

# Remember this



**What you need:** 6 – 10 household items,  
1 x towel, 1 player and 1 person to officiate.

## How to play:

- The player has 30 seconds to look at the items then they close their eyes whilst the officiator covers the items with the towel.
- The player tries to recall each of the items under the towel.
- In between every guess they complete 15 seconds of an exercise of their choice.
- Make this easier by using less items to guess.
- Make this harder by giving the player just 15 guesses before they need to start the game again with new items to recall.



## How will you remember the items?