



IDENTIFY. STRENGTHEN.
TRANSFORM.

Equipping MindsTM

Equipping Minds Playing Cards Video Steps Checklist

1-20-25 updates

Introduction of Cards

You can use the cards as you would with any of the cards games we already have.

Equipping Minds 2020 NBack Cheat Sheet

- Code Cards - 9 Code Cards: Green 1, Blue 2, Red 3, Yellow 4, Black 5, Orange 6, Brown 7, White 8, Purple 9 * Place in 9 card sleeve protector and can lay down horizontally
- Different Cards
- Card Storage

Processing Games

- Reminders: If a student does not know all of their numbers, begin with what they know and build from there. If they do not know any numbers, begin with the 1 and sort from there. **Always model first, take turns, use language, and HAVE FUN!**
“We can only train the brain with what the brain knows.” Use what the students know to begin and gradually add additional attributes.
If the student is internally vocal, you say what they are doing, and they can point or use a device.
- Processing Exercises
 - Pg 36: Cognitive Exercise Flow Chart - “Say what we see”
 - Say color
 - Lay down Matching Cards in order: “Red on Red” or “Red with Red” or “Red under Red” or “Red above Red” or “I see Red below Red”
 - Sort by color
 - Sort by number
 - Sort by animal
 - Sort by the word
 - Sort by the letter (can also add the sounds)

- Sort by symbol
- Sort by the direction * **You can place the up card in the up position, the right card on the right, down in the down position, and left on the left side**
- Sort by President (using number)
- Sort by vowel sound (using color)
- Sort by month
- Conclusion- SO many distractions to work on attention, cognitive flexibility, and visual scanning. Also, remember to start with what the student knows. If they don't know all of their numbers, begin with what they do know or begin with "1" and just sort "1's" or "green".....

Advanced Sorting using the Code Cards to guide:

- Place the 9 code cards in a horizontal line
- Place the cards under the code card
- Sort 12 cards by Color then switch to 12 cards by Letter, then switch to 12 cards by Number, then switch to 12 cards under Animal then switch to 12 cards under Word, then switch to 12 cards under Symbol
- You can do this individually, taking turns with 2 or more, and eventually race
- You can begin with just the first 3 or 4 code cards

Working Memory Games

- Alternate by saying the number on the first card and the color on the second card and the animal on the third card. You can begin with 2 qualities if needed.
 - Begin with number/color or any two qualities they know
 - If they make an error, never say wrong or tell them the answer **but say "Check;" using appropriate language/ - if/then statement For Example: seven, "six"- it is six, but if this was seven, whose turn is it?"**
 - Be positive, "this is making my brain think," not too easy and not too hard if you see frustration, go back a step
- Alternate 3 qualities: number, color, animal or any other 3 qualities
- Alternate saying number, color, animal, wrong word
- Alternate saying number, color, animal, wrong word, letter
- Alternate saying number, color, animal, wrong word, letter, symbol
- Alternate saying number, color, animal, wrong word, letter, symbol, direction
- Alternate saying president, number, color, animal, wrong word, letter, symbol, direction, month
- You can also use the vowels if you just use the cards with numbers 1-5 and correlate the number with the vowel
- Use cards to create sentences/stories

Advanced Alternating using the Code Cards to guide and directions: Systematic Approach

Always remember to start with what the student knows.

- Place the 9 code cards in a horizontal line

- Alternate saying the color, letter, number, animal, word, and symbol while placing the cards below the code card
- Place the up arrow, down arrow, right and left arrow to sort. You can also say north, south, east, and west or 12,3,6,9
- Alternate in reverse order: symbol, word, animal, number, letter, color
- Advanced alternating going forwards and backwards color, symbol, letter, word, number, animal

**2025 Advanced Alternating using the Code Cards to guide and directions:
Systematic Approach: Alternate placing the cards above and then below**

- Place the 9 code cards in a horizontal line
- Alternate saying the color, letter, number, animal, word, symbol, and direction while alternating placing the cards above and then below the code card.
- Begin with just placing the color above, then color above and letter below, then color above, letter below, number above, color below, letter above, number below.... Continue this pattern.

2025 Advanced Matching Using Uno Cards to Represent the Numbers Relationship to the Other Attributes

- Place 1-9 Uno cards or any number cards will work.
- Then place the animal that correlates with the number, for example, horse under 6, snake under 3.... Then add the color and place green above 1, brown above 7.
- Alternate placing the color above, “red with 3”, and place the “spider with 8.”
- Continue to build adding the letter to the sequence: color, animal, letter.
- Continue to build adding the word to the sequence: color, animal, letter, word.
- You can choose to alternate above and below OR add additional rows: Color above, uno row, animal row below, letter below the animal row, word below the letter row.
- Add the symbol to the sequence.

2025 Advanced Systematic Matching Moving from Green- Purple

- Place the nine code cards in order.
- Begin with one card and see if there is anything that matches the green code card (color, letter, number, picture, word, symbol, or direction). If there’s not a match add another card until you find a match to the green card before moving on.
- Then move to the blue code card and see if anything matches, then move to the red card, then the yellow card... you may need to add more cards to find something that matches each card.
- You can look at 3 cards at once to see if there’s anything that matches the green card and then 3 cards at once to see if there’s anything that matches the blue card and continue. This will make the game go faster. If you are racing, someone can place cards above and the other below. You always need to move systematically from green to purple.

Basic Matching with 3 Cards

- Using 3 cards, find what is the same
- Say “I see two 9’s”
 - Systematic search: colors, numbers, animals, words, symbols, letters, directions
 - * You can match the word fish with the picture of a fish

- Put matching cards away and add two new cards
- Take turns initially and can play competitively

Matching & Memory Games

- 2 cards down, 4 cards to play
 - Systematic search
 - *Make it more challenging by not including direction**
 - Find what matches - what can you play?
 - Say what matches "pig on pig" - you can match the word pig with the picture
You can also say, "I see H on H"
 - Try to play all 4 cards: If there is a card you can't play, "It has to wait" and then the next person tries to play all 4 of their cards
 - Add cards so you always have 4 cards
 - Play alone or against another person taking turns and eventually competitively. You may get very distracted when playing with someone else which will be challenging.**
- Colors Game (advanced memory games)
 - Can use colored cubes: Get 1 of each color cube out
 - Place two cards face up: "What do you see?" "Take a picture in your mind."
 - When they have a picture, turn the cards face down.
 - Wait 5 seconds, or make it more challenging and count aloud 1,2,3,4,5 or have the student count 1,2,3,4,5 and eventually 10 seconds
 - Place the colored cube that matches what you saw
 - Turn cards over and say, "Let's Check: Do we have a match?" If we don't, "what would we do to have a match?"
 - When they can do 2 cards successfully, add 3 cards and continue to add
 - Can do it auditorily, can use EM workbook and marker to draw matching symbols, etc. on the 3, 4, 6 and 9 grid boards
 - Most advanced: build on the qualities to remember such as color, number and letter, and then color, number, letter, and animal and continue adding until you remember everything on the card

Animal Games

- Pg 66 in workbook: 20 animal
- Equipping Minds Cheat Sheet - #1-#9, different order but **the symbols are the key which makes it more complex which is good for our brain**
- Alternate saying picture/wrong word
- Visual tracking: laying cards down in rows and say picture/wrong word
- Visual tracking: you can also just say the animal picture or just say the wrong word**
- Matching game
 - Put down 9 cards (3 rows of 3) Can be an exact match or picture/word match or word/word
 - Use full sentences, find words or pictures that match **"I see two black spiders"**
"I see two black spiders crawling on the wall"
 - Replace cards as you take them away
 - Now find 3 animals that match

- Memory Game
 - 9 cards (3 rows of 3), face down
 - Finding animals/words that match
 - Turn cards back over if there is no match; take away cards that match
 - You can match any of the qualities on the cards as well

Three or More Matches with the N-Back Code

- N-Back sheet to help or you could have the 1-9 Code Cards
- Find at least 3 things among all the cards that would be on a code card or each line of the N-Back
 - “We will do this together, I will help you!”**
- Try to find 3 attributes initially that go with the Black Code Card: turtle, black, and 5. Take away cards as you find them and replace with new ones
- Try to find 4 attributes that go with the Green Code Card: 1, green, circle, picture of the bear
- Try to find 5 attributes that go with the Orange Code Card: orange, F, picture of the horse, slash, 6
- Try to find all 6 and 7 attributes on the code card: color, letter, number, picture, word, symbol, and direction * All attributes need to be on a separate card

Before and After Games

- Say what comes before/after on the N-Back Sheet or lay out the 9 code cards
- Always take turns with your student and talk aloud about your thought process using a systematic search
- After
 - Letters after C is D
 - Numbers- after 8 is 9 or 8 plus 1 equals 9
 - Directions (quarter turn clockwise)
 - Animals after the spider is the pig (picture or word)
 - Colors after yellow is black
 - Symbols after a slash/ is a (
 - Word after horse is camel (word or picture)
- Before
 - Letters
 - Numbers
 - Directions (quarter turn counterclockwise)
 - Animals
 - Words
 - Colors
 - Symbols
- Begin by playing what comes after
- Place 2 cards down as your discard pile and put 4-5 cards down and to see what you can play “after”

- Place cards on top of one another ex: 3 to 4, C to D, turtle to horse
- You can loop cards back around to the beginning like on a clock or keyboard (ex: 9 back to 1, A backwards to I)
- It is ok to start with a single quality and then build on it- begin with just the numbers and then numbers and letters....**
- Talk out loud doing a systematic search, remember to play with them and talk out loud about the process**
- You can eventually play competitively**
- Now play what comes **AFTER** following the same directions: 8 to 7, D to C, Bear to Pig
- Eventually put Before/After together
- Can have 4 piles with 2 cards for before and 2 cards for after
- Can have 6 piles with 2 for each: before, present (equal), after video with student**
- You can go forward and backwards 2 items, 3 items, or four items**
- You can omit direction if that is too easy**

Tic Tac Toe

- Use the 9 code cards in order in rows of 3
 - You can use a sheet protector (regular sheet or baseball card sheet to mark on it)
- Taking turns using appropriate language (“I see myself on...”
- You can cover with cubes, mark with markers, or turn cards over horizontally/vertically
- Next, turn the cards face down
- If you have two decks, you can play on two boards. It is one game played on two boards.
- “Stop and Think, imagine you’re me, where do you think I would go.”
- You can also use 2 boards with the cards face down.
- Advanced:** You can also play by touching the place where you want to go
- Advanced:** Play in your mind with one person saying a number, and the other a color, an animal....

Advanced N-Back Card Games

- This advanced principle works with any games. Take 2 cards and find an indirect match: B matches X, fish matches X, 6 matches /, O matches bear. You can use a constant card or change the cards.
- Build a Pattern-** following the indirect match and direct match, place the cards down horizontally, vertically or diagonally. You can make a sunbeam or wagon wheel. Please watch this video

Nine N-Back Code Cards

- Using enlarged cards for classroom setting
 - Great for classroom/visual impairments
- Number, color, animal, word, symbol, direction, president, month, letter or color, letter, number, animal, symbol, word, direction (president/month)
- You can start with alternating 2 categories and build
- Can also play Tic Tac Toe with two decks on the floor with enlarged cards

Who's In Charge?

- Number, color, animal - color is in charge
 - Say number/color/animal that corresponds to the color of the card
- Number, color, animal - number is in charge
 - Say number/color/animal that corresponds to the number on the card
- Number, color, animal - letter is in charge
 - Say number/color/animal that corresponds to the letter on the card
- Number, color, animal - animal is in charge
 - Say number/color/animal that corresponds to the animal on the card
- Number, color, animal - word is in charge
 - Say number/color/animal that corresponds to the word on the card
- Number, color, animal - symbol is in charge
 - Say number/color/animal that corresponds to the symbol on the card

Classroom Connection to Math

- Start with +1 * You can refer to a number line, the code cards, or how old they will be
- Go up to +2 and higher
- Alternate +1 and +2 and put in the sequence with animals, letters, symbols.....
- Alternate +1, -1
- Add the numbers on the cards
- Multiplication
- Add to the sequence of number, color, animal, plus 1, minus 1 *There are many possibilities
- Classroom Connection section in the Equipping Minds Curriculum on Math

Advanced who's in charge with math

- Number is in charge on the first card, color on the second card, animal on the third card add +1
- Number is in charge on the first card, color on the second card, animal on the third card then multiply X 3
- Alternate systematically moving from top to bottom, left to right: Color in charge , letter in charge, number in charge, animal in charge, word in charge, symbol in charge Begin with +1 and then move to +2
- You can even alternate +1,+2,+3,+4,+

Match or No Match

- Choose a random card which will be your constant card. Say what they see on the card.
- You can also use the Purple F /7 or Green B/4**
- Go to page 6 in the student workbook: Create the card * You can also create a 9 grid tic tac toe board and draw the items
- Pick up a card and compare it with the constant card. Do a systematic search and say if it is a Match or No Match. The match pile will be face up and the NO match pile will be face down. You will have between 20-25 no match cards. You can match the word and picture.
- Ask them to recreate the card on the bottom of page 6 without looking at the top board.

- Then, turn the card **face down** and play.

ADVANCED: Turn the 2 cards face up and then face down and play- Video with student

- You can then choose a second random card but make sure NOTHING on it matches the first card and play. **You could use the Purple F/ 7 and the Orange E/3**
- You can place the match to the second card below it and below the first card. You can match the picture and word. **You will have 1-4 no match cards in the NO match pile.**

ADVANCED: 3 cards Purple F/7, Orange E/3, Blue D/1,

- You can then choose a third random card that has NO matches with the first or second card. It would be one of the four cards you could not play.
- You could add the Blue D/1** You will be able to play each of these and place BELOW each of the cards.
- Advanced Memory:** You can turn these face down when they have them memorized.

ADVANCED: 3 cards Purple F/7, Orange E/3, Blue D/1, Place face up and match as fast as you can and eventually race against someone

ADVANCED: Three constant cards turned face down. Purple F/7, Orange E/3, Blue D/1

ADVANCED: 4 cards Purple F/7, Orange E/3, Blue D/1, Green G/9 (it does share one attribute the word turtle)Place face up and then face down

Basic Sequencing

- Place 9 cards face up. * You can put the 9 code cards across the top of the board as a reference if needed. You can also look at the 1-9 tic tac toe board and A-I tic tac toe board.
- Begin with numbers and letters.
- Find 3 sequential numbers (2,3,4,) letters (E,F,G) colors (orange, brown, white) symbols (box, underline, line above) animals (bear, fish, snake) directions (right, down, left)
- You can loop and use 8,9,1 for example

Advanced Sequencing

- Place 9 cards face up. * You can put the 9 code cards across the top of the board as a reference if needed.
- Use the Green Code Card: First example in the video: color green, now blue card but NOT color but picture of the fish, then the red code card and the letter C
- Next example: Brown Code card picture of a camel, color white, letter I or word pig or line in the middle
- You can see how far you can go with the advanced sequence with 4,5,6, or 7 items

N-Back and Sorting Boards Video

- This board was developed to help students sort the cards in different rows. You will see a PDF of a simpler format. You can also use a calendar board.
- The video begins with president “8 on Martin Van Buren, animal, symbol
- Number, Color, Month (number can be best- 4 is April, 6 is June)
- Word of the animal, symbol, month
- You can use any combinations

Advanced Indirect Matching Game with a student demonstrating

- Use your 3 constant cards (Purple F/7, Orange E/3 and Blue D/1) or 3 cards with no repeating qualities as in the video (Black C/9, Purple H/1, Green I/3)
- You can only use INDIRECT matches X on 2, orange on 6, H on Spider for example
- Remember: You can NOT play 2 on 2 or black on black- no direct matches