

# Matching Memory Game

## Instructions

This game is as an **ice breaker** activity to use during the train-the-trainer session of the **DSHS Let's Talk- Safe Infant Sleep Community Training**. Print a set of cards on cardstock and cut out for each participant.

1. Ask participants to find a partner and introduce themselves.
2. Instruct participants to lay one set of cards out on the table with the symbols face down.
3. Set a short (2-3 minute) timer and instruct participants to take turns flipping two cards face up.
  - If the pair is a match, the person can collect that pair in their “win stack” and take another turn.
  - If the pair is not a match, the person will flip the cards face down and let their partner have a turn.
4. Explain that participants may not understand all the symbols on the cards, but the goal is to match the most pairs by the end of time.
5. When the timer rings ask participants to count their “win stack” pairs.
6. Share the **DSHS Safe Infant Sleep Environment Infographic** with participants to identify their winning sets.
7. Ask participants to introduce the partner they played with – then identify and share a symbol from their “win stack” that they would like to learn more about during the training.
8. Ask participants to keep their “win stack” to use later in the training.

### **Teach-back activity:**

The class agenda and training presentations include an opportunity for participants to partner and practice the Let's Talk Approach near the end of training.

1. Ask participants to find a partner and chose 1-3 of their matched pairs from the Ice Breaker Memory Game to use as topics in their practice.
2. Provide ample time and remind participants they may use any materials in the **Let's Talk - Safe Infant Sleep** toolkit to support their conversation.



# Matching Memory Game

## Key of Symbols for Game Play



Back to Sleep



Avoid Monitors



Sleep Surface



Avoid Devices



Breastfeeding



Tummy Time



Room Sharing



Swaddling



Clear Crib



Baby Behavior Sleep



Pacifiers



Baby Behavior Crying



Smoke- and Vape-Free



Baby Behavior Feeding Cues



Avoid Alcohol and Drugs



Sleep Training



Overheating



Safe Sleep in Emergencies



Regular Prenatal Care



Special Health Conditions



Regular Baby Check Ups



















