

ILLINOIS

Extension

4-H Club GO TO Resources



June 2020

Lesson Objectives:

Club members and parents will:

- Test their memory and learn about communication.

Time: 5–10 minutes

Equipment and supplies:

- Paper & Writing Utensil

Preparations:

- Review Lesson
- Gather equipment and supplies

Memory Game (virtual *or in person!*)

Here is fun memory game that you can play with 4-H families either in a virtual or in person meeting environment. At the end of the game, discuss how they did and share how our memory effects communication.

Instructions

- Ask the participants to have paper and a writing utensil (or provide this if you are meeting in person).
- Explain that you are going to read off a list of words and that they are going to try to remember as many as possible. Remind them that they can not start writing until you tell them to do so.
- Read the list in order, do not change the sequence. One word is repeated 3 times, on purpose.

1. Dream	10. Artichoke
2. Sleep	11. Insomnia
3. Night	12. Blanket
4. Mattress	13. Night
5. Snooze	14. Alarm
6. Sheet	15. Nap
7. Nod	16. Snore
8. Tired	17. Pillow
9. Night	
- Now, give them 1-2 minutes to recall and write down as many words as they can remember.
- Ask the participants to count up how many words they wrote down and write the number on their paper. See who had at least 5, 10, 15 etc.

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DISCUSSION ABOUT COMMUNICATION

There are a few specific teaching points to highlight from this activity:

- **1st and last word:** Ask the participants if they got the words dream and pillow correct. Most people will get both of these words. Why? They are the first and last thing you said. People tend to remember the first and last things you say. How does this relate to communication or giving directions?
- **Repetition Effect:** Ask the members if they got the word night. It was repeated 3 times in the list. How does this relate to communication or giving directions? If you want someone to remember something that is really important, it needs to be repeated multiple times.
- **Surprise Effect:** Ask the youth if they got the word artichoke. Almost everyone will get this. People tend to remember surprises, and artichoke does not fit in with the theme of the other words, so it stand out in the memory. How does this relate to communication? If people are not paying attention, you may need to “surprise” them to get their attention.
- **False-Memory Effect:** Ask the participants if they got the word bed. (You didn’t say the word bed, but people will write it down). People will fill in the gaps with associated things, so as they are trying to recall the words you read, the words were mostly related to things associated with bedtime so if they are trying to think of more words they may think they heard the word bed and write it down. How does this relate to communication or directions? If you are not specific with your directions, people may do what they thought they heard said, even if they are making it up.



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Sources & Additional Lesson info:

4-H Club GO TO Resources is being offered to 4-H clubs in Boone, DeKalb and Ogle Counties as a way to enrich and enhance 4-H experiences and programming at the club level. It is the goal of the Extension staff to assist 4-H leaders and officers in providing simple hands-on activities on a monthly basis that can broaden the 4-H club experience and as a result heighten positive youth development.

Resources: *Virtual Team Building Activities: 30 Experiential Activities for a Virtual Audience.* Training Wheels. Michelle Cummings

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