

Maya's MYSTERIES

MEMORIZING IS A SKILL YOU CAN GROW!



"From the ... Scriptures they should memorize phrases and passages ... as these holy verses are the most potent elixir..." —Bahá'u'lláh

BOOST YOUR BRAINPOWER

Do you ever feel like your brain is overloaded? That's how I felt memorizing words for my Spanish test! But my friend Jacob came over to study, and he said our memory storage is almost unlimited. Did you know our brains can store over 2 million gigabytes of information? That's like streaming TV shows nonstop for 300 years! Plus, our brains change and grow as we learn. So cool! We use short-term memory to store a little info for

about 30 seconds, like remembering what to get from my room to do my homework. Long-term memories can last a lifetime—like when I fell off my bike and broke my leg. It took perseverance to stay positive while it healed! Getting enough sleep, exercising, and eating healthy food can strengthen your memory. Games help too. Try out the fun games we played and boost your brainpower. They helped me do *muy bien* on my Spanish test!

MEMORY MIND GAMES

QUICK CHANGE



Choose one person to leave the room and change their appearance in five ways (such as their hair, clothes, shoes, etc.). When that person returns, everyone guesses what's different about them. Play until each person has had a turn to adjust their appearance.

TRAVELING TRAY

Players study a tray of 20 small items, then choose someone to be the Keeper and take the tray out of the room. Set the timer for two minutes. Everyone writes down as many items as they can remember from the tray. When the Keeper brings the tray back, whoever wrote the most correct items wins.



ALPHABET STORY



One person begins a story with a short sentence where the first word starts with A. The next person repeats this sentence and carries on the story, adding a sentence starting with a B word. Continue through the alphabet. How far can you go?

EXPLORE YOUR MENTAL POWERS

Scan the QR codes for fun ways to explore our amazing brains with Maya!

QUIZ: ARE YOU HOPEFUL?

MAYA'S TRANQUIL TIPS