# **Lockdown activities for kids for IQ boosting**

**Source: Lahar Bhatnagar, Content Writer, Lifestyle, TOI**

The lockdown has given us immense opportunity to spend time with family. But it has also brought with it tons of boredom for the kids and the statement parents are petrified to hear “I am getting bored!”So here are some simple small activities for your kids which require very little or no props at all.

IQ or Human intelligence is actually a complex skill. It is a whole brain integration process. Hence focusing on just one skill like maths or art will not develop all aspects of human intelligence. For simplicity sake human intelligence can be divided into 3 parts:

1. Memory
2. Logic/analysis
3. Creativity

A study was done on London taxi drivers and bus drivers. They were found with a larger hippocampus. In this post let’s talk on some activities for boosting memory.

1. **Shapes/colour/Language memory game**- Make 20 cards with paper or cardboard. On two cards make the same picture. Hence, you shall have 10 pairs of pictures. Place these cards randomly face down. Now pick up two cards carefully. If they have the same picture, you keep the cards. Or else, the opponent gets a chance. This game can be played alone too by the kids.
2. **Dramatization of fav fairy tale-** Grab your child’s favourite fairy tale. Memorize the dialogues of the character you like. Then put up a theatre show of the fairy tale. Involve your entire family in this little show. This game is great for improving memory of kids who can’t sit in one place for too long.
3. **Word memory game**- This game needs minimum of two players. One player says a word. The next player has to repeat the word and add one more. The next player has to repeat these two words and add one more. And so on and so forth. The game ends when a player can’t remember the sequence of words anymore. You can restart the game again at this point.
4. **Things in a basket**- Put 20 things from the house in a basket. Set the timer to 2 minutes. Ask your child to look and try to memorize everything on the basket in these 2 minutes. Then put the basket away and ask your child to recall as many items from the basket as s/he can.

Memory is an important part of intelligence. It also has a very crucial role in child development. The memories a person has of his childhood is a crucial part of developing his personality. Memories are tightly interlinked to fear, anxiety, love, confidence and almost every emotion. Hence, memory is linked to personality and emotional growth too.

Playing this memory game doesn’t require more than 15 minutes of your time. But they help shape a huge amount of positive emotional memory. A child who remembers having fun with his/her family has a better chance of success later in life- both personally and professionally.

So, try these games today!!