

# Through my window....Bringing the outside in.

## Memory Test

Many of us will be familiar with the game where we put a range of items on a tray, try to memorise them, cover them up and see what we can remember. Some play it by having someone else take a couple of things away to see if we can work out what's missing. This activity will encourage you to really take a good look at what's outside your window—and also see how well your memory power is doing!

Settle down by a window and take a good look at what's out there.

Write a list of everything you see. If there are trees, how many? Do you know the species? Are they in leaf, in blossom, evergreen or deciduous. Any other plants? You could also draw a picture.

Any buildings? How many? How many floors, windows, doors?

What about cars, benches, postboxes, road markings, telegraph poles, bird feeders, litter bins? Write them all down.

Is there anything out there you'd never noticed before?

Now cover your original list (or picture), and close the curtains, blind or shutters (or just turn and face the other way). Write/draw another with as many things as you can remember, and then compare the two.

What did you remember? What did you forget? Have another look through the window—has anything disappeared, is there anything new?



**Key:** *This is intended as a guide only—as an adult I love doing 'children's' activities, so just have a go!*



Take some time out for yourself or with others



Link to the formal curriculum if you want to



Good for younger folk



Good for older folk