

PROSPECTIVE MEMORY TASKS

Homework



RETTORE
REMEMBER TO REMEMBER



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PROSPECTIVE MEMORY TASKS

(CLIENT)

Special tasks:

1. Count out loud from 1 to 50. For each number that contains the number 3, raise your hand.
2. Draw circles. After every 5th circle, draw a line.
3. Say aloud the story of the Little Red Riding Hood. Every time you say Little Red Riding Hood, slap your thigh.
4. Play the song using the link below. Every time you hear the word „happy“, jump up and down.
Pharrell Williams - Happy (Video) - YouTube
5. When it starts to rain, smile at someone in the room.

During the day tasks:

1. Every time you eat breakfast, write down what you will do all day.
2. In the morning, put a piece of paper in your pocket. When you see a red car, throw the piece of paper in a bin.
3. When you go to school/for a walk and see a dog, touch your hair.
4. Every lunch break, note down the time you go for lunch on your phone.
5. Every time you sign your name, put a period after your signature.
6. Every time you come home, read one page from any book.
7. Every time you start doing your homework, use a stopwatch on your phone to see how long it takes.
8. Every time you have diner, check the time.
9. Every day at 6 pm, do a set of jumping jacks, a few squats, go for a workout, a jog...
10. Every time you go to sleep before 10 p.m., draw a line.

Social media tasks:

1. Every time you open social media on your phone (e.g. Instagram, Facebook, TikTok), have a drink.
2. Write a list of small tasks you would like to accomplish. Each time someone calls you, carry out one of the tasks.
3. Every time you text someone, eat a piece of vegetable or fruit.
4. Every time you write a message on Messenger, learn a new word in a foreign language.
5. When you like something on Instagram, lock and unlock your phone.

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