

LIFTING THE FOG – IT'S IN THE CARDS

This handout provides several ways to utilize a deck of cards throughout this series. We encourage you to invite your family and friends to engage in some of these activities.

1. Sorting

- Sort by color (red/black).
- Sort by number (even/odd or 2-10)
- Sort by suit (diamonds, clubs, hearts, spades)
- Place 3-5 cards down of varying numbers/suits. Flip through the remaining deck and match the numbers to the cards on the table.

2. Recall

- Reveal 2 cards. Flip them over and then try to recall which card is in which spot. You can add more cards to increase this challenge, or you can increase the time required for recall (immediate vs. delayed).
- Start each day by drawing a card. Utilize memory strategies throughout the day (mental rehearsal) to remember the card at the end of the day.

3. Sequencing

- After sorting by suit, select a suit for sequencing. Place cards in sequential order (high>low or low>high).
- Select one suit and pull 3 cards from the pile without looking. Look at the remaining cards and try to identify the missing cards from this suit.
- N- Back. Hold the deck of cards facing up. Place one card down, then, lay a card down on top and try to recall the card before (1 back). You

can change N to be 2 cards before or more for increased challenge. You can also vary the speed with which you lay the cards.

- Number, Color, Suit – Hold the deck of cards facing up. Start dealing one card at a time, face up. As you place a card down, say out loud the number, color, or suit of the card. For the first card –say the number; second card – say the color; third card – say the suit.

For these sequencing tasks, you can increase the challenge by working with more than one suit at a time.

4. Functional Math

- Mentally add cards as you or someone else lays them down. For an added challenge, you could add for black cards and subtract for red cards. Flip the rules to challenge your brain further!

5. Games

- Go Fish: <https://bicyclecards.com/how-to-play/go-fish>
- Slapjack: <https://bicyclecards.com/how-to-play/slapjack>
- 500 Rum: <https://bicyclecards.com/how-to-play/500-rum/>