

# NUMERICAL MEMORY RECALL

## Description

Numerical Memory Recall is a stimulating activity designed to exercise and enhance the numerical intelligence of elderly individuals. Participants are presented with a series of numbers to memorize and then recall in sequence. This activity challenges their memory, attention to detail, and cognitive processing speed.

## Learning Objectives



- **Enhance Attention to Detail:** Increase focus and attention by concentrating on memorizing specific number patterns.
- **Boost Cognitive Processing Speed:** Encourage quicker mental processing of numerical information and improve recall accuracy.
- **Support Mental Agility:** Promote mental flexibility by challenging participants to adapt to increasingly complex number sequences.

## Time Needed



Approximately 30-45 minutes.

## Materials Required

- Pen and paper or a whiteboard and marker for the facilitator.
- Number cards or a printed list of random numbers (e.g., 10-15 digits long) for each participant.



## Expected Results

- Improved short-term and working memory.
- Enhanced cognitive abilities related to numerical recall.
- Increased confidence in memory skills.
- Social interaction and engagement among participants.

## Practical Tips

- Ensure that the font size of the numbers is large and easily readable.
- Encourage participants to focus and concentrate on the numbers presented.
- Provide positive reinforcement and encouragement throughout the activity.
- Allow participants to go at their own pace and avoid rushing them.
- Keep the atmosphere light and enjoyable.

## Learning Setting

This activity is best conducted in a relaxed and comfortable environment conducive to concentration and focus. It can be done in a small group setting, such as a community center, retirement home, or senior center.



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## Step By Step Guidance

1. Begin by explaining the purpose of the activity and its benefits to the participants.
2. Distribute the number cards or printed lists to each participant.
3. Instruct participants to study the numbers on their cards or lists for a set amount of time (e.g., 2 minutes).
4. After the study period, collect the cards or lists and ask participants to recall the numbers they saw in the exact order.
5. Encourage participants to write down or verbalize the sequence of numbers to the best of their ability.
6. Allow each participant sufficient time to recall the numbers before moving on to the next step.
7. Once all participants have attempted to recall the numbers, reveal the correct sequence for comparison.
8. Provide positive feedback and acknowledgment for participants' efforts and achievements.
9. Repeat the activity with different sets of numbers to continue challenging participants' memory skills.

## Source

My Training Box. Adapted from cognitive training exercises for older adults.



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