Having a good memory helps our little ones learn and perform new tasks. Memory building exercises help to strengthen brain muscles, and with practice and repetition, we can make a difference.

Exercises to help strengthen the brain can be tasks we assign our kids, like: clean up your room, separate your laundry, or arrange your toys. We all know that 10,000 hours of "deliberate practice" are needed to become world-class in any field.

We will use the game “I Spy” to strengthen working memory. We will use select works from the National Museum of Mexican Art to help you interact with your child and make them search for colors, animals, and other objects. Help your little ones create mental patterns and work their memory by remembering lists of items they find.