



NUMBER SEQUENCE MEMORY GAME

At Home Edition - #MCMAtHome

Are you ready to have fun while exercising?

Exercise Facts:

- Aerobic exercise, like brisk walking, running and playing sports are best for brain health.
- Being active can help you think, feel and sleep better.
- Children ages 6-17 should get at least 60 minutes of physical activity per day.
- Adults need at least 150 minutes per week of physical activity – that's 30 minutes a day for 5 days.
- Exercise lowers the risk of heart disease, stroke, type II diabetes, high blood pressure, dementia and Alzheimer's.

An exercise for you mind and body

The MCM Challenge:

- Use index cards or pieces of paper to assign different numbers to pieces of furniture or outdoor landmarks.
- Think of a random number sequence. (Example: 1, 5, 8, 3, etc.)
- Call out the numbers in the sequence one number at a time.
 - 1!
 - 1, 5!
 - 1, 5, 8!
 - 1, 5, 8, 3! (and so on)
- Your child must remember the number sequence by running to each landmark and tagging it before running back to the starting line.
- See if they can work up to remembering the whole sequence.
- This can also be done with colors or letters.

Want more?

Check out our [Healthy vs. Unhealthy](#) activity sheet for another great active activity to do at home! Be sure to take pictures or videos and tag #MCMAtHome