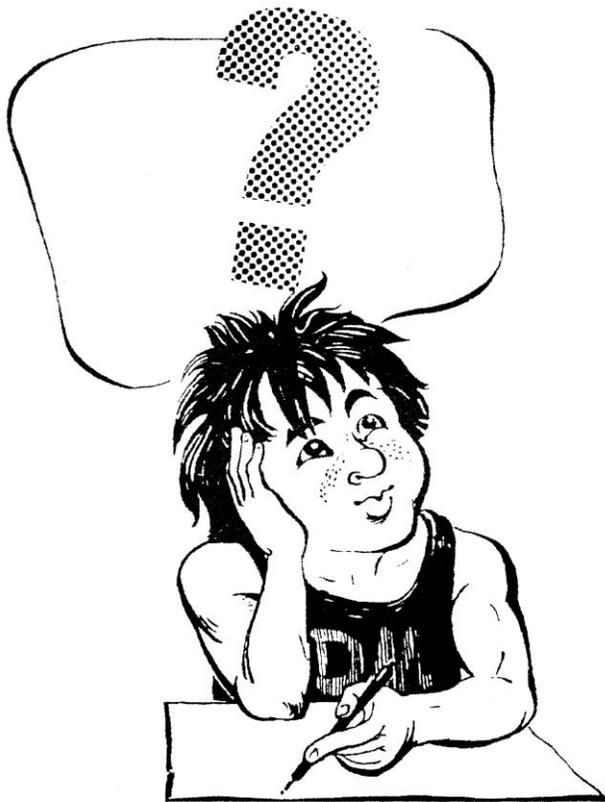
- | | |
|--------------------------|-----------|
| Less than 4 words | 2 points |
| 4 – 5 words | 4 points |
| 6 words in a wrong order | 7 points |
| 6 words in a given order | 10 points |

Attention!

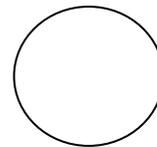
PENALTY POINTS

- If you have written down or said an extra word that you have not seen in the task, you get 2 penalty points for each word.
- If you have written down a word from one movie into the other movie, it is a mistake as well. You get 1 penalty point for this mistake.

You sum up your points for each movie, then you deduct penalty points. The final number of points is your result in game 5.



My points in game 5



What should I do when I need to memorize **a lot of words**?

Game 6

You might have already guessed that if you need to memorize a lot of words, you need to make up and imagine a long and interesting movie. The more exciting the movie is, the better you memorize the words. You can even be one of the characters of the movie. Check out how Victoria does it and memorize with her.

Here are the words.

BOOK

DRAUGHT

CHICKEN

ROOM

CURTAIN

SAND

CARDBOARD

BUCKET

LEAVE

GLASSES

DWARF

CITY

WHISTLE

BALLOON

Victoria usually imagines a movie where she participates together with the words. Turn the page.

... I open a BOOK. It's a magical book and a small and yellow CHICKEN jumps out of it. I'm chasing it and it hides behind a CURTAIN. I want to draw a curtain aside, I'm touching and feel that the curtain is hard – wow! It's CARDBOARD, a cardboard curtain! I look at the window sill and there's a LEAVE instead of a chicken. It looks so good!



I bend down to touch it and see that there's a tiny DWARF among branches. He winks me, takes a WHISTLE out of the pocket and whistles loudly. DRAUGHT is rising because of the whistle. I reflexively close my eyes tight, and when I open my eyes – there's nobody. I'm standing in an empty ROOM.



I start to turn around and make a few steps. I feel that there's SAND under my feet. Where does it come from? So, here is a BUCKET and the sand has fallen out of it. The bucket has fallen and it lies on its side. Ops, there's something else inside! These are the GLASSES. I'm taking them out, I'm cleaning them off the sand and I put the glasses on, and I instantly understand that they are magical too.



Looking through the glasses I see a big and magical CITY. A colorful BALLOON is flying over the city. I'm flying myself over the city. It has taken my breath away!



And now recall all the words. To do so, you sit more comfortable, close your eyes and try to watch the movie in your imagination once again. If you can do it, then you recall the words in a given order easily. So, right in front of me there's a magical...

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-
-

HERE ARE YOUR POINTS.

HOW MANY WORDS HAVE YOU RECALLED?

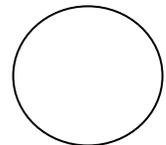
Less than 5 words	3 points
5 – 9 words	5 points
10 – 13 words	10 points
All the words in a wrong order	15 points
All the words in a given order	20 points

PENALTY POINTS.

- If you have extra words, then you get 2 penalty points for each extra word.

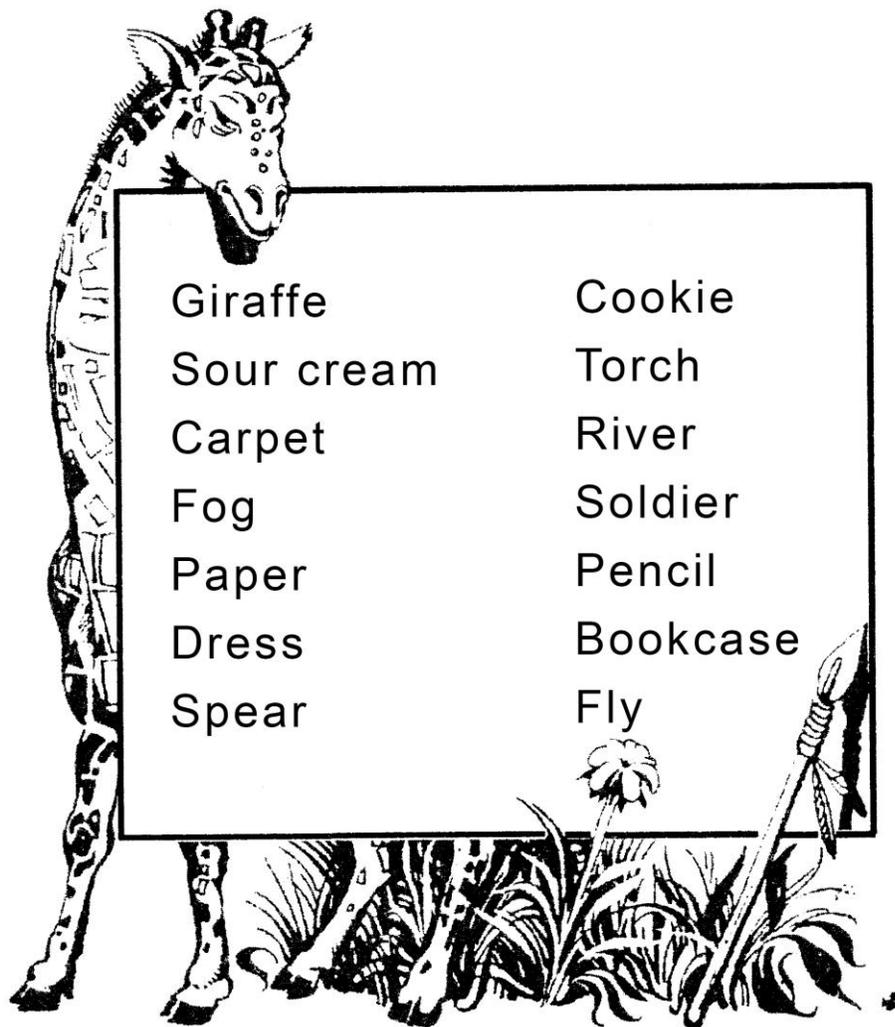
Do not forget to deduct them.

My points in game 6



Game 1

Make up your own movie and memorize these words:



As long as you finish watching the movie, turn the page.

RECALL AND WRITE DOWN THE WORDS

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-

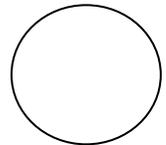
Tell me, please, what have you felt when you have been recalling the words?
Check the necessary squares.

- I'VE SEEN
- I'VE HEARD
- I'VE TOUCHED
- I'VE TASTED
- I'VE SMELLED

HOW MANY WORDS HAVE YOU RECALLED?

- | | |
|--------------------------------|-----------|
| Less than 5 words | 3 points |
| 5 – 9 words | 10 points |
| 10 – 13 words | 10 points |
| All the words in a wrong order | 20 points |
| All the words in a given order | 25 points |

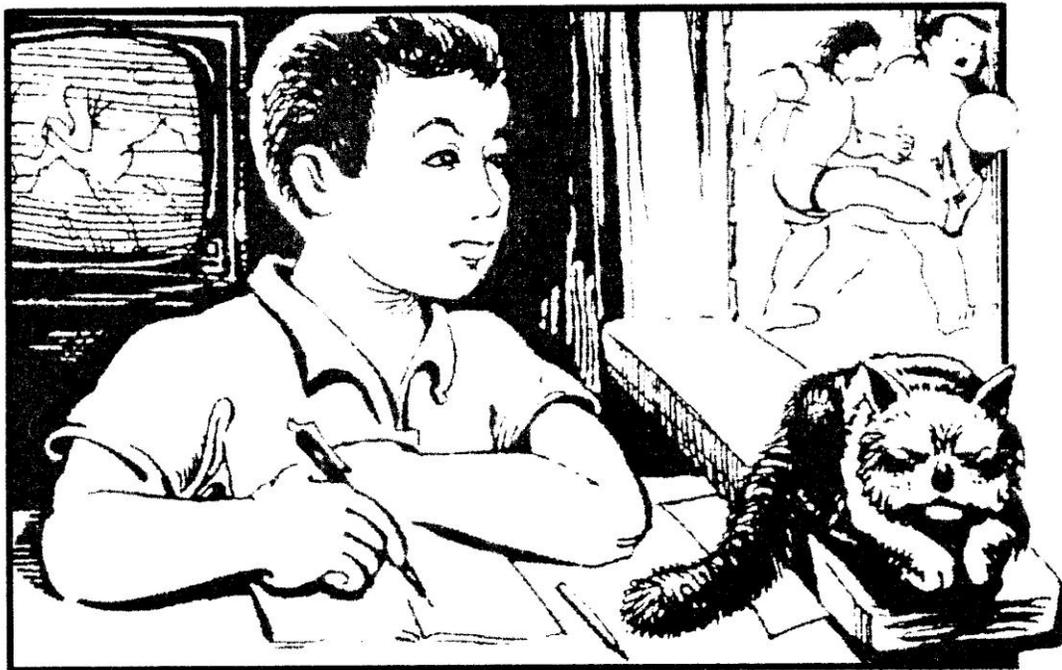
My points in game 7



Game 8

Now we will play a more complicated game. You will not only need to memorize the words, but draw at the same time.

You might ask, of course: why do I need to draw? Here is the answer. When we are doing something, we get distracted from time to time. For example, you are doing your homework and trying to memorize something, to learn something by heart and at the same time there are people watching TV in the next room, boys are playing soccer in the yard and you hear their loud voices ... And there are other things that can disturb you while studying!



It's important to know how to focus, and that is why you need to TRAIN YOUR CONCENTRATION.

This game will help you with it.

You will need to memorize 7 words again in a given order and you already know how to do it. But while you are reading the words (or somebody dictates them), you need to DRAW CROSSES:

These ones **X** or these ones **+** , any crosses you like more.

ATTENTION! You should have more crosses than there are words. The more crosses you draw while memorizing the words, the more points you will get. But, you will have only 3 – 4 seconds for each word.

This task may seem difficult, but listen to Victoria:

“At the beginning my hand bothered me. I paid attention to the word or to the crosses. And now my hand is drawing by itself and it does not trouble me from memorizing the words. I just do not pay attention to it.”



Before we start the game, you learn to draw crosses very fast. So let's start...

Don't forget that there should be more crosses than words and you can spend 3 – 4 seconds for each word.

You memorize the words, and you draw crosses:

tiger

wallet

grapes

snowman

bridge

cactus

ball

RECALL AND WRITE DOWN THE WORDS

-
-
-

-
-
-
-
-

COUNT YOUR POINTS.

HOW MANY WORDS HAVE YOU RECALLED?

- | | |
|--------------------------------|-----------|
| Less than 5 words | 3 points |
| 5 – 6 words | 7 points |
| All the words in a wrong order | 10 points |
| All the words in a given order | 15 points |

BONUS POINTS:

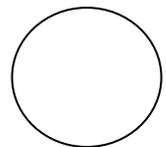
How many crosses have you drawn?

(Remember that crosses that have been drawn incorrectly are not counted.)

- 10 – 15 crosses 3 points
- 15 – 30 crosses 10 points
- More than 30 crosses 15 points

Sum up your regular points with the bonus points.

My points for the first 7 words in game 8



LET'S PLAY ONE MORE TIME

You memorize the words and draw crosses.

bike

elephant

gates

teapot

bee

lemon

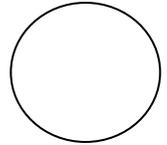
hat

RECALL AND WRITE DOWN THE WORDS

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Count your points as you have done on page 35 and write down your final points.

My points for the second 7 words in game 8



You can practice on your own. You choose the words from the Appendix and memorize them while drawing crosses. If it is easy for you to memorize 7 words, then choose more - 10, 15, 20 - as many as you want!

Game 9

This game will be more complicated. Now you need to draw crosses and noughts:
LIKE THIS

+ O + O + O +

OR LIKE THIS

X O X O X O X O,

BUT NOT LIKE THIS

+ O O X O + X

IT IS A MISTAKE

You do not have more than 3 – 4 seconds for each word.

Let's start.

WORDS:

NOUGHTS AND CROSSES:

forest

shark

knitting needle

blanket

cake

frost

pin-up

RECALL AND WRITE DOWN THE WORDS

-
-
-
-
-
-
-

How many words have you recalled?

Less than 5 words	3 points
5 – 6 words	7 points
All the words in a wrong order	10 points
All the words in a given order	15 points

PENALTY POINTS

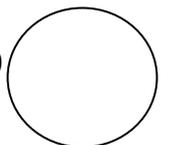
- 2 penalty points for each extra word.
- If noughts and crosses are written on each other – it is a mistake.

Cross out extra noughts and crosses. 1 extra nought or cross is 1 penalty point.

- You count noughts and crosses that are not crossed out. If there are more than 10, then you get 5 BONUS POINTS.

You sum up the points for memorizing the words and bonus points, then deduct penalty points.

My points for the first 7 words in game 9



LET US PLAY ONE MORE TIME.

WORDS:

floor

sledge

fish

tube

wall

raspberry

violin

NOUGHTS AND CROSSES:

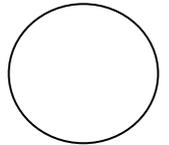
RECALL AND WRITE DOWN THE WORDS

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You count your points as you have done it on page 39.

You can play on your own using the words from the Appendix.

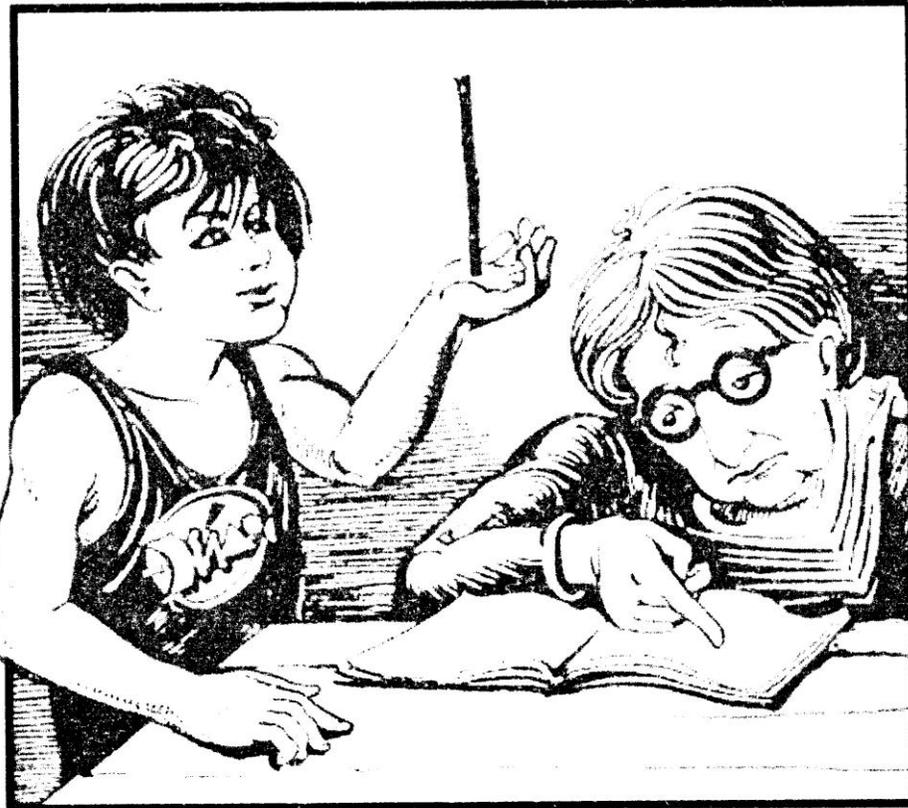
My points for the second 7 words in game 9



Game 10

You will need a 40 – centimetre long stick for this game.

While you are memorizing the words, you need to hold it on your palm vertically.

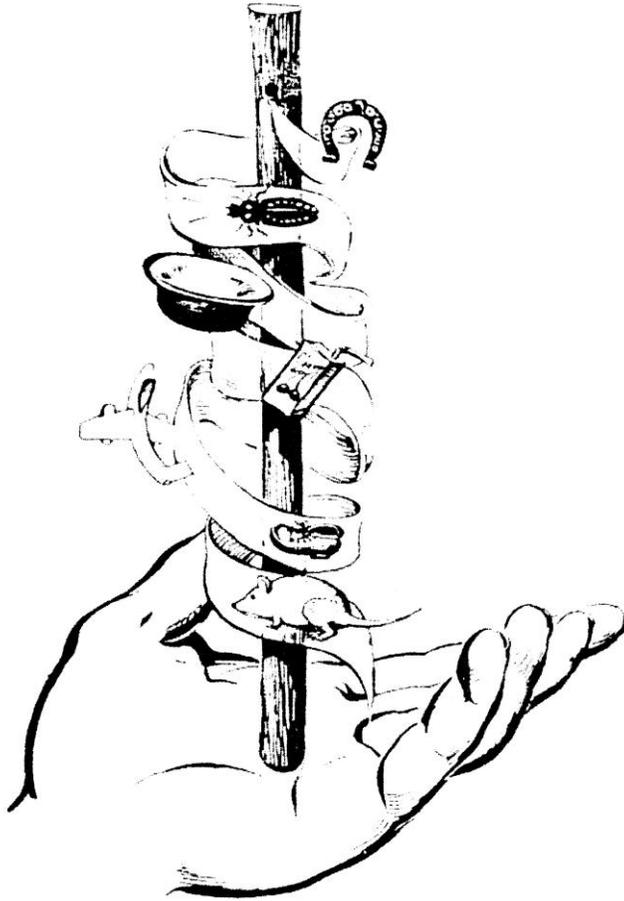


It is not so easy to do. That is why you need to try holding it before the game starts. Because if a stick falls while playing, you will get penalty points.

It's complicated to hold the stick and read the words at the same time, so ask someone to read the words aloud for you.

While holding the stick on the palm, you can memorize the words using a new interesting method.

to



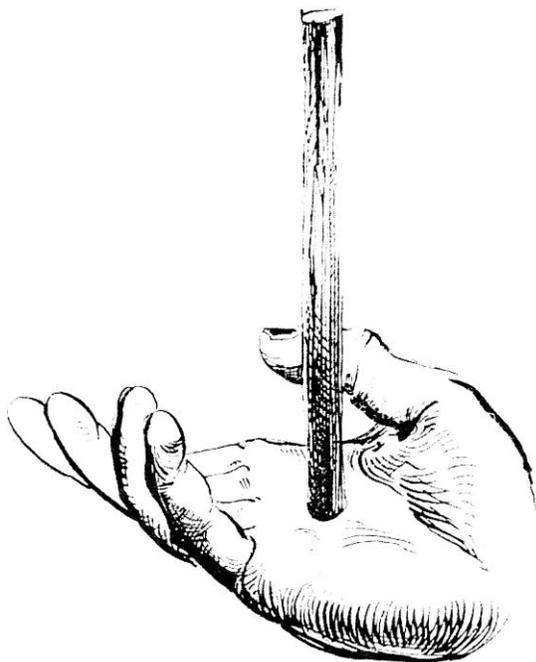
Look how Igor does it. He needs
memorize the words:

MOUSE, SHOE,
PLANE, JUICE,
PLATE, BUG, HORSE SHOE

Igor: "I listen to the words and see that they are winding up as if it is a garland. When I need to recall the words, I look at the stick and see them!"

Did you like it? If no, then you can memorize the words, as you have done it in previous games when you made up a movie. You do it as it is more comfortable for you.

So, you put the stick on your palm and memorize the words:



fairy-tale

glue

cheese

tea

stone

parrot

pitch

HAVE YOU MEMORIZED THEM?

RECALL AND WRITE DOWN THE WORDS

-
-
-
-
-
-
-

Count your points.

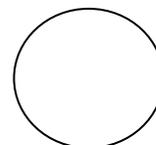
How many words have you recalled?

Less than 5 words	3 points
5-6 words	7 points
All the words in a wrong order	10 points
All the words in a given order	15 points

PENALTY POINTS

- 2 penalty points for each extra word.
- 1 penalty point for each time when a stick falls.

My points in game 10



If you like this game, you can play it again
using the words from the Appendix.

Game 11

This game might seem unexpected to play. You will need to recall the words from game 5.

Don't be in a hurry to check out this game. You will recall everything easily. You have memorized these words making up 3 small movies. As you have already found out, you need to watch the movie in your imagination and the words will come up by themselves.

WRITE DOWN THE WORDS

Movie 1

-
-
-
-
-
-

Movie 2

-
-
-
-
-
-

Movie 3

-
-
-
-
-
-

Now you open game 5, it is on page 17 and check yourself.

HOW MANY WORDS HAVE YOU RECALLED?

Less than 4 words	3 points
4-5 words	7 points
All the words in a wrong order	10 points
All the words in a given order	15 points

Movie 1

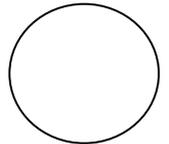
Movie 2

Movie 3

PENALTY POINTS

- 2 penalty points for each extra word.

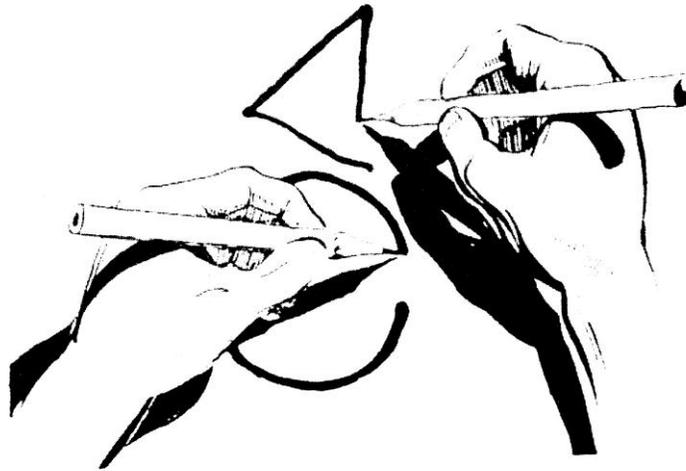
My points in game 11



Game 12

You do not need to memorize the words in this game. Though you will have to draw using both hands at the same time. I am pretty sure you have never tried doing it before.

You take two pens or two crayons. On a separate piece of paper you try to draw a round using one hand and a triangle using the other hand. It doesn't matter which hand you will use for drawing a round and a triangle. You should do it the way it is comfortable for you.



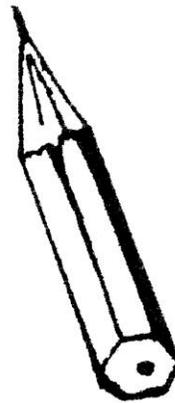
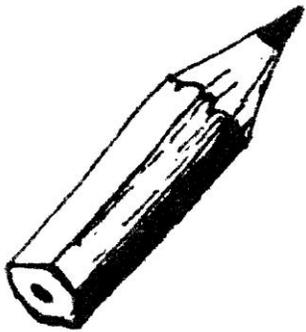
Attention! You draw using both hands at the same time, it means you start and finish both geometric figures at the same time.

TRY:

It will be complicated at the beginning. Triangles will look like rounds, and rounds – like triangles.

You train to draw using a left hand and a right hand separately, then using both hands. You try to pay attention to both hands and don't switch attention from one hand to the other. If you only look at your left hand, then your right hand starts to draw the same thing as your left hand does and vice versa.

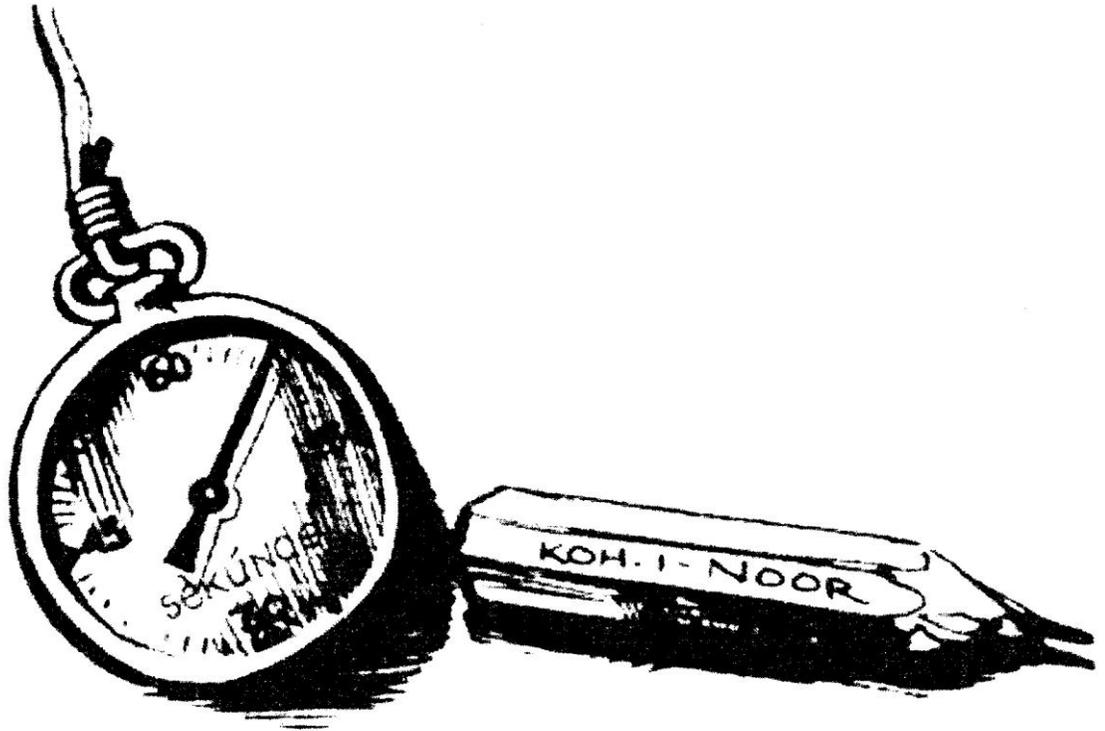
Try once again. Pay attention to both hands.



How is it going? Perhaps it is better.

If you spend more time on training, the hands will start to draw right geometric figures automatically: a round – without corners, a triangle – with acute angles. When you manage to do it, then check

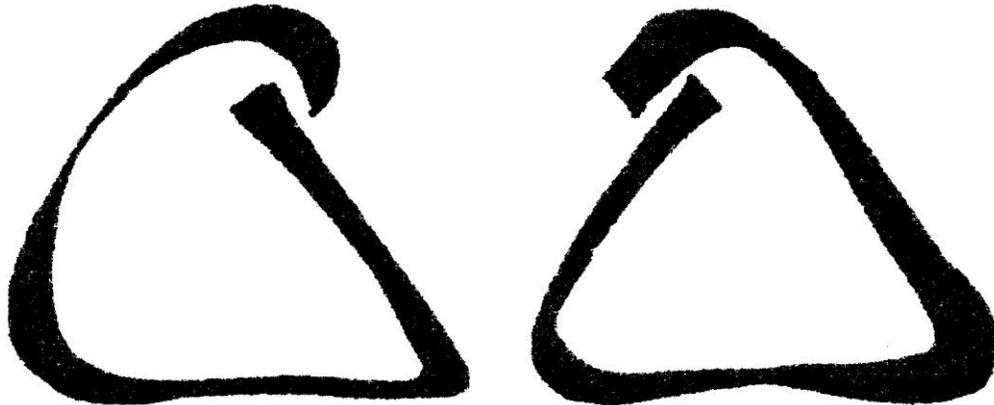
HOW MANY TIMES CAN YOU DRAW A ROUND AND A TRIANGLE FOR 1 MINUTE?



You count how many points you have got for this game. How many times have you drawn a round and a triangle for 1 minute?

Attention! You count only those geometric figures that are drawn correctly. They can be of different size. There is only one condition: a round is without corners, and triangle is with acute angles.

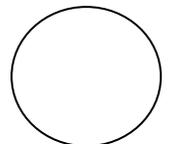
And here is a mistake:



So how many times have you drawn a round and a triangle for 1 minute?

- | | |
|--------------------|-----------|
| Less than 5 times | 5 points |
| 5 – 7 times | 10 points |
| 8 – 10 times | 15 times |
| More than 10 times | 20 points |

My points in game 12



Game 13

Now when you can draw using both hands, we can make this task a bit more difficult. You need to DRAW USING BOTH HANDS AND MEMORIZE WORDS AT THE SAME TIME. Of course, it is more complicated than to draw noughts and crosses as you have done in game 8 and 9. That is why it is not obligatory to have more rounds and triangles than words – it is more important to draw a proper round and a triangle. For every properly drawn pair you will get a bonus point.

Attention! You have 3 – 4 seconds for each word.

Memorize words and draw.

You can draw them here or on a separate piece of paper.

feather

sun

road

cabbage

sofa

stamp

book

RECALL AND WRITE DOWN THE WORDS



COUNT YOUR POINTS

How many words have you recalled?

Less than 5 words	3 points
5 – 6 words	7 points
All the words in a wrong order	10 points
All the words in a given order	15 points

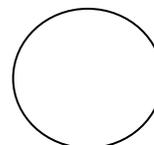
Penalty points:

- You have 2 penalty points for each extra word.

Bonus points:

- You get 1 bonus point for each properly drawn pair.

My points in game 13



This game helps to develop memory and concentration a lot.
You should play this game for a few more times.
You can use the words from the Appendix.

Game 14

Recall the words from the movie that Victoria has made up. You watch this movie in your imagination once again and write down the words.
The movie has started with the moment when Victoria has seen ... in her hands.



HOW MANY WORDS HAVE YOU RECALLED?

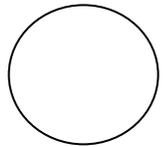
You go back to game 6 on page 24 and check your answers.

Less than 5 words	5 points
5 – 9 words	10 points
10 – 13 words	15 points
All the words in a wrong order	10 points
All the words in a given order	25 points

Penalty points:

- You have 2 penalty points for each extra word that is absent in the task.

My points in game 14



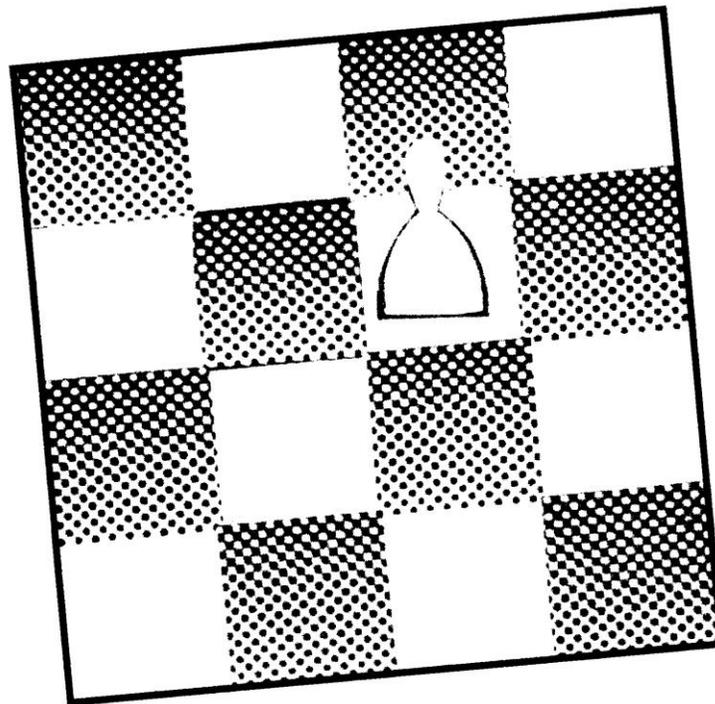
Game 15

This game is very different. You have a board with black and white squares. There is the dice that moves from one square to the other one.

Of course, you cannot place the dice beyond the borders of the board.

Let somebody dictate moves for you and you should move the die in your thought (in your imagination).

Attention! You cannot draw the moves or follow the squares with your finger!



Let's start.

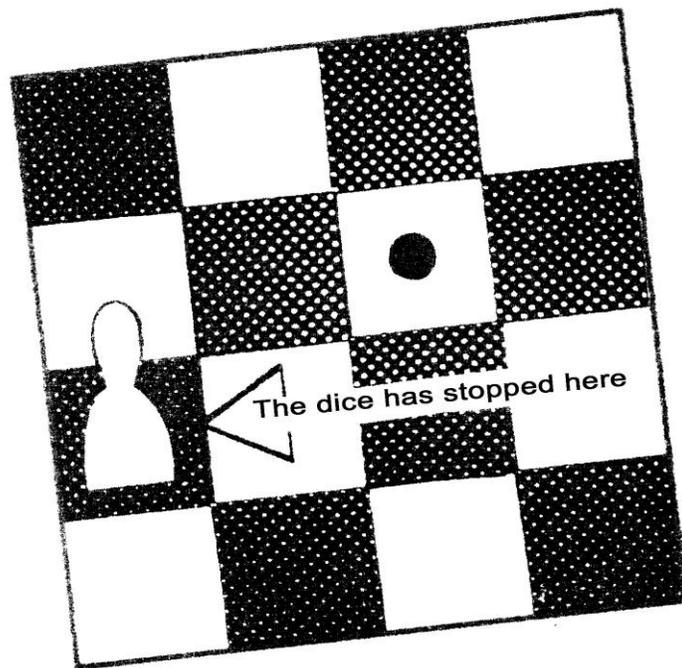
The dice is located here.

The moves: 2 left 1 right 1 left

2 down 2 up 1 down

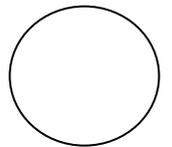
You now draw where the dice has stopped and turn the page.

THE CORRECT ANSWER:



If your answer is correct, you get 5 points.

My points in game 15



If your answer is wrong, play it again. You should play this game until you manage it.

So, how is it going?
Let's make it a bit more difficult.

Game 16

You have already learnt how to do two things at once: to draw and to memorize, to hold a stick and to memorize.

These tasks are very important for those who want to develop their memory and concentration.

Now you will learn to move the dice and memorize the words at the same time.

Look how it should be done.

Someone dictates the words and the moves to Victoria: the word – the move, the - the move ...

The dice is placed at the upper left corner.

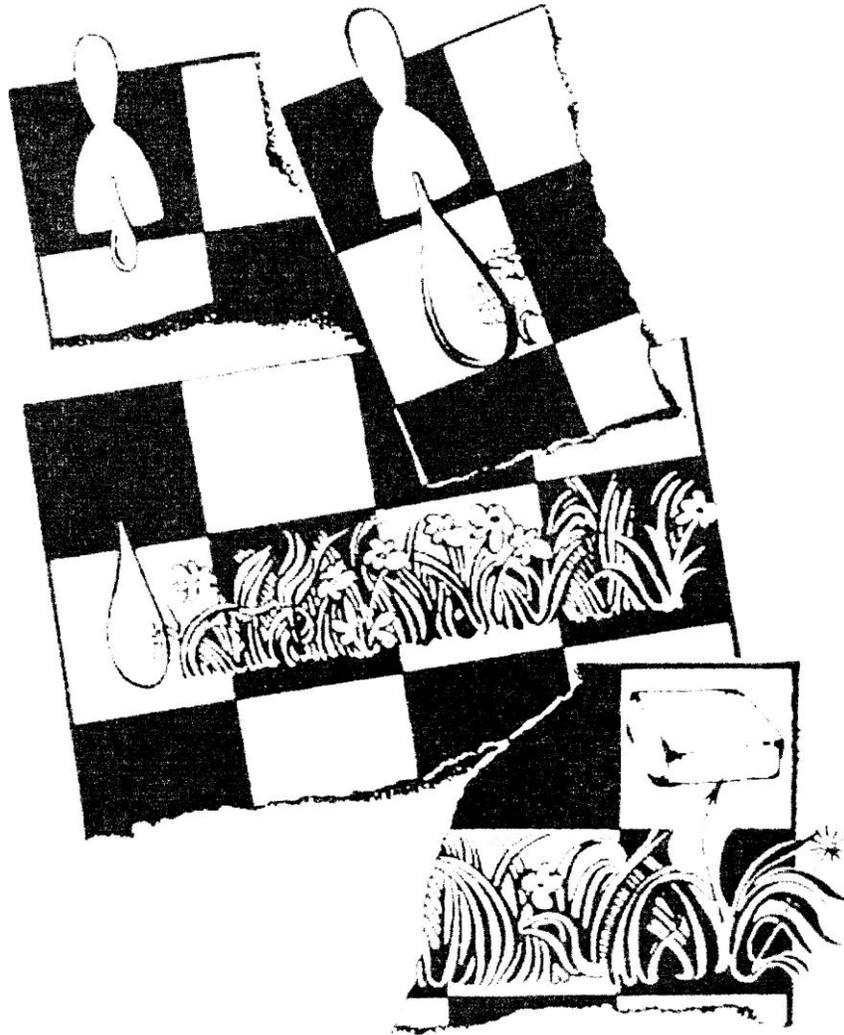
The words:	The moves:
drop	1 down
grass	3 right
eraser	1 up
helicopter	1 left
clown	2 down
squirrel	2 left
bagel	1 down

Victoria turns the dice into the words – images that are moving on the board.

You will see how it is moving on the next page.

“... I see how the dice starts to melt and turns into a DROP and it falls on ONE square DOWN. At this square GRASS starts to grow. It is growing and covers THREE squares RIGHT.

An ERASER jumps out of it on ONE square UP and it could even erase one line on the board!



A HELICOPTER flies out of the eraser, then it flies just ONE square LEFT and floats in the air. A CLOWN gets off the helicopter TWO squares DOWN. The clown takes a SQUIRREL out of the sleeve. And the squirrel jumps TWO squares LEFT at once. The BAGEL falls ONE square DOWN from the squirrel. Here is the end of the trip of the dice.

To recall all the words, I just need to look at an empty board and I see all the characters of the story.



Here is the end of the trip of the dice.

Now you try on your own.

You memorize the words and follow the dice.

It is better if somebody dictates you the words and the moves.

THE WORDS:

toy

tennis

monkey

ribbon

ballet dancer

ice – cream

moon

THE MOVES:

2 down

2 right

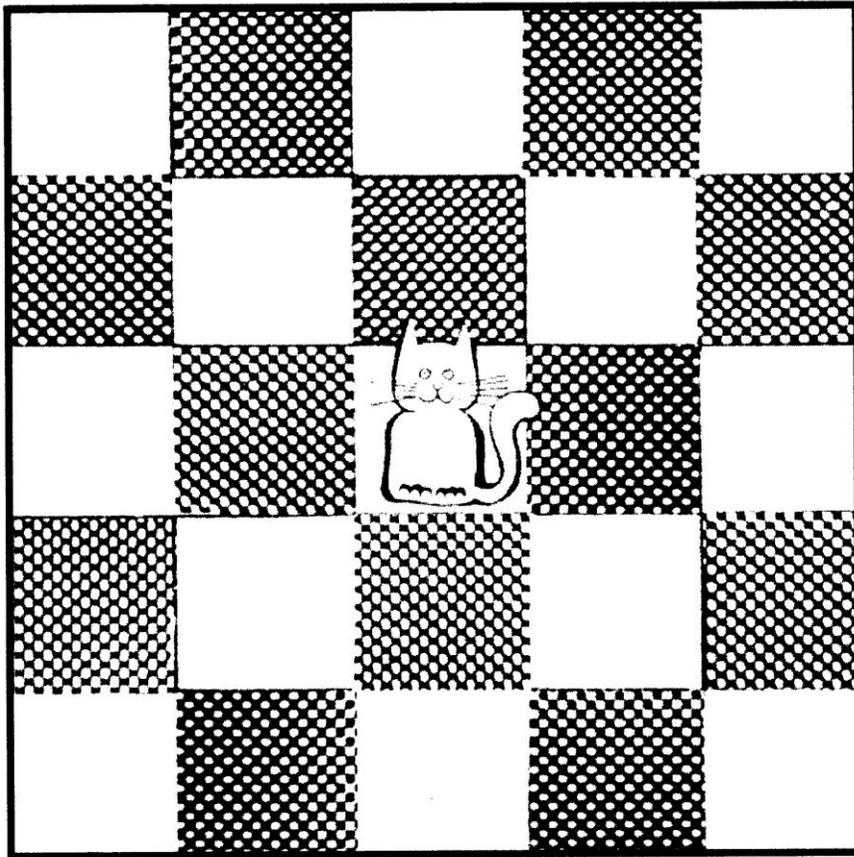
1 up

2 left

1 up

1 right

2 down



Where has the dice stopped?
Check the square and turn the page.

RECALL AND WRITE DOWN THE WORDS

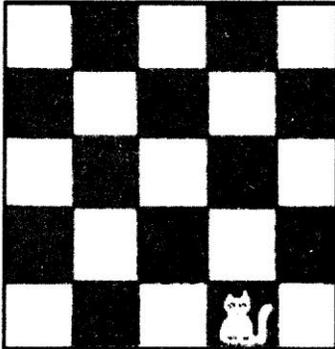
•
•
•

•
•
•
•

COUNT YOUR POINTS.

Less than 5 words	3 points
5 – 6 words	7 points
7 words in a wrong order	10 points
All the words in a given order	15 points

Where has the dice stopped?

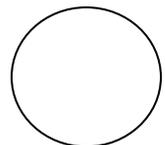


A CORRECT ANSWER:

Here it should be. If your answer is correct, you get 10 bonus points.

If you like it, you can play it once again. You can find the words and the moves in the Appendix. (page 89)

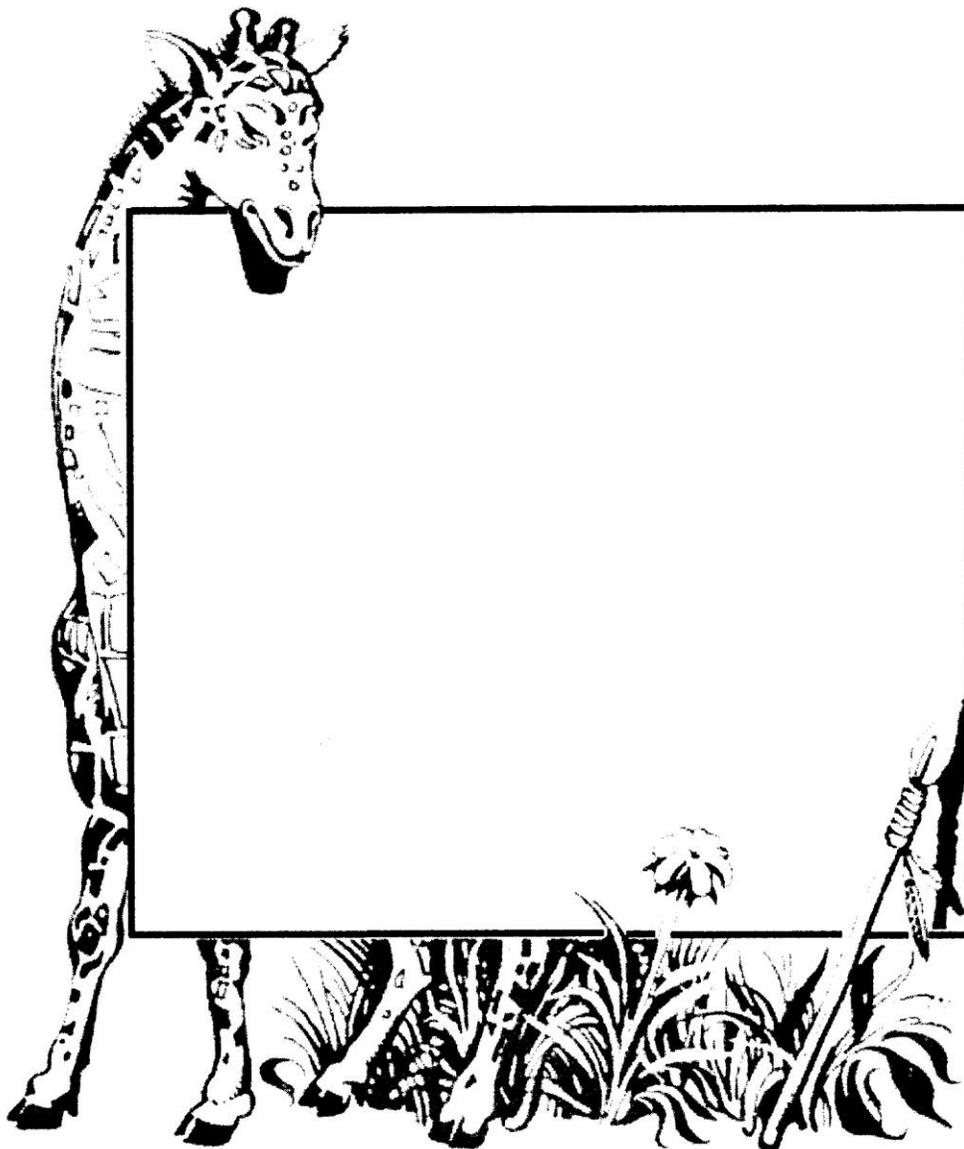
My points in game 16



Game 11

We will get back to the games with the dice. Now let's check how you remember the words from the previous games.

You recall a long movie which you have made up in game 7 and write down the words.



Go back to game 7 on page 30 and check your answer.

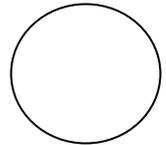
HOW MANY WORDS HAVE YOU RECALLED?

Less than 5 words	5 points
5-9 words	10 points
10 – 13 words	15 points
All the words in a wrong order	20 points
All the words in a given order	25 points

Penalty points:

- You get 2 penalty points for each extra word that hasn't been used in the task.

My points in game 17



Game 18

There is nothing to memorize in this game. You will move the dice on the board, BUT! There will be no board which you see as they have been in games 14 and 15. You need to see the board in your imagination and imagine how the dice is moving on it. The dice will be at its usual place – a left upper corner.

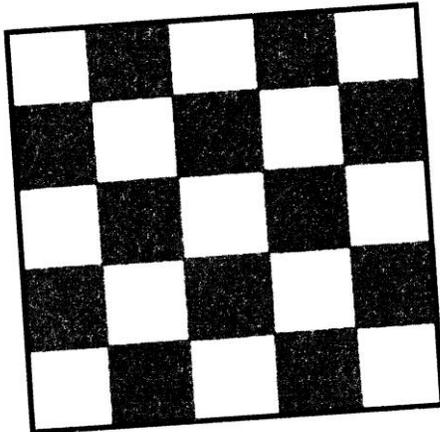


Here are the moves:

- 1 right
- 2 down
- 1 left
- 1 up
- 2 right
- 1 up
- 2 down

Keep in mind where the dice has stopped.

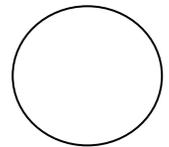
Where is it? Check the square.



Check your answer. To do so, you need to look at the previous page and draw the moves.

You get 15 points for a correct answer.

My points in game 18



Play this game a few times. Let somebody dictate the moves for you. When you can easily move the dice in your imagination, you can move on to the next game.

Game 19

This time you need to move the dice in your imagination and memorize the words at the same time. As you have already played, you know that your dice becomes alive and you see how the words – characters move on the board.

You start from the upper left corner as you usually do it.

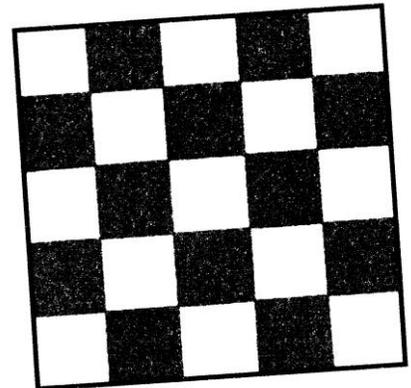
WORDS:	MOVES:
plane	2 right
tomato	1 down
hare	2 left
plate	1 down
park	2 right
star	2 up
arrow	1 left

Remember where the dice has stopped and turn the page.

RECALL AND WRITE DOWN THE WORDS

-
-
-
-
-
-
-

Where has the dice stopped?

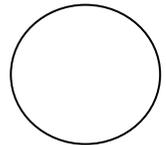


How many words have you recalled?

- | | |
|--------------------------------|-----------|
| Less than 5 words | 5 points |
| 5 – 6 words | 10 points |
| All the words in a wrong order | 15 points |
| All the words in a given order | 20 points |

Check your answer. To do so, you need to look at the previous page and draw the moves. You get 20 points for a correct answer.

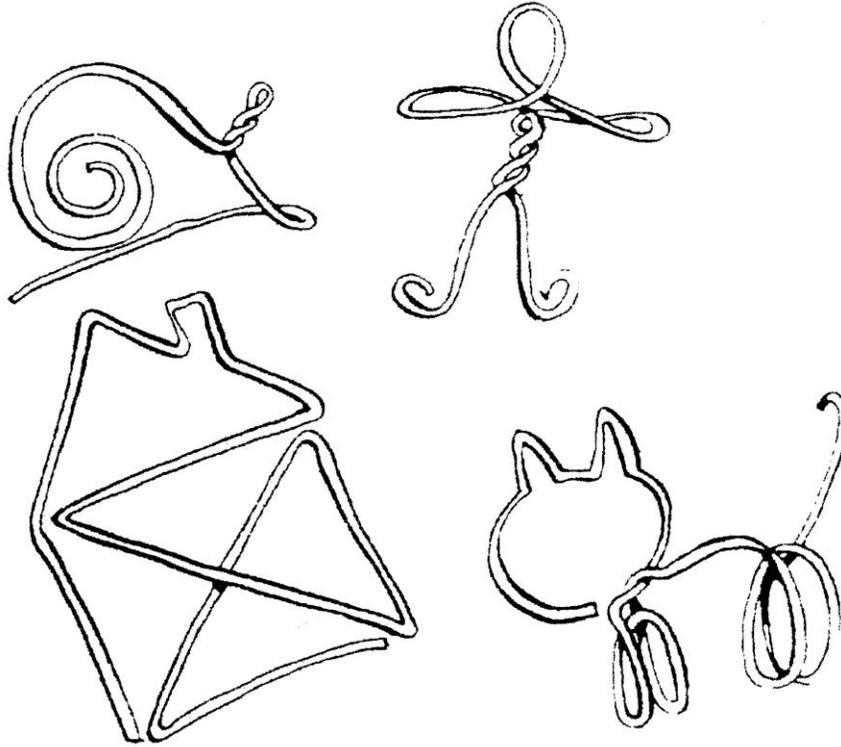
My points in game 19



Game 20

You require around 20 – 30 centimeters of wire to play this game. It should flex easily and hold its shape afterwards.

You just try to bend it before you start the game and make the following figures:



You can choose any size for the figure.

The most important requirement is that it should look similar to the abovementioned figures.

You have probably guessed what you will do. Right! You will create various figures with the wire and memorize the words.

Let somebody dictate the words for you in a normal tempo and you should manage to make a figure during this time.

You can memorize the words making up a movie. But you can also memorize them in a different way: you place the words along the figure as you are creating it. It looks like winding up the words around the stick.

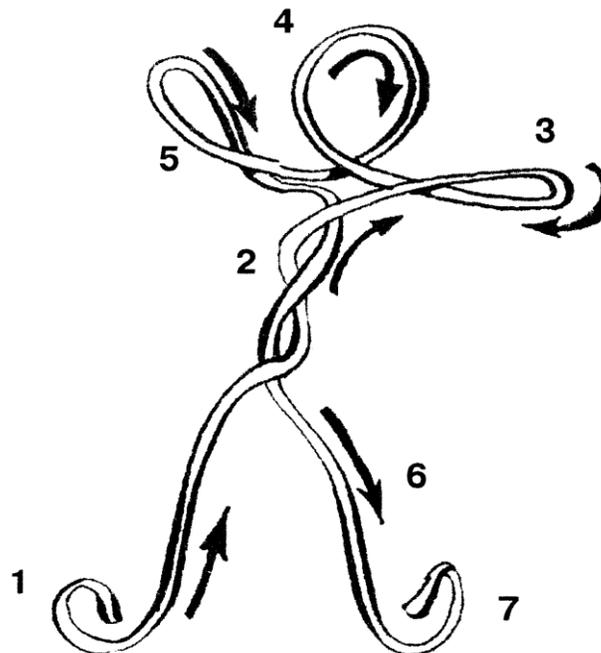
Do you remember that game?

Here is how you can memorize the words.

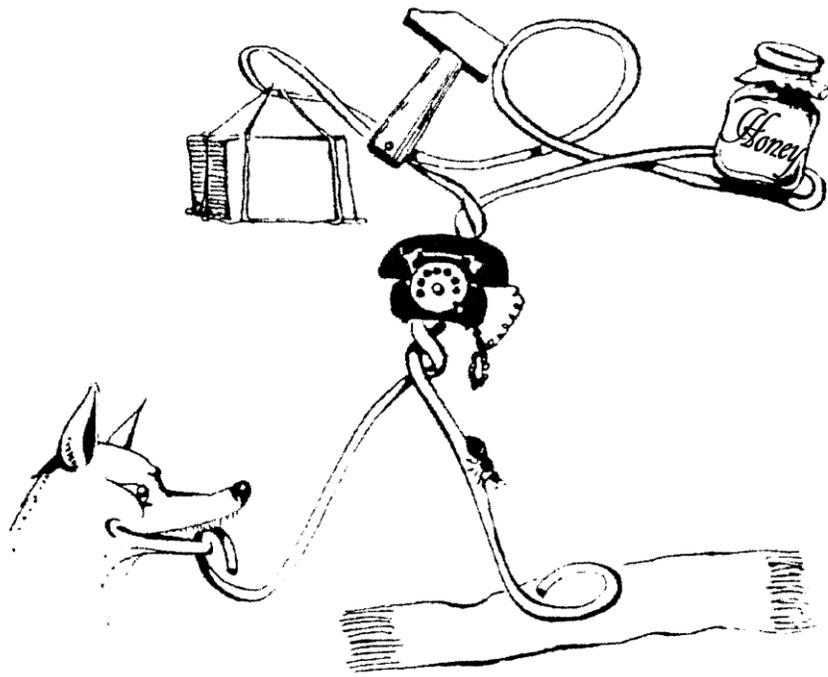
Words:

- fox** 1
- telephone** 2
- honey** 3
- hammer** 4
- box** 5
- ant** 6
- towel** 7

This is the figure



When you need to recall the words, you only need to look at a wire figure and here they are!



Try!

Words:

fan

dove

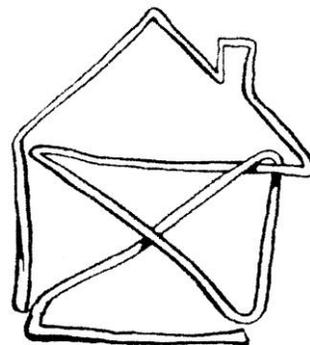
thermometer

magician

tractor

chocolate

needle



Have you finished? Now, turn the page.

RECALL AND WRITE DOWN THE WORDS

-
-
-
-
-
-
-

How many words have you recalled?

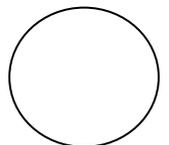
Less than 5 words	3 points
5 – 6 words	7 points
7 words in a wrong order	10 points
All the words in a given order	15 points

BONUS:

- If you have managed to make a figure of a right shape on time, you get 5 bonus points.

If you like this game, you can play it once again. You can find the words and figures in the Appendix (page 89).

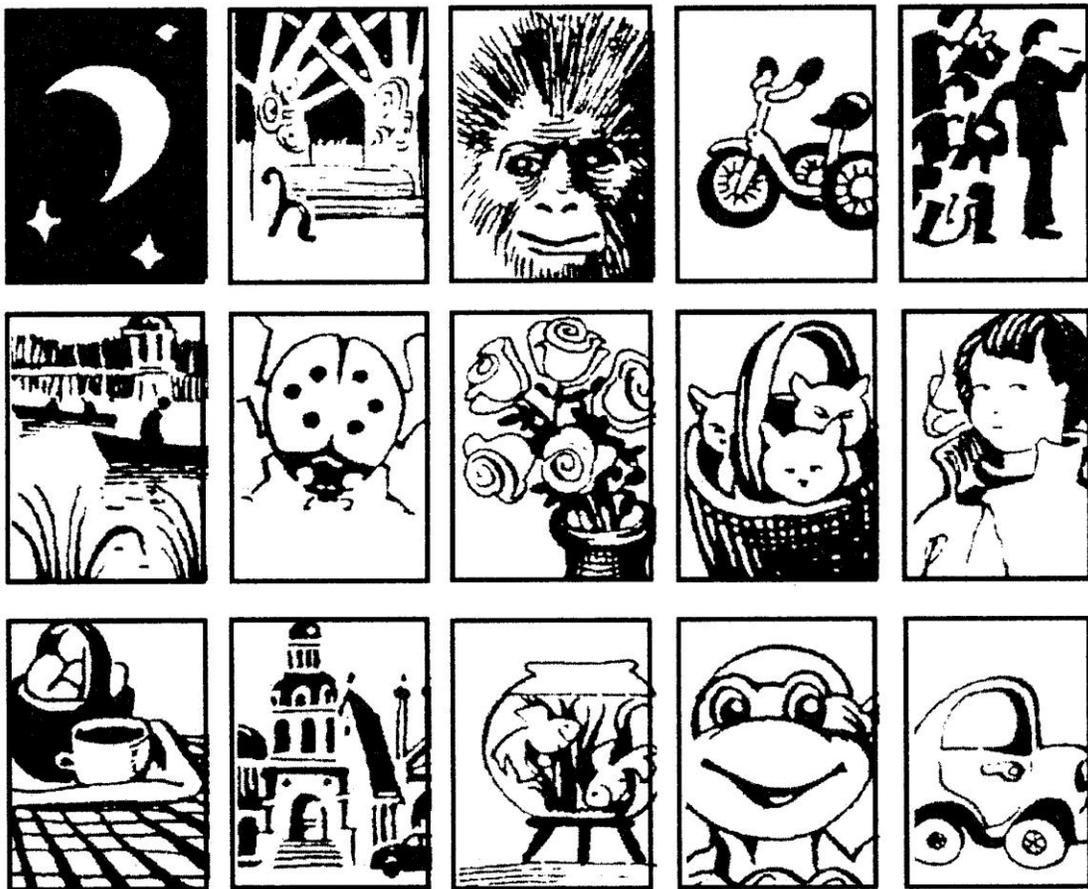
My points in game 20



Game 21

You have learnt how to memorize the words in a given order using an invented movie. Now let's try to memorize pictures in a given order. It is easy to imagine that a picture is a ready-made film frame.

Victoria needs to memorize 15 pictures in a given order:



You try to memorize with her.
Try to concentrate on them more attentively.

It's a MOONLIGHT NIGHT. I am walking along the street and see a bright light far off. The night ends there and I get into a beautiful PARK. I'm walking along the road and a MONKEY riding a BICYCLE gets ahead of me. No sooner have I just started to follow it when I have heard loud music.



I turn around and I see a BAND. I am approaching it and see: the musicians have settled down on the BANK of the LAKE. There are people in the boats who are sailing and listening to music. I stop for a while to listen to it as well. Oops! Something tickles my hand... A LADY – BIRD is moving on my hand. I'm gently blowing, the lady bird spreads its wings and flies away.



While I have been playing with the ladybird, the band has disappeared somewhere. Instead of it, there is the table and there is a VASE WITH FLOWERS on the table. I am coming closer. These are the roses! How beautiful they are!
What is that? Someone is meowing under the table. I am crawling under the table and there is a BASKET WITH KITTENS. One kitten has a bow on his neck. I take him and get out and see ...



... A NICELY-DRESSED GIRL. She is sitting at the table and there is a TRAY WITH DIFFERENT TASTY THINGS in front of her.

“Would you like a sweet?”, she asks. I tell her, “Thank you”, and I take a sweet, unwrap it and I see a CITY SQUARE which is painted on it.

I do not know how it has happened, but I am standing at this square. What a lovely house with the clock! I am looking through the window of the room which is situated at the first floor...



A

... There is an AQUARIUM WITH GOLDEN FISH on the window sill, a TVset – at the back of the room. There are CARTOONS that are being broadcasted on this TVset.



I have been watching the cartoons for a while and have walked along the street. There is a CAR beside the sidewalk. I stop to look at it and see that there is a pretty hunting dog in the car.



Have you watched the movie?

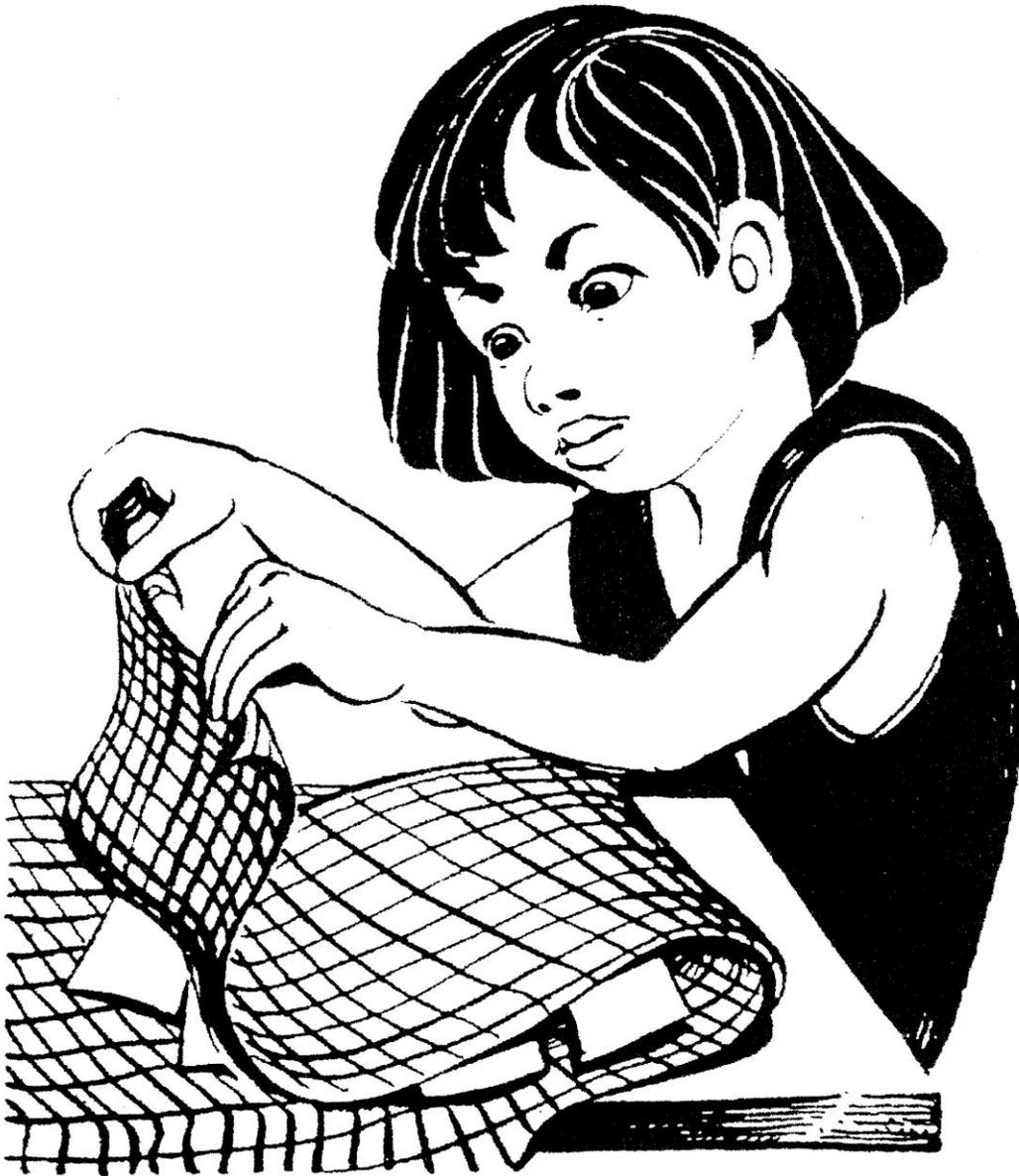
Now you open pages 94 and 97. There will be pictures from this game, but they are arranged in a different order. You cut them out and arrange them as they are in the movie. Have you arranged them? You can check your answer.



If you have arranged the pictures in a given order, you get 10 points. If you have a mistake, then you will have no points. But the game has not finished yet!

You hide the pictures. We want to check how focused you have been while you have been memorizing the pictures.

Turn the page.



Attention! You can only look at the pictures and check after you answer all the questions.

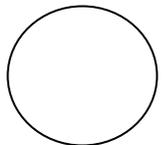
WRITE DOWN YOUR ANSWER

- How many musicians were there in the band?
- How many boats were there on the lake?
- How many roses were there in the vase?
- How many kittens were there in the basket?
- Were there a bow on a kitten?
- What were there on the table in front of the girl except for the tray?
- How many fish were swimming in the aquarium?
- What was the brand of the TVset?

When you answer all the questions, you can check them. You get 3 bonus points for each correct answer.

You sum up your points.

My points in game 21



Game 21

Ask somebody to cut out the cards that are on page 94 and 100.

You should not do it, because you should not see these cards.

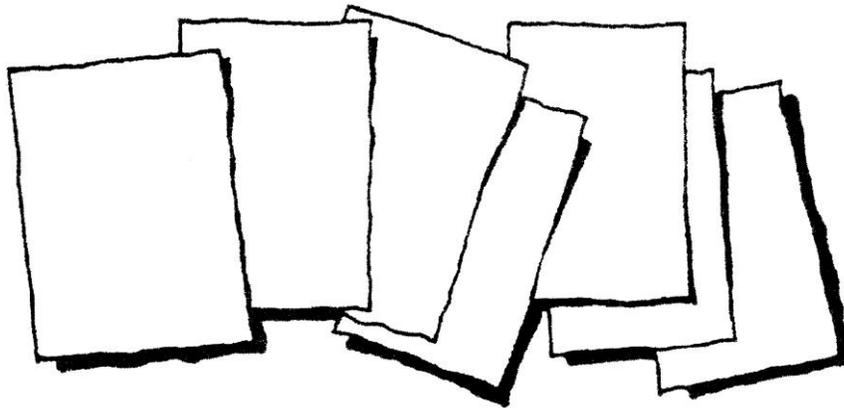
Let someone organize these cards in any order and he or she memorizes this order. It is ok just to write down the numbers of these cards.

When the pictures are arranged, you need to make up the movie as you have done before and memorize their order.

Attention! You do not have more than 3 seconds to memorize each card.

Then someone collects the cards and mixes them up. You need to arrange them as they have been organized before, while recalling the movie.

LET'S START!



Are you ready?

If you have arranged the cards in a correct order, you get 10 points. You hide the pictures and turn the page.

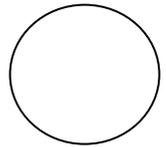
Now we will check your attention. You answer these questions:

- How many flowers were growing in the flowerbud?
- What was the color of the teapot?
- How many shelves were there in the bookshelf?
- How many keys are in the bundle?
- What number did the horseman have on the T-shirt?
- How many eggs have been used for scrambled eggs?

You get 3 bonus points for each correct answer.

Count your points.

My points in game 22



If you like this game, you can play it once again. You will probably find old cards and photographs at home. You can use them for this game.

Game 23

You have memorized the cards first in the previous games, and then you have recalled what you have memorized. Now you need to memorize and recall at the same time. Here is the explanation.

Someone puts the cards in front of Victoria, but not in a row, as it has been done in the previous game, but on top of one another. Here is an example:

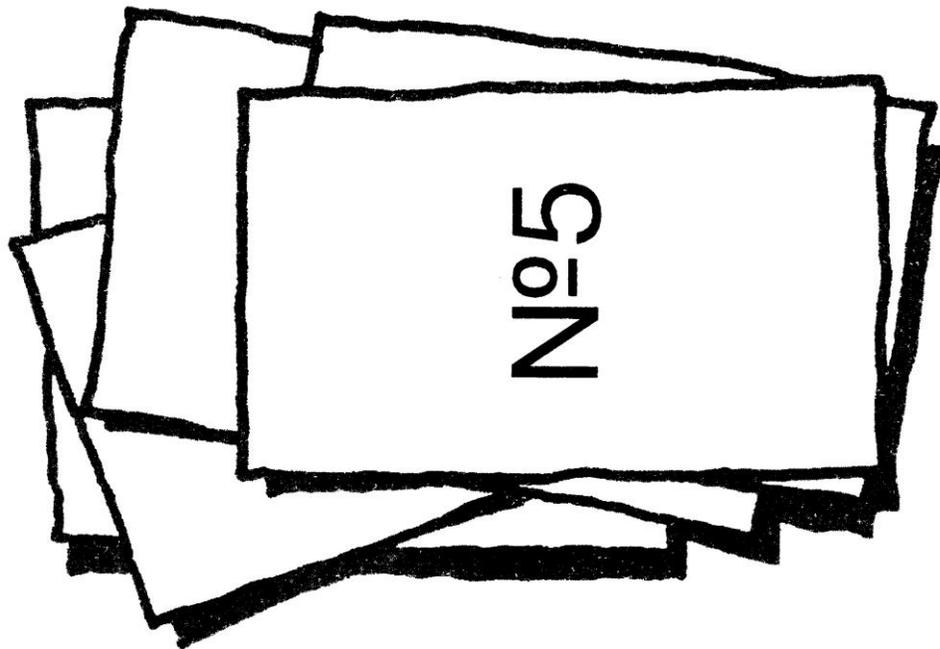


She is memorizing the cards while making up a movie as she usually does.

But when Victoria has memorized the third card, she should answer which picture was the first one. That is why she starts to memorize the movie from the beginning. By the way, do you remember the first picture?

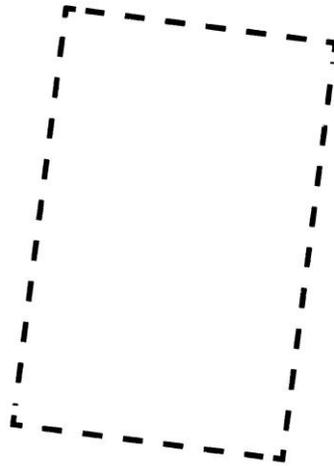
Now Victoria is given picture 4. She continues to make the movie. As long as she has memorized picture 4, she describes picture 2.

After that she is given picture 5. She memorizes it and describes picture 3 and so on.



All in all she needs to memorize 10 pictures. It is definitely great to play this game in pairs, as there should someone who checks if you have given a correct answer?

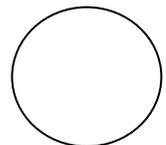
You cut out the cards of the Appendix (page 94-100), then mix them, put them face down and you can start the game.



HOW MANY PICTURES HAVE YOU RECALLED CORRECTLY?

- | | |
|------------------|-----------|
| 1 – 3 pictures | 3 points |
| 4 – 5 pictures | 6 points |
| 6 – 7 pictures | 10 points |
| All the pictures | 15 points |

My points in game 23



APPENDIX

WORDS FOR GAMES

RAINBOW
HAIR
COMPUTER
PHOTOGRAPHER
BRANCH
BROOCH
PENGUIN
BIKE
RHINO
VASE

BIRCH
PLASTIC BAG
COTTAGE CHEESE
BRUSH
RADIO
JUICE
NOTEBOOK
FLOOR LAMP
WASP
CHAIR

GAME
MUSHROOM
TELEPHONE
COCKROACH
BUSH
DUCK
MUSICIAN
NECK
CHERRY
MONTH

WATER
LEOPARD
SPONGE
MAGICIAN
EARRINGS
SUBWAY
CANDLE
TIE
NET
PIANO

CATEPILLAR
MICROPHONE
SKY
NUMBER
DOOR
ROCKET
APRON
GOAT
CUPBOARD
HOCKEY

HEADPHONES
SWIMMING POOL
COAT
SCHOOL BOY
COMB
SEA
SOCCER
FOAL
FROST
SAUSAGE

MAPLE
ROPE
MONUMENT
ROOSTER
BANANA
ARMCHAIR
WOLF
CUBE
CAP
PELICAN

LAMP
MOSS
FEATHER
T-SHIRT
RADISH
COMMA
GRASSHOPPER
BREAD
STUDENT
ZOO

PEACOCK
BUTTON
STRAWBERRY
SUITCASE
KNIFE
PIGLET
STREET
HORSE
SALT
POLICEMAN

CALENDAR
SKIRT
GARDEN BED
SOUP
BED
SCREEN
CRAB
COLD
CONCERT
ELK

MORNING
COW
FENCE
LILY-OF-THE-VALLEY
STORM
SWINGS
BURGER
BENCH
SUN
BOATS

BUG
YACHT
SOIL
CEILING
RABBIT
PEACH
STADIUM
SHELF
OWL
SNOWFLAKE

FRIDGE
HOOLA HOOP
LEAVE
TURKEY
AIR
FIGURE-SKATER
PIE
CAKE
FORK
GRAPE

SPORTSMAN
LIGHTER
PORRIDGE
PHOTO
GOLD
SPARROW
SLIPPERS
SKI
WAFFLE
TABLECLOTH

CHICKEN
BRACELET
RULER
SPOON
SONG
SCULPTURE
COVER
AMBER
SAUSAGE
BLANKET

BEAR
BAG
CHESS
HAY
PEN
PLUM
GRANDMOTHER
CARD
BUN
DEER

DICTIONARY
FISHERMAN
DONKEY
POEMS
HANDKERCHIEF
FAN
PEPPER
STREAM
EVENING
BATTERY

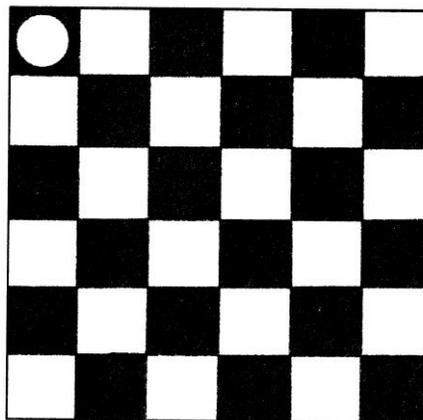
LETTER
HOOK
FROST
SALAD
GOOSE
PATIO
STORY
DRUMS
MATCH
PENCIL

APPENDIX

GAME 16

The dice is in the upper left corner.

YACHT	2 DOWN
CASTLE	2 RIGHT
BOX	3 DOWN
SCHOOL BAG	1 LEFT
PINEAPPLE	2 UP
SKYWATCHER	3 RIGHT
WOOD	2 UP
JACKET	3 LEFT
JAM	1 UP
ANIMAL	3 RIGHT

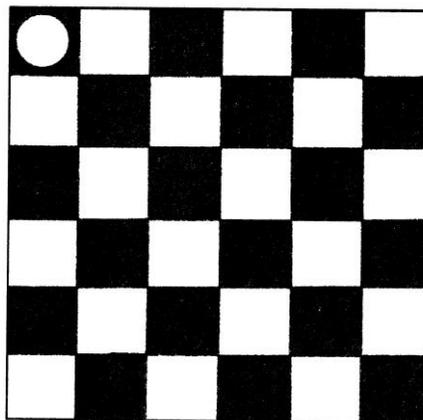


APPENDIX

GAME 19

The dice is in the upper left corner.

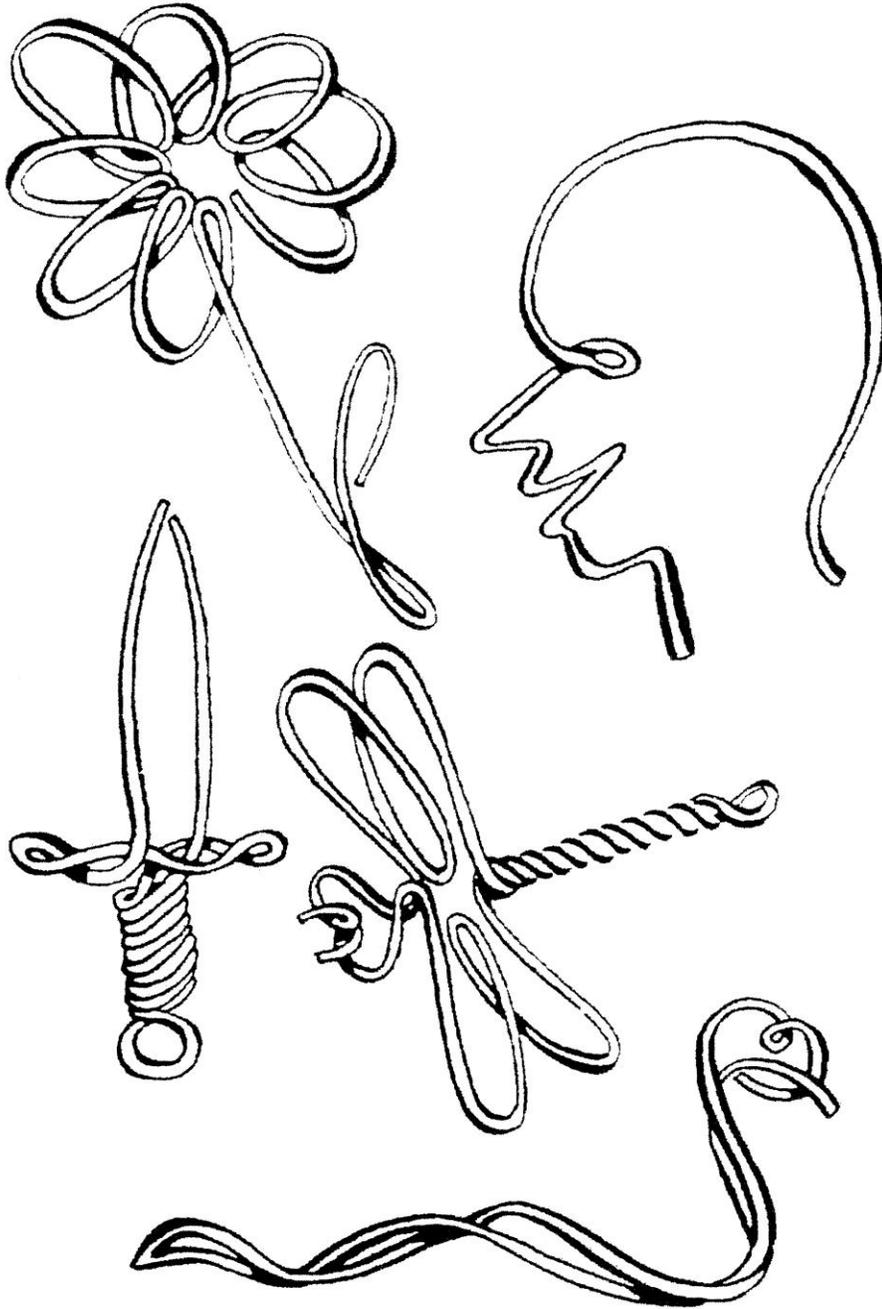
BEADS	1 RIGHT
CORN	3 DOWN
MAP	1 LEFT
WATER LILY	2 DOWN
HOLE	3 RIGHT
CURTAIN	4 UP
NOTEBOOK	1 LEFT
PEARL	1 UP
CRANE	3 DOWN
PERFUME	4 DOWN

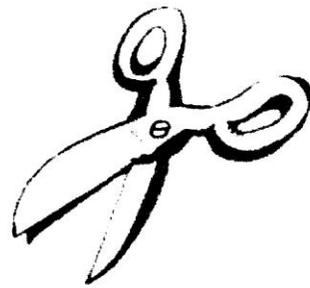
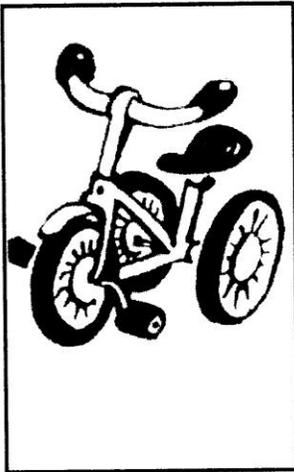
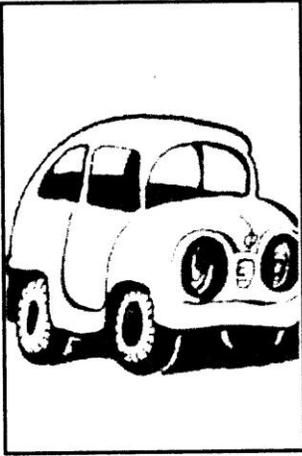


APPENDIX

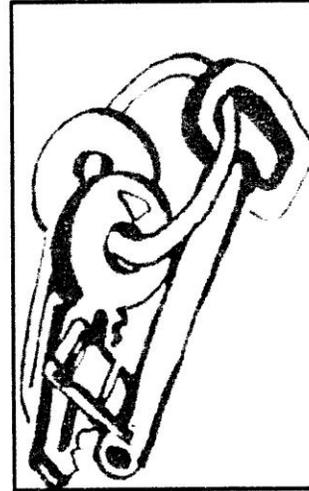
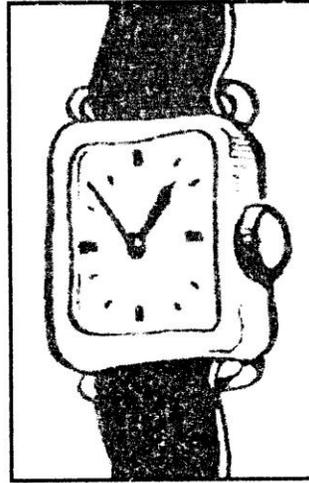
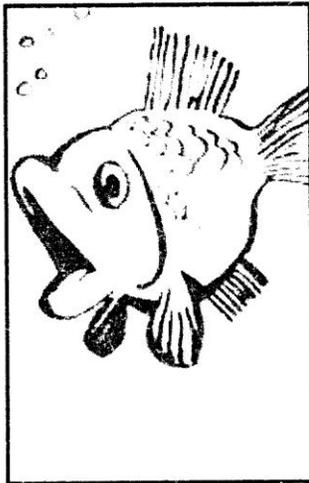
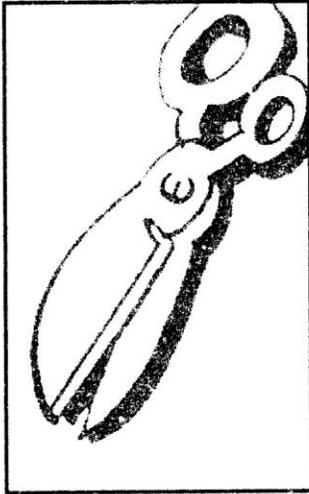
GAME 20

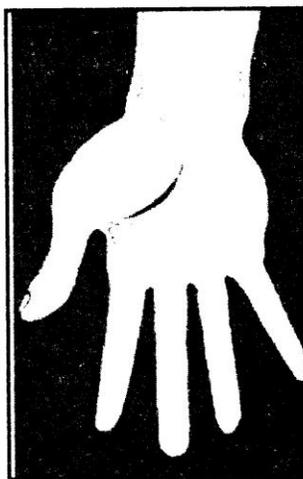
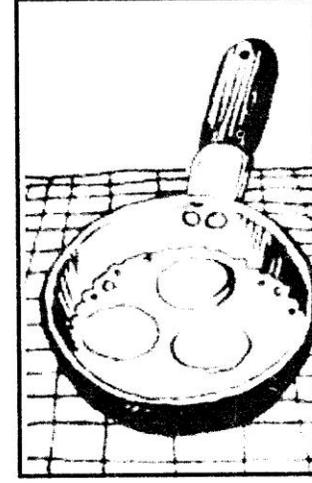
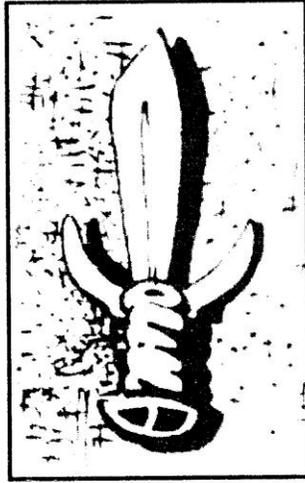
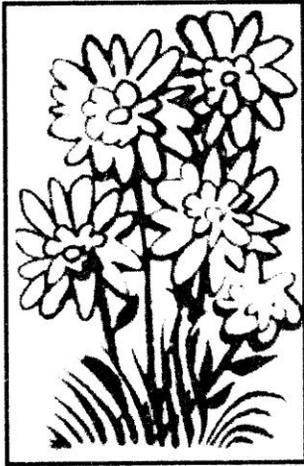
You will find the words to memorize on page 89 and 90.

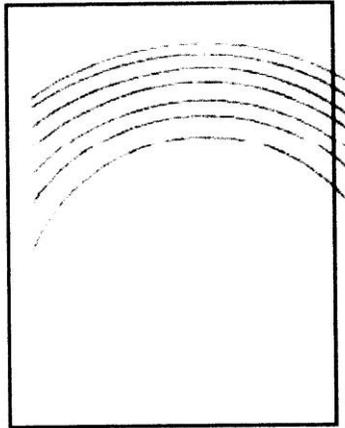
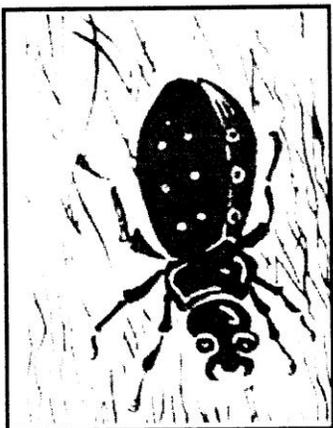
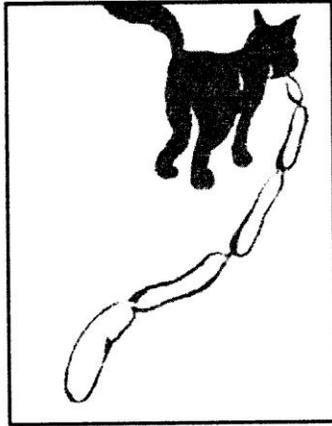
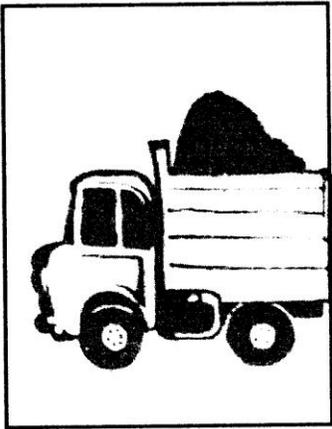


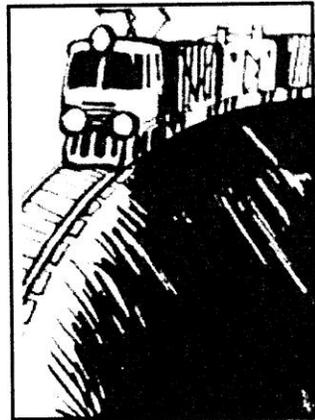
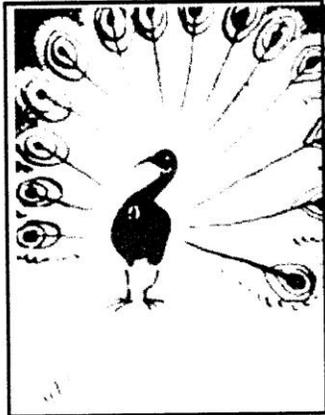
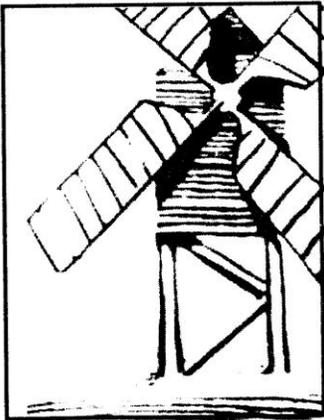
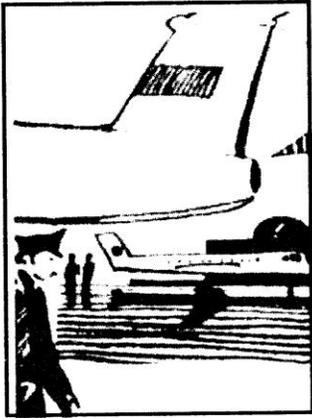


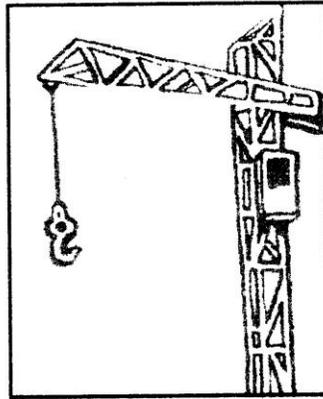
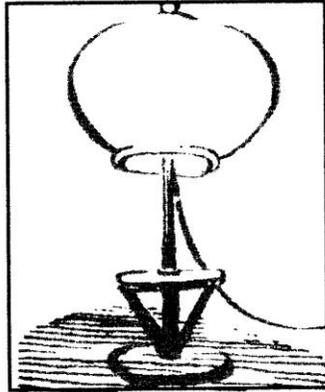














Matyugin Igor

Doctor of Education

Educator and founder of “School of Eidetics” has prepared more than 5000 instructors that improve memory. He is the author of the series of books with total circulation of more than 3 million books that were published in Russia, Poland, Ukraine and Germany.

Matyugin Igor has conducted trainings and collaborated with top institutes in Russia: Plekhanov Russian University of Economics, Russian School of Management, as well as with USSR cosmonaut teams and “Factory of Stars” (Russian show for singers).

I have had the pleasure to get acquainted with the curriculum for children that is used to develop their memory and was created by the School of Eidetics in Moscow. My own academic and psychotherapeutic papers describe the problems of imagination and visual images in detail. I am sure that these scientific methods, that use eidetic imagery for educating children, are of great importance and it seems that they will be essential in the future.

Hanskarp Launer

Professor, Doctor of Medicine

We have a lot of experiments to do on orbit, and are not able to record everything, while here, on earth, detailed reports are necessary. The training that develops memory has helped me a lot with them. During the preparation process we have so much to learn and know about different equipment.

V. Tsibleev

Russian cosmonaut