

Moment of Memory



Relationship Building

Grade(s) 4-8

learning objective/s or description

The facilitator reads six words from a TABOO card aloud, then signals "Go!" and students race to write down as many words as they can remember — playing multiple rounds with new cards and discussing strategies for improving focus and listening.

materials needed:

- The TABOO game
- Paper
- Pens or pencils

Any tips or important information

Vary the speed at which you read the six words across rounds — slower for early rounds, then faster as the group warms up.

lesson structure:

1. **Opening Circle:** Gather participants in a circle and ask: "What's a memory that always makes you smile?" Go around and let each participant share. Warms up the memory muscle in a positive way before the focus game begins.
2. **Community Builder — I Went to the Market:** Go around the circle. The first person says, "I went to the market and bought an apple." The next person repeats it and adds an item: "I went to the market and bought an apple and a banana." Keep building the list as it travels around. If someone forgets, they help the group rebuild the list together. Direct preview of the listening/remembering work in the lesson.
3. Give each person a piece of paper and pen.
 - a. The group cannot start until you say "Go!"
4. Select one of the game cards and read all six words that are on the card to the group.
5. After reading the words, give the "Go!" signal.
6. Everyone tries to remember the words and writes them down to earn points.
7. Do several rounds of this using new cards each time.

Discussion Questions:

1. Was it easy or difficult for you to remember what the words were?
2. What did you do to help yourself remember?
3. Do you ever have trouble remembering conversations you have with people?
4. Do you ever forget important information?
5. What can you do to improve your ability to remember what you hear?
6. Why is it important to be able to focus and remember what someone else is saying?
8. **Closing Circle:** Bring the group back together and ask: "If you could only remember one thing from today, what would you want it to be?" Invite each participant to share.