

Habit Kraft

Yoga Suite

SAMPLE

5. IQ and Memory Development – Boosting Intelligence & Retention

Overview:

This session is designed to improve children's IQ and memory through fun and interactive activities that stimulate brain development. Through memory exercises, logic puzzles, and problem-solving tasks, your child will enhance their cognitive abilities, boosting both their short-term and long-term memory, as well as their overall intellectual capacity. The content varies from session to session, focusing on different cognitive functions such as memory enhancement, critical thinking, and creative problem-solving.

What's Covered:

- **Memory Games and Exercises:** Activities that improve both visual and auditory memory, strengthening recall and retention.
- **Logic and Reasoning Challenges:** Fun puzzles and brain teasers that encourage children to think critically and enhance their problem-solving abilities.
- **Focus and Attention Training:** Activities designed to improve children's ability to concentrate and stay focused for longer periods of time.
- **Creative Thinking Exercises:** Exercises that encourage children to think outside the box, boosting cognitive flexibility and creativity.

What Are the Benefits:

- **Improved Memory:** Enhanced ability to recall information, strengthening both short-term and long-term memory.
- **Stronger Cognitive Function:** Increased IQ through activities that stimulate critical thinking, logic, and reasoning.

- **Better Focus and Attention:** Increased concentration and the ability to stay focused on tasks for extended periods.
 - **Enhanced Problem-Solving Skills:** Boosted cognitive flexibility and creativity, helping children find innovative solutions to challenges.
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Sample Session Structure (60 Minutes)

Introduction (5 mins):

- Welcome your child and introduce the focus for the day: “Today, we’re going to work on strengthening our memory and improving our brainpower through some fun games and activities!”
- Set the intention: “Let’s take a moment to focus and get ready to exercise our brains and memory today.”

Warm-Up (5 mins):

- **Simple Brain Activation Activities:** Quick, easy activities like word games or quick puzzles to get the brain warmed up and ready.
- **Focus Check-In:** Asking children to focus on a particular object or sound for a few seconds, helping them sharpen their attention.

Core Practice (40 mins):

1. Memory Enhancement Activities (15 mins):

- **Matching Games:** Engaging children in card-matching games that work on both visual memory and recall.
- **Memory Recall Exercises:** Providing a list of items or a story, and then ask the children to recall as many details as possible.

2. Critical Thinking and Logic Challenges (10 mins):

- **Puzzles and Riddles:** Presenting simple puzzles or riddles that require logical thinking to solve.
- **Brain Teasers:** Engaging children in games that challenge their reasoning abilities, helping to boost their IQ.

3. Focus and Attention Training (10 mins):

- **Concentration Games:** Activities that require children to stay focused, such as timed memory games or number-sequencing activities.
- **Listening Skills Exercise:** Reading a short story or set of instructions, asking children to recall details or instructions to improve auditory memory and attention.

Cool-Down (10 mins):

- **Mindfulness Relaxation:** Guide your child through a short mindfulness exercise, helping them relax their minds and reflect on the activities.
- **Reflection:** Encouraging children to share what memory techniques or problem-solving methods they enjoyed the most during the session.
- **Breathing Exercise:** Concluding the session with a calming breathing exercise to help center their focus and relax their mind.

Key Takeaway:

In this **IQ and Memory Development – Boosting Intelligence & Retention** session, your child will engage in fun, brain-boosting activities that enhance memory, critical thinking, and overall cognitive function. By practicing memory exercises and challenging their problem-solving abilities, your child will develop stronger cognitive skills, improve their IQ, and become more focused and attentive in their everyday learning.

Warm regards,

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