



Your memory is a great asset to your life. When your brain is working well you can store facts, events, pictures, numbers, smells, words and much more and then bring those memories back in a flash of a second.

We have two types of memory:

short term and *long term* memory.

Short term memory is the ability to remember things that have happened a short time ago. Long term memory is the ability to remember things from a long time ago.

As people get older their memory for things that happened a short time ago may not work as well.

Some drugs can also affect the brain so that the short term memory does not work well. Marijuana is one of these drugs. A person may not even remember what they had for breakfast that morning.

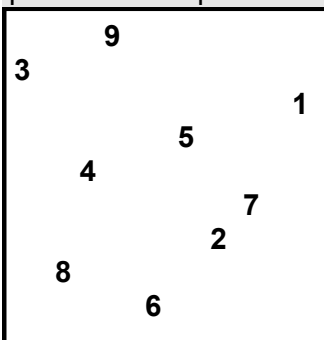
A good way to make sure that your memory stays working well is to exercise your brain by doing cross-words, playing memory games, memorising poems or verses and to stay away from drugs, especially marijuana.

In these fun pages, see if you can find the six animals that have a special ability to remember and what that special ability is. Unscramble their names on the last page.

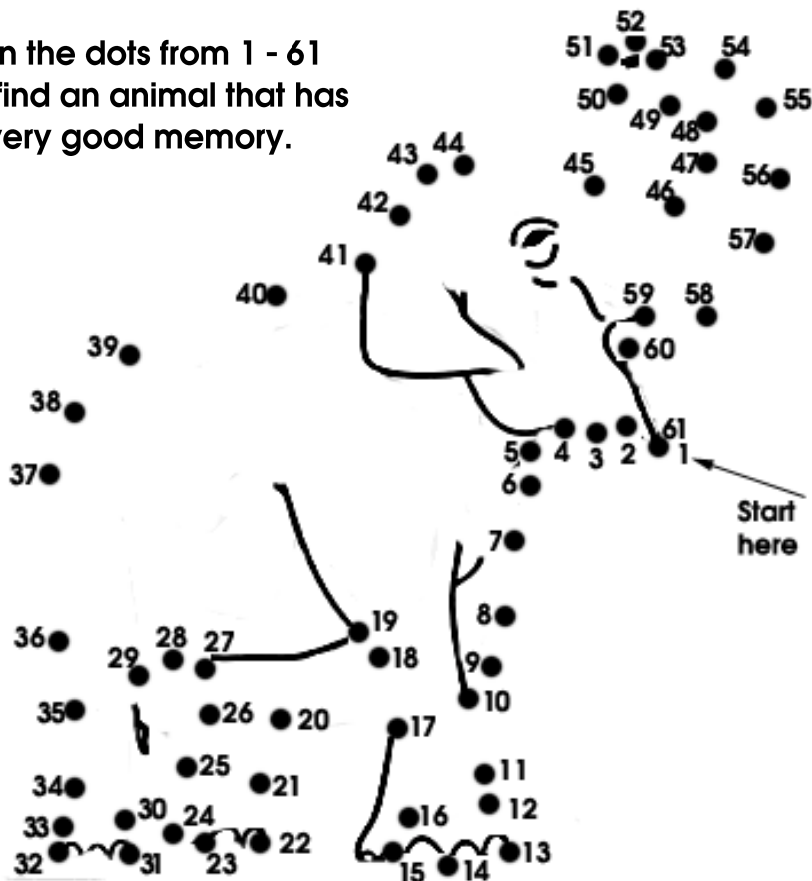
Now try this memory game.

Look at the numbers in the square below for 5 seconds and then turn the page and write them in the correct places in the spaces on page 2,

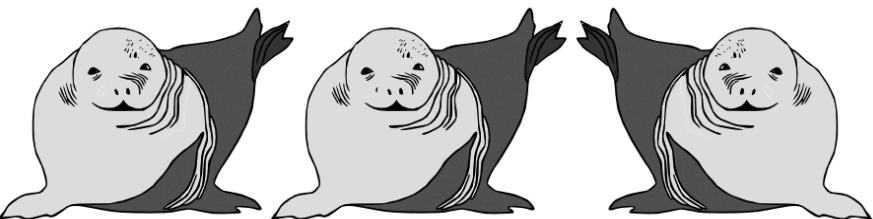
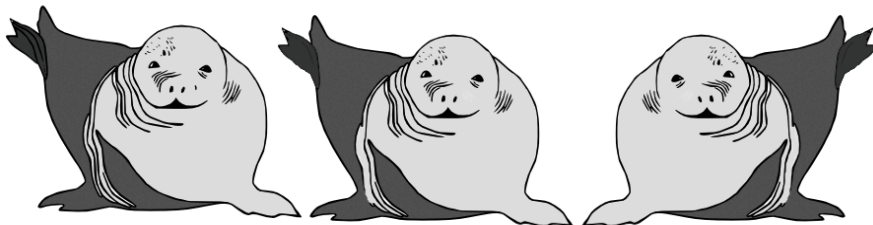
without looking back at this page.



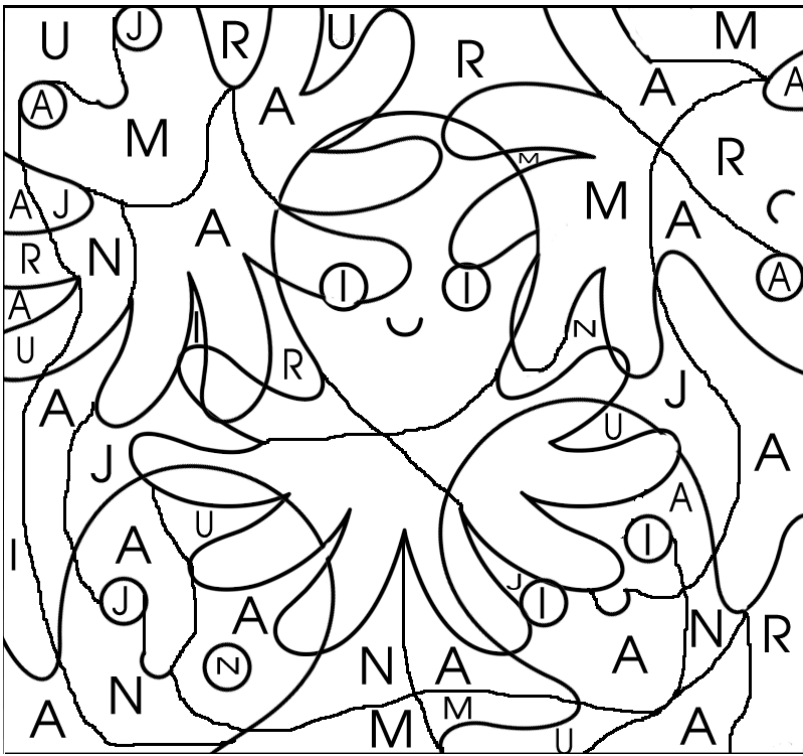
Join the dots from 1 - 61
to find an animal that has
a very good memory.



Do you know where your friends are at any given time? My special ability is in being able to know exactly where and in what direction the other animals like me are travelling by smelling their urine. I can keep track of about 30 of my friends in this way. I have a great memory!



Match the pairs that are the same. We have a great retention memory as we can remember a trick that we were shown ten years ago without practising it again during that time.



I have 1/2 a billion neurons that link my short term memory with my long term memory so I can turbo charge my memory. Blacken all the shapes that do not have a letter in them to find what I am. The letters are from the word - MARIJUANA. Count how many times you can spell the word in this puzzle.

Clever Chimps

Colour the picture below by using the following colour code (you may need to do the maths first):

2 = flesh pink

3 = green

5 = dark grey/black

4 = brown

6 = light blue

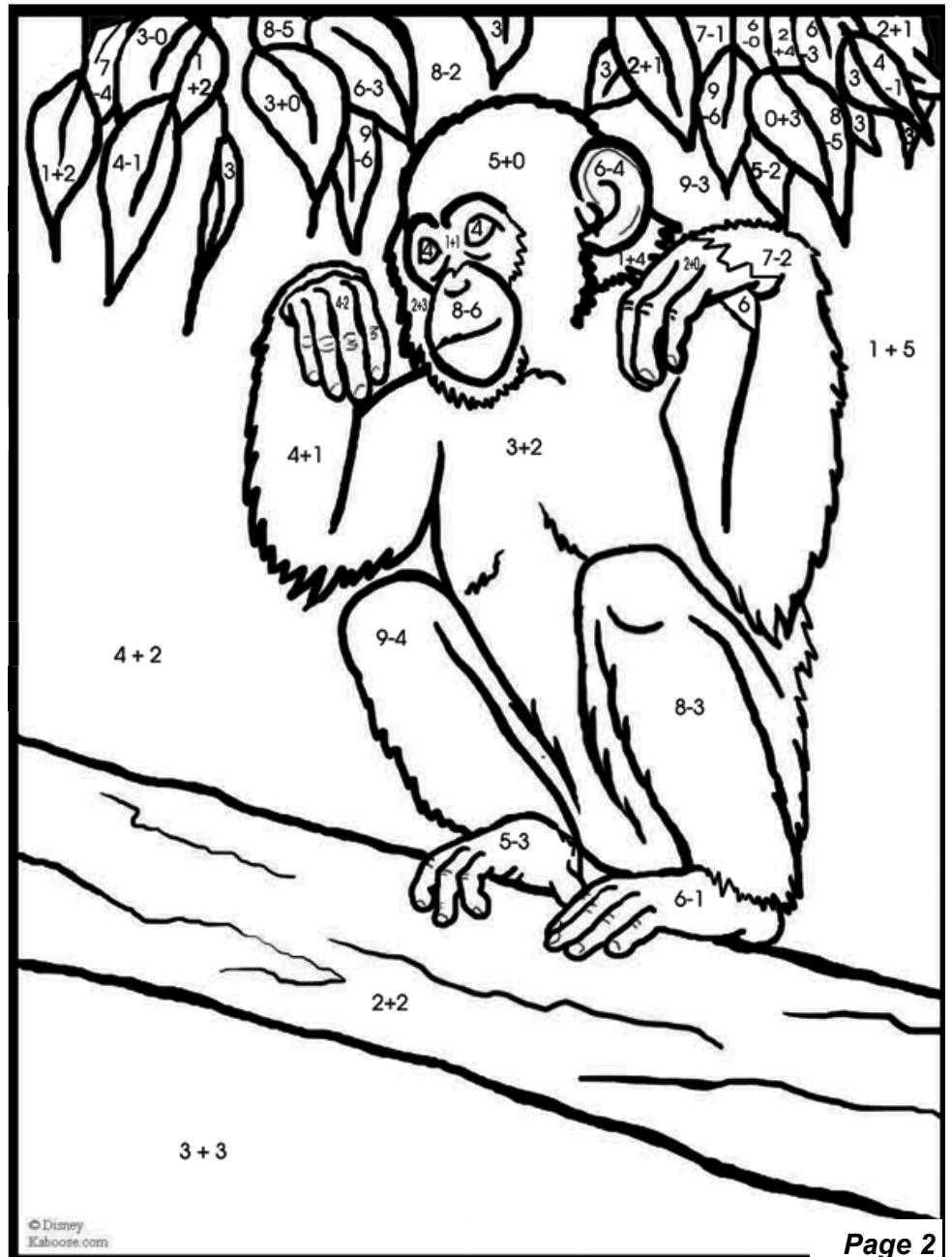
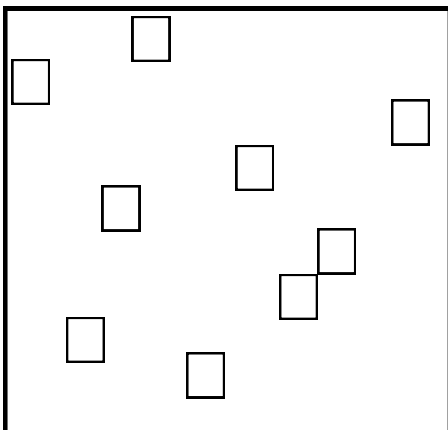
Clever Chimps

- continued -

These animals can recognise numbers placed in random order on a screen after only seeing it for 1-2 seconds. They can do this better than humans can. If you would like to watch them do it go to the following "youtube" link:

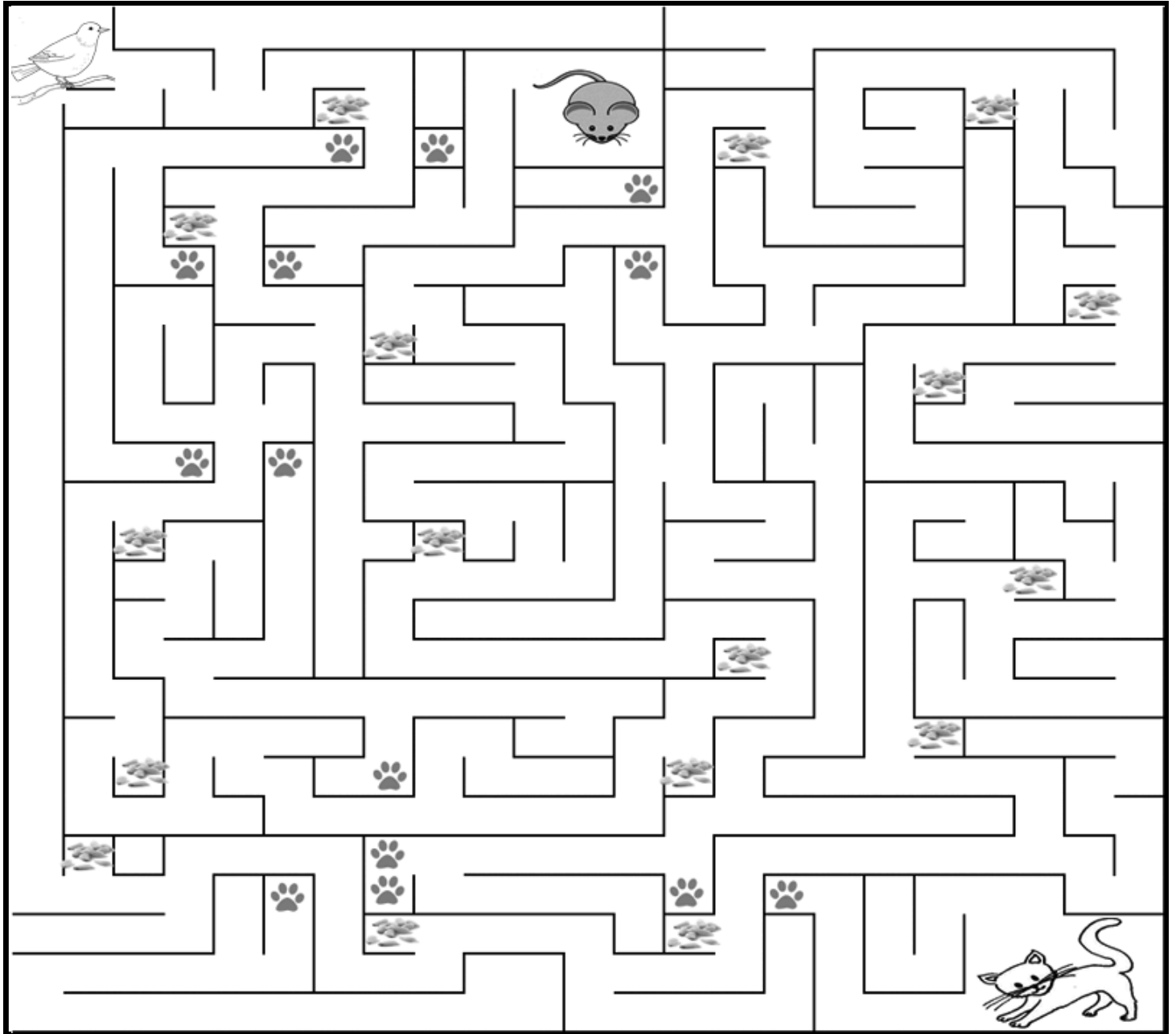
<http://www.youtube.com/watch?v=nTgeLEWr614>

This is called having a photographic memory. How well did you do below? Did you get the numbers right?





Does your mum and dad ever forget where they put their car keys? Clark's Nutcracker Bird stores between 30,000 - 90,000 pine nuts in different places over a large area, but remembers where it stored them even up to 9 months later even though they have been covered with snow. What a fantastic memory! Start with the bird in the top left corner and see if you can fly through the maze to collect all its pine nuts and end up back in its tree.



Ever go into a room and forget what you went there for? A cat has a 20 times longer short term memory than you. Help the cat find the mouse. Paw prints indicate that there is a tunnel under the maze pathway so you can go under the pathway when you see a pair of paw prints on each side of the pathway.

MARIJUANA MESSES UP
YOUR MEMORY!
Stay away from drugs!



Signed:..... Date: ____/____/____

To join the Drug Free Kids club (for boys and girls aged 6 - 12), email your details below to:

webmaster@dfk.com.au

or post this cut out section to:

"Drug Free Kids", PO Box 4044
WOODRISING, NSW 2284

Ask your parents or guardian for permission first.

First name:

Surname:

I live at:

State: Postcode:

I was born on:

Day ____/ Month ____/ Year ____



Welcome to the new members who joined during the last quarter:

Ruth Woodruff, Amy Matthes, Gabriella Smedley, Deegan & Demmi Crowther, Abigail & Brandon Hanson, Payton Willcocks. Matilda Gordon has moved up from Little White Ribboners.

I received mail from Kaia Shield (50 points) and Ronan Brown-Duthie (90 points). Remember that points add up for awards at the end of the year. So send in your answers, riddles, jokes or puzzles to the address on the form above.



Six Animals and Their Special Memory Ability.

1. EPATHENSL - know where their friends are.
2. ASE LNSOI - remember tricks learnt 10 years ago.
3. PSOOTCU - able to memory boost as 1/2 billion neurons link the short term memory to the long term memory.
4. ZSHCMPIEENA - have a photographic memory - taking less than a second to remember random numbers.
5. TCSA - have 20 times longer short term memory than a human.
6. CKAL'RS CRCRKETNUA DIBR - remembers exactly where it stored over 30,000 seeds even up to 9 months later.

Look up and learn these texts from memory to find some things that God asks us to remember?

Exodus 20:8

Deuteronomy 8:18

1Chronicles 16:12; Psalm 105:5

Psalm 77:11

Psalm 103:18

Ecclesiastes 12:1

2 Timothy 2:8

Happy 13th Birthdays! August - October

Welcome to Drug Free Christian Youth!

Check out the World Youth Website below and take part in the discussions and chat rooms. You may also like to link up with the Facebook groups—I'm Worth It and WOW Unlimited!

Zachary Brown-Duthie, Elise Cook,
Lachlan Dahlenberg, Beau Doolan,
Elizabeth Emanuelli, Jess Garsed,
Maddison Harding, Holly Lord,
Jordan Marks, Eugene Odhiambo,
Alison Parker, Lauren Russo,
Rebekah Smith

Always rely on God to provide you with the courage and power to stay drug-free, to make good choices and keep your promises!

www.drug-freeyouth.org