

Brain Coach's  
Secret: 7 Fun, Easy  
Activities Parents  
Can Do to  
Strengthen Kids'  
Memory

**7 Practical Fun and Easy Activities to  
Strengthen Kids Memory and Focus**

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**By Mumshad Hossain**

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# Brain Coach's Secret: 7 Fun, Easy Activities Parents Can Do to Strengthen Kids' Memory—Starting Today!

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Published by Mumshad Hossain, 2024.

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**BRAIN COACH'S SECRET: 7 FUN, EASY ACTIVITIES PARENTS CAN DO TO STRENGTHEN KIDS' MEMORY—STARTING TODAY!**

**First edition. November 13, 2024.**

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# **Introduction: Why Focus and Memory Matter More Than Ever**



In today's world, kids are surrounded by screens—phones, tablets, laptops, TVs—you name it. While technology brings lots of benefits, it can also create a huge distraction. Kids are so used to fast-moving videos and non-stop notifications that they find it harder to focus, remember things, and even sit still in school. Sound familiar?

As a parent, it can be really worrying. Maybe you've noticed that your child has trouble paying attention in class, forgets what they just learned, or loses focus while doing homework. You're not alone. Many parents are concerned about how to help their children strengthen their focus, improve memory, and cut back on screen time in a positive way.

The good news? Improving your child's attention span and memory power doesn't have to be a huge battle. With some simple exercises, healthy habits, and a little bit of patience, you can help your child's mind become sharper, their memory stronger, and their focus better. In this book, I'll share seven practical, doable exercises and tips that will guide you step-by-step in helping your child.

So let's dive in! We'll start by understanding how phone addiction and screen time can affect your child's focus and memory, then we'll move into exercises and habits to help improve their attention skills.



## **How Phone Addiction Hurts Kids’ Attention and Memory**



Kids today are growing up in a world where they’re always connected. They’re on their phones, tablets, or computers, switching between videos, games, and apps in seconds. And while it might seem harmless, too much screen time can actually weaken their ability to focus and remember things.

**Why Does This Happen?** Think about it like this: when kids switch from one app or game to another, their brain works hard to adjust. This constant switching tires the brain out, making it harder for kids to focus on one thing for a long time. It’s like trying to read a book while someone keeps tapping you on the shoulder—it’s hard to stay on track!

**Example: The Homework Struggle** Have you ever noticed that your child can stay glued to a YouTube video or video game for hours but loses focus five minutes into homework? That’s because screens offer endless quick rewards: bright colors, sound effects, and new images every second. Homework, by comparison, might seem boring or slow, so their brains struggle to stay interested.

**Memory Matters, Too** When kids are constantly shifting focus, they aren’t giving their brains a chance to process and “save” information. Imagine learning something new, but each time you start, someone interrupts you. It would be hard to remember anything, right? The same happens with screen time—it stops kids from fully focusing, which makes it hard for them to remember what they learn.



# The Impact of Screen Time on Attention Span



Why Short Attention Spans Are a Problem Attention span is like a muscle—the more kids use it, the stronger it gets. But if kids only practice short bursts of focus (like watching short videos or flipping through social media posts), their attention span doesn't have a chance to grow. When kids can't focus for longer periods, they struggle with tasks like reading, writing, and even playing with other kids.

Example: Reading vs. Watching Think about the difference between reading a book and watching a quick video. Reading requires patience, focus, and imagination. Watching a video, on the other hand, keeps changing scenes and sounds, keeping kids' eyes glued without requiring much effort. Over time, this makes it hard for kids to sit down, focus, and stick with things that take more time—like studying or even playing sports.

Building Focus Skills Simply cutting back on screen time isn't enough. Kids need help learning to pay attention in small steps. And that's what this book is all about! Starting in the next chapters, we'll go through simple activities you can do together to help them build focus and get comfortable with longer, more focused tasks.



## How Screen Time Impacts Memory



Why Memory is Important for Learning When we learn something new, our brains store it in short-term memory first, then move it to long-term memory. This process lets us keep important information, like multiplication tables or how to ride a bike. But screen time interrupts this process because kids don't focus deeply enough to let their brains fully absorb what they're learning.

Example: The Case of the "Forgotten Facts" Imagine your child is studying for a test but has been on their phone a lot. They may read information but not really "see" it—meaning they're more likely to forget what they studied. This happens because when they're used to switching apps or playing games, their brains get used to skimming rather than deeply understanding.

The Good News While screen time can make it harder for kids to remember things, we can strengthen memory with simple exercises and activities. By helping kids practice focused attention, you'll not only help them remember things better but also give them the skills they need to handle studying, tests, and other challenges.





## **Exercise 1 - Building Focus with the “15-Minute Challenge”**



The Goal: Gradually Strengthen Focus Through Short, Incremental Sessions

We often underestimate how much focus time children actually need to build attention. Just like working out or learning to play an instrument, increasing focus takes consistent, gradual effort. For kids used to constant stimulation from screens, practicing focus in a way that doesn't feel overwhelming is key. Enter: the “15-Minute Challenge.” This exercise is manageable, fun, and introduces children to the rewarding feeling of undistracted, dedicated time.

Detailed Steps for the “15-Minute Challenge”

1. Pick a Quiet and Enjoyable Activity: Start by asking your child what they would like to focus on. It could be coloring, building with blocks, reading a book, doing homework, or drawing. Choosing something they enjoy increases their motivation to try focusing on it.
2. Explain the Goal and Set the Timer: Share the idea of the challenge with them in a way that feels exciting. “For just 15 minutes, we’re going to see if you can focus on [activity] without any interruptions!” Set a timer for exactly 15 minutes. You might be surprised how much of a difference having an external timer makes—it feels official and gives them something concrete to work towards.
3. Encourage Focused Effort: During these 15 minutes, gently

remind them to keep going if they start to lose interest. Avoid hovering or correcting but show that you're there to cheer them on. Sometimes, sitting nearby (working on something quietly yourself) can help reinforce the focus atmosphere.

4. Celebrate Their Success—No Matter How Small: At the end

of the 15 minutes, praise their efforts. Whether they made it the whole time or just got halfway through, recognize the work they did. Gradually, they'll be able to sustain focus for the full period.

5. Slowly Increase the Time: Once your child seems comfortable with 15 minutes, try adding 5 minutes every few days. It's a gentle way to build their attention span without overwhelming them.

**Why This Exercise Works** Fifteen minutes of focused attention is just enough to feel like a challenge but not so long that it feels like a marathon. The exercise teaches children that focusing for even short periods can feel productive and rewarding. As they get used to completing this time without distractions, they're actually re-training their brains to tolerate and even enjoy longer periods of undistracted time.

**Example in Action:** Imagine your child loves drawing. When they sit down with their art supplies, let them know that it's "15-minute Challenge Time!" Let them know it's okay if they make mistakes or get stuck—they just have to keep going. Afterward, you could ask them to show you their drawing and discuss how they felt staying focused.



## **Exercise 2 - Memory Game with Everyday Objects**



The Goal: Boost Memory by Enhancing Observational Skills and Recall

In today's world, there's so much information competing for attention that it's no wonder details often slip through the cracks. A memory game using everyday items helps children practice focusing on small details and then recalling them—a powerful way to enhance both short-term memory and observational skills.

### Detailed Steps for the Memory Game

1. Choose Familiar, Everyday Items: Gather a selection of 8-10 household items, like a spoon, a small toy, a coin, a book, and a key. Arrange them on a table or tray so your child can see them all at once. If your child is younger, start with fewer items—around 5 to 6.
2. Allow 30 Seconds of Observing Time: Tell your child they have 30 seconds to look at the items and try to remember as many as possible. They can pick them up and examine them closely or simply take a mental picture.
3. Remove the Items or Cover Them: After 30 seconds, cover the items with a cloth or move them out of sight. Now, ask your child to recall and list all the items they remember. Encourage them to think back to the items without giving hints or cues—this is about building their recall muscle.
4. Gradually Increase the Difficulty: As they get better at remembering, add a few more items or reduce the observing

time. You could also encourage them to recall more specific details, like “What color was the keychain?” or “Was the toy big or small?”

5. Review and Reflect Together: After each round, remove the cloth and compare their memory with the actual items. Celebrate any correct items and discuss which ones they missed. Let them know that even noticing a few extra details is progress!

**Why This Exercise Works** This game enhances focus, observation, and memory by pushing children to retain details. When they practice focusing on the objects, their brains strengthen their ability to recognize and remember visual information. This kind of memory work is not only useful for school but also for everyday life, helping them become more attentive to details and instructions.

**Example in Action:** Imagine playing this game at a grocery store. Ask them to remember 5 items on a shelf, and then ask them to recall them a few minutes later. By making it part of daily life, you help them stay observant in any environment.



## Exercise 3 - The “Memory Palace” Technique



The Goal: Improve Long-Term Memory Through Visualization and Association

A powerful technique used by memory experts, the “Memory Palace” leverages familiar places—like your home or neighborhood—to store mental images and link facts to physical spaces. This method makes memory work fun and highly effective because it combines imagination with structure. For children, especially, it’s a memorable and engaging way to recall information.

### Detailed Steps for the Memory Palace Technique

1. Choose a Familiar “Palace”: The “palace” can be any familiar location, such as their bedroom, a grandparent’s house, or their classroom. This location will act as a mental map where they can “store” information.
2. Identify Key Spots in the Location: Together, pick out specific places or “stations” in the room, like their bed, desk, window, or closet. These will serve as markers or “memory pegs.”
3. Assign Each Fact or Concept to a Spot: If they’re learning a new list, like the planets or steps of a process, encourage them to imagine placing each item at a different station in the palace. For instance, they might picture the planet Mercury sitting on their bed, and Venus at their desk.
4. Guide Them Through the Mental Walk: Once the facts are placed, encourage your child to mentally “walk” through the

location and imagine each item at its assigned spot. Revisit the path a couple of times to strengthen the associations.

5. Check Recall by Walking the Palace: When it's time to recall, encourage your child to revisit each "station" in their mind, recalling what they "placed" there.
6. Repeat for Reinforcement: The more they practice using their Memory Palace, the more effective it will become. Over time, they can even build multiple memory palaces for different subjects or types of information.

**Why This Exercise Works** The Memory Palace works because our brains are very good at remembering spatial locations and visual details. By tying new information to familiar places, children can access their memory more efficiently. It's a fun and imaginative technique that adds structure to otherwise random information, making recall easier.

**Example in Action:** If they're studying the steps of the water cycle, they could "place" each step in a different room in the house: condensation in the bathroom (like steam on the mirror), evaporation in the kitchen (a pot of boiling water), and precipitation in the entryway (umbrella by the door). This vivid imagery helps them retain the steps more naturally.



## **Exercise 4 - “The Story Game” for Boosting Attention and Recall**



The Goal: Enhance Memory and Focus Through Creative Storytelling  
Storytelling is a natural and enjoyable way to exercise memory. In “The Story Game,” children practice listening attentively, remembering details, and creatively building on what they’ve heard. This fun, interactive game strengthens both attention and memory as they listen to, remember, and add details to a story.

### Detailed Steps for “The Story Game”

1. **Start the Story with a Simple Sentence:** Begin by saying a single sentence, such as, “Once upon a time, there was a little blue rabbit named Benny who loved to hop around the forest.”
2. **Let Your Child Add a Sentence:** Invite your child to add a sentence to continue the story. Encourage them to listen carefully to what you said so that their addition makes sense and flows naturally.
3. **Build the Story Together:** Take turns adding sentences, each one building off the last. The key is to pay close attention to the previous sentence to keep the story cohesive. This exercise helps children listen carefully and remember details.
4. **Go as Long as Possible:** See how long you can keep the story going. If you or your child forget a detail, that’s okay—it’s part of the fun! Just start a new story or recap the last few sentences to jog their memory.

5. Add Complexity for Older Kids: For older children, add more details and characters, or try starting with a longer sentence to see if they can remember and build on it.

**Why This Exercise Works** The Story Game builds memory by requiring children to actively listen and remember details, and it strengthens focus as they think about their next sentence while staying engaged with the storyline. It also encourages creativity, which is linked to improved cognitive function and memory.

**Example in Action:** If the story is about “Benny the Blue Rabbit,” your child might add, “One day, Benny found a shiny, golden acorn under an old oak tree.” As the story grows, you can keep adding colorful details that make the memory work even more effective and enjoyable.





## Exercise 5 - The “Pattern Recognition Challenge”



The Goal: Sharpen Attention and Observation Skills by Spotting Patterns

Pattern recognition exercises help kids learn to observe details, notice changes, and make connections—skills that are crucial for memory and attention. This challenge is simple to set up and can be done anywhere, even during car rides or while waiting in line.

Detailed Steps for the Pattern Recognition Challenge

1. Pick a Series of Objects or Images: Gather a few small objects that are easy to group, such as colored pencils, toys, or even cards. Create a pattern with these items. For example, line up pencils in a “red, blue, red, blue” pattern.
2. Ask Your Child to Continue the Pattern: Have your child observe the pattern you’ve set up, then challenge them to add the next items in the sequence.
3. Increase Complexity Gradually: Once they get comfortable, create more complicated patterns, such as “red, blue, yellow, red, blue, yellow,” or add more objects to the sequence.
4. Change the Pattern Midway: After a few rounds, change one element and ask if they can spot what’s different. This adds an extra layer of observation and critical thinking, strengthening their focus.
5. Make It a Competition: If you have more than one child, turn it into a friendly competition to see who can spot the pattern

and continue it first. Friendly challenges like this make learning feel like play.

**Why This Exercise Works** Pattern recognition helps children understand sequences, relationships, and predictions, all of which engage and improve memory. This exercise also helps strengthen observational skills, making children more attentive to details.

**Example in Action:** For younger children, create a pattern with their favorite toys. For instance, line up cars in a “big, small, big, small” pattern. For older kids, use more complex items or colors, making it a bit of a puzzle for them to solve each time.



## **Exercise 6 - “Mindful Breathing for Better Focus”**



The Goal: Calm the Mind and Improve Focus Through Simple Breathing Techniques

Mindfulness isn’t just for adults! Teaching children to use simple breathing exercises helps them calm down, which increases their focus and helps them build better memory by reducing stress and mental clutter. This is especially helpful for children who may feel restless or easily distracted.

### Detailed Steps for Mindful Breathing

1. **Introduce the Basics of Deep Breathing:** Start by explaining that deep breathing helps our minds and bodies feel calm. Show them how to breathe in deeply through their nose, filling their lungs, then slowly exhale through their mouth.
2. **Practice Together Using a Visual Aid:** Visual aids can be really helpful for kids. Try holding up your hand, and as you breathe in, run a finger up one side of your hand, then down the other side as you exhale. This “finger tracing” keeps them focused and adds a physical element.
3. **Set a Timer for 2-3 Minutes:** Breathing for just a few minutes can make a big difference in focus. Let your child know they only need to focus for a couple of minutes—short, manageable time frames are easier for children to commit to.
4. **Make It a Daily Habit:** Consider doing mindful breathing at the start of the day, after school, or before homework. Routine

helps children learn to use breathing as a calming tool whenever they need it.

5. Introduce Simple Counting: For older kids, try adding a counting element, like “inhale for four counts, exhale for four counts.” This keeps their mind engaged and helps deepen the focus effect.

**Why This Exercise Works** Deep breathing helps children calm their minds and bring focus back to the present. By reducing stress and improving emotional regulation, it clears mental distractions that can get in the way of memory retention and focus.

**Example in Action:** Imagine your child just came home from school and seems a bit jittery or distracted. Take a moment together to practice mindful breathing, letting them use their finger to trace each breath. It can become a comforting ritual that they might even want to do on their own.



## Exercise 7 - “The Daily Reflection Ritual”



The Goal: Strengthen Memory and Foster Self-Reflection by Reviewing the Day

One of the best ways to build memory and attention is through regular reflection. In this exercise, we’ll introduce the “Daily Reflection Ritual,” where children recap their day with a focus on remembering details. This simple activity helps strengthen both short- and long-term memory while encouraging focus and critical thinking.

Detailed Steps for the Daily Reflection Ritual

**Pick a Regular Time Each Evening:** Choose a consistent time to do the reflection ritual, such as after dinner or before bedtime. Routine is important for younger children, as it sets expectations and makes this reflection an anticipated part of their day.

**Ask Open-Ended Questions:** Prompt your child with open-ended questions that make them think back on their day, such as:

"What was the best thing you did today?"

"Did you learn anything interesting?"

"Who did you spend time with, and what did you do together?"

"What made you laugh today?"

**Encourage Detail and Order:** As your child answers, encourage them to recall details. For example, if they mention a game they played, ask follow-up questions like, “What was the game about?” or “How did it make you feel?” This will encourage them to organize their thoughts and enhance memory retention.

**Make It a Fun, Relaxed Conversation:** Keep the tone light and positive so it feels less like a “task” and more like storytelling. You might also

share some of your own day to model the type of reflection you're aiming for.

**Celebrate Little Wins:** Recognize moments when your child recalls details clearly or brings up new information. Positive reinforcement helps build their confidence in their memory skills.

**Why This Exercise Works** Reflecting on the day gives children an opportunity to practice remembering details, which strengthens their overall memory. This habit of looking back at events helps with recall, attention to detail, and even emotional understanding, making it an all-around valuable practice.

**Example in Action:** Imagine your child is reflecting on a fun science lesson at school. When they tell you about the experiment, ask for a little more: "What materials did you use?" or "What surprised you about it?" Each prompt gets them to go deeper, pulling out more details and engaging their memory in new ways.



## Wrapping Up – Your Path to a More Focused Child



As we wrap up, let's take a moment to review the practical tools we've covered throughout this ebook. Our goal was to create a set of fun, manageable exercises that parents can introduce at home to help their children improve focus, attention, and memory.

Quick Summary of Each Exercise:

“Name That Object” Game - A visual memory booster that helps children focus and recall through object identification.

“Simon Says” for Focus - An engaging game that builds listening skills and self-control, crucial for attention.

Memory Walks - Physical activity combined with memory exercises to enhance both mental and physical health.

The Story Game - A storytelling challenge that builds memory through narrative and creative thinking.

Pattern Recognition Challenge - A fun puzzle-like activity that strengthens observational skills and pattern recognition.

Mindful Breathing for Focus - A calming technique that helps children center their thoughts and manage restlessness.

Daily Reflection Ritual - An end-of-day recap that builds memory and self-reflection in a positive, conversational way.

Actionable Steps: A Handy Checklist

To help you kickstart this journey, here's a simple checklist of practical steps you can follow right away:

**Set Aside Time Each Day for an Exercise:** Choose a specific time for each exercise, whether it's the morning, after school, or bedtime, and make it part of your routine.

**Focus on One Exercise at a Time:** Start with one or two exercises to keep things manageable. Once they're a habit, introduce another.

**Make it Fun:** Keep things lighthearted and let your child take the lead when they can. Encouragement and humor go a long way in keeping children engaged.

**Celebrate Small Wins:** Recognize and celebrate moments when your child shows progress in attention or memory. Positive feedback reinforces their motivation.

**Set a Goal and Track Progress:** Choose a goal like improving focus during homework or boosting attention in games, and observe changes over time.

**Repeat and Reinforce:** Consistency is key. Repeat exercises and reinforce techniques to help these skills stick.

**Adapt and Personalize:** Each child is unique. Modify exercises to suit your child's interests and preferences to make learning even more enjoyable.





## **A Note to Parents: Patience and Progress Over Perfection**



Building memory and focus is a gradual process, and each small step counts. Stay patient and celebrate the journey with your child as they develop these valuable skills. Remember, the best way to help your child succeed is to support them, keep things fun, and celebrate their unique progress.

Thank you for allowing us to share these insights. Here's to raising focused, attentive, and memory-strong kids who are ready to take on the world !

