



# **MY MEMORY GOBLIN** *Is Making Me Forget!*

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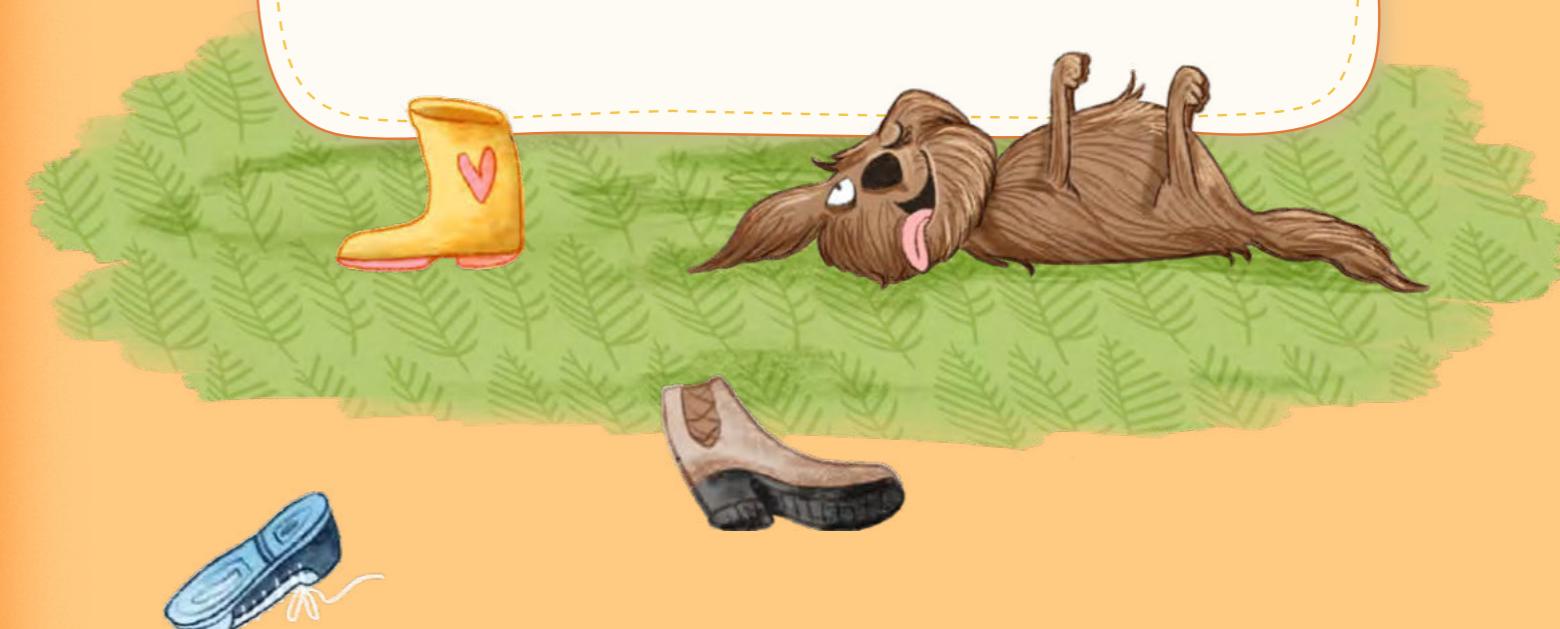
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MEET  
HUGO

# A Kid and His Memory Goblin

This is Hugo. He's a good kid, but lately he's been having a hard time with his memory. He often forgets to do his chores, misses assignments and activities, loses his train of thought, and can't figure out why his things always go missing!

Lately, Hugo has become so forgetful that he has started to wonder if something strange could be behind it—or *someone* strange. It feels like his mind is playing tricks on him, but what if it's actually a memory goblin? What if a sneaky little trickster is following him around, hiding his things, turning off his alarms, and constantly confusing him?



Hugo, being a talented artist, considered all the problems he was having with his memory and made a picture of what his memory goblin must look like.



- ① LARGE EARS that hear Hugo coming, helping the goblin hide in time
- ② MAGIC PEN for changing assignments and dates in Hugo's planner
- ③ NOTEBOOK for recording everything that Hugo forgets
- ④ MISCHIEVOUS GRIN, which appears whenever the goblin tricks Hugo
- ⑤ KEY TO A SECRET SAFE, where it hides Hugo's things

MEET  
HUGO

# A Typical Day

*In the morning*

Why didn't my alarm go off? I thought I set it last night. And where's that new T-shirt?



Hugo's teacher

*At school*

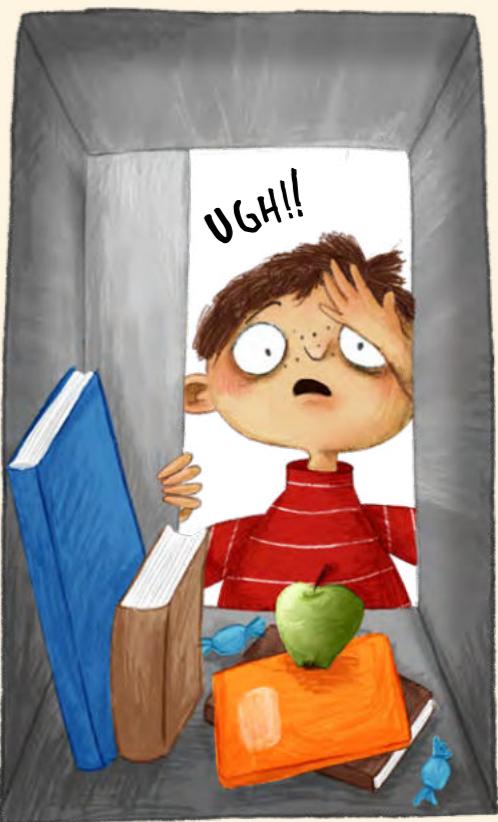
Wait, what was I looking for?

*Between classes*

*After school*



I have homework to do, but I can't find my backpack!



*Evening*



# Losing Things



Last weekend, Hugo was getting ready to play soccer with his friends, but he couldn't find his soccer cleats! And he couldn't play without them.



After waiting for half an hour, Hugo's friends decided he wasn't coming, so they went off to do something else.

**Do you ever run late for your plans because you can't find what you're looking for? This kind of forgetfulness can be a real bummer!**

Hugo spent nearly half an hour looking for his soccer cleats before giving up. By the time he finally made it out to the field, his friends had already left. Where could the shoes have gone? It was almost as if someone had hidden them....

# Mixing Up Schedules

Hugo forgot all about the field trip this week! It somehow wasn't marked on his calendar. All of his classmates came prepared, but Hugo didn't bring a snack and was stuck lugging heavy books around all day. His backpack was so heavy, he thought there must be a goblin sitting on top of it....



What's one way  
to keep track of  
upcoming plans when  
you have too much  
to remember?



Even if you make a plan you're excited about—a trip, a sleepover, a birthday party—it's still possible to forget about it. It might feel like a memory goblin is messing with your head, but if you have too much to remember, it's easy for your mind to simply lose track of things.

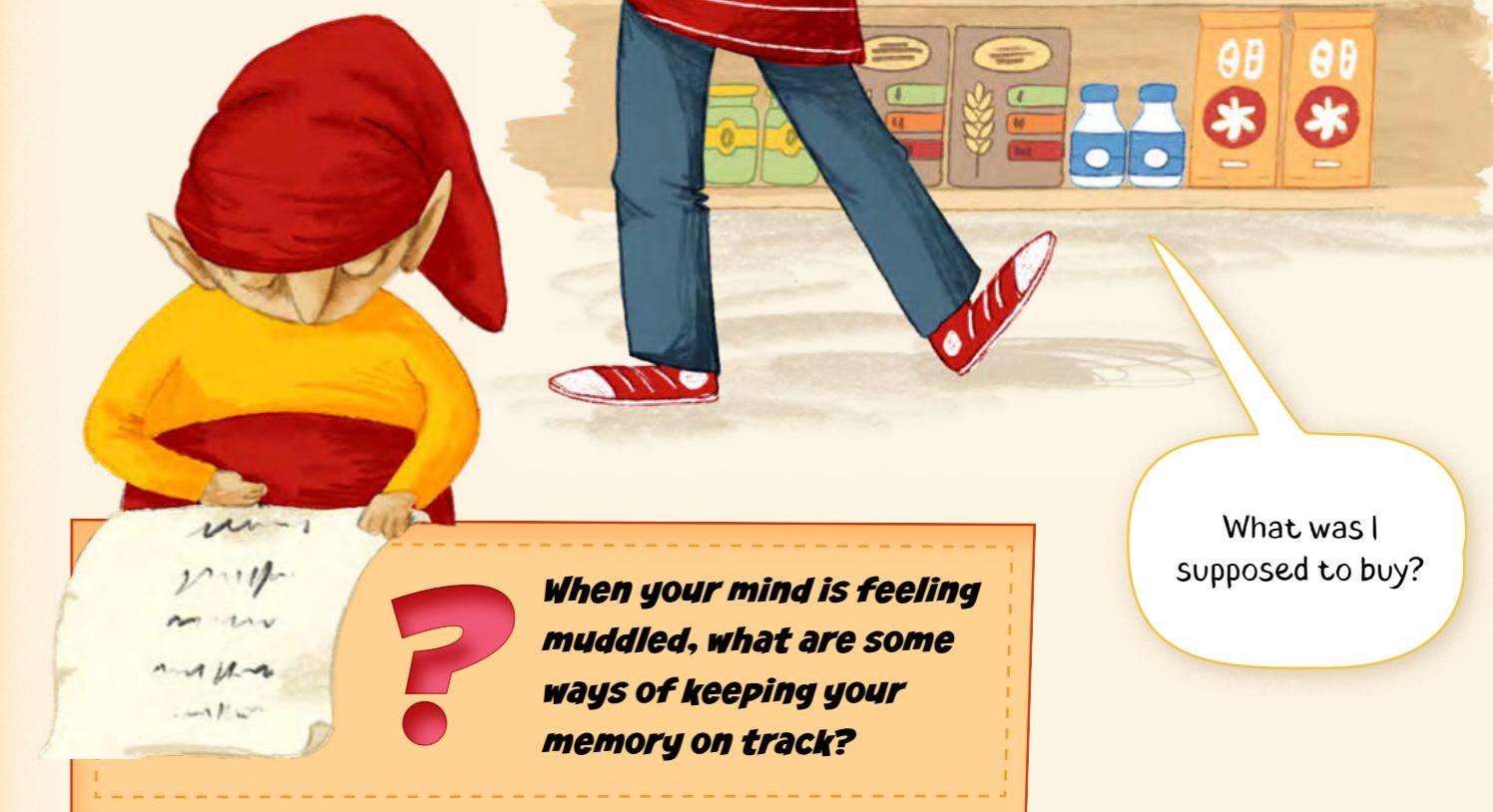
# Spacing Out

Sometimes, Hugo's mind gets so busy that he loses his train of thought. One moment he might be on his way to ask his grandparents a question, and the next moment he can't remember what he came to say!

When you space out like that, it can seem like someone is messing with your mind. Hugo often struggles with this feeling.



The other day, Hugo was sent into the store to pick up some groceries. But when he got inside, he couldn't find the shopping list, and he couldn't remember all of the items that were on there!



**When your mind is feeling muddled, what are some ways of keeping your memory on track?**

# ***Hugo, His Memory Goblin, and All the Rest of Us***

After putting in the work to improve his memory, Hugo's life has gotten much better—though he still forgets things sometimes. His memory goblin is still around, but it's much, much smaller now. It comes out occasionally, just to mess with Hugo. He has so much more control over his mind now, though, that a little forgetfulness doesn't cause him too much of a problem.

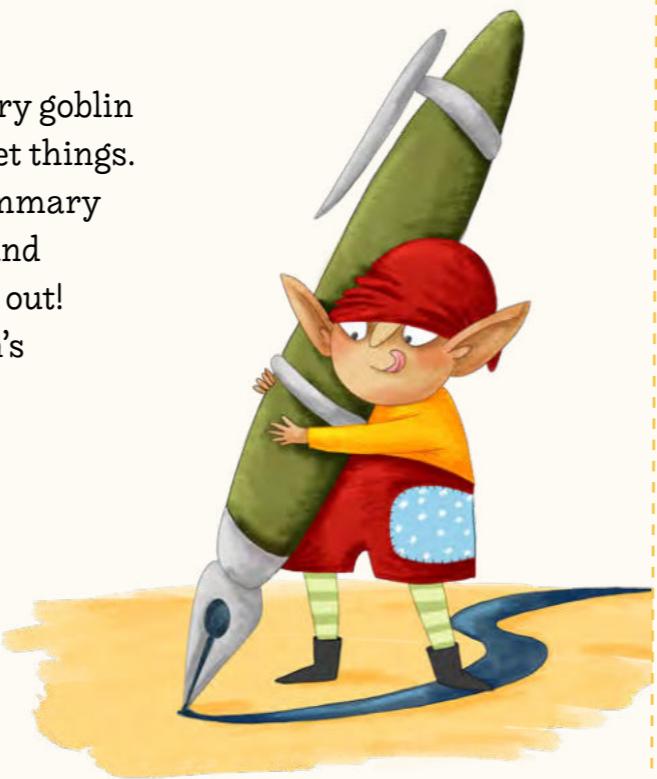


Whether or not there's actually a memory goblin following you around, there's no doubt that our minds can play tricks on us. Everyone forgets things sometimes, and some people are simply more forgetful than others. The important thing is to work on training your mind and improving your memory, and now you know lots of tricks to do just that—and to keep those goblins away!



# Be yourself!

Everyone has times when they feel a memory goblin nearby, taking delight in making them forget things. On the opposite page, you'll find a quick summary of all our tips for improving your memory and taking back control of your mind. Try them out! But remember, too, that every single person's mind works differently and many so-called problems can actually be unique abilities! So while you're working to improve your weaknesses, don't forget to identify your strengths, and above all else, always be yourself, because that's what makes you special!



**Helena Haraštová** is an editor in the international department of Albatros Books and author of more than 35 fun, educational books for children that have been published in many countries around the world. A graduate in drama and English, she likes to travel (especially by train), discover interesting museums, read, drink good coffee, and talk with her two children. Even today, she is sometimes forgetful or absentminded.

**Lucia Derčalíková** has loved drawing since she was little. This led her to study fashion design in college, with illustration being a more recent pursuit of hers. During the Covid pandemic, she worked her way from hand-drawn artwork for friends to digital pictures for clients in various fields, producing portraits, patterns on fabrics, and illustrations for several children's books. She takes inspiration from the works of Czech painter Adolf Born, and her illustrations never lack humor.

# Tips for working on your memory

## Be Prepared

- » Get ready ahead of time
- » Set your alarm a little earlier
- » Make a checklist

## Start Scheduling

- » Hang a wall calendar
- » Use your assignment book and planner
- » Build a routine

## More Memory Helpers

- » Use memory albums
- » Set reminders
- » Try some wordplay

## Use Your Community

- » Talk to a trusted grown-up
- » Ask a friend for help
- » Reward yourself!



**Imagine that you discover, under your bed at home, a shoebox lined with a soft blanket and a little memory goblin sleeping inside. What does your goblin look like? Draw it!**

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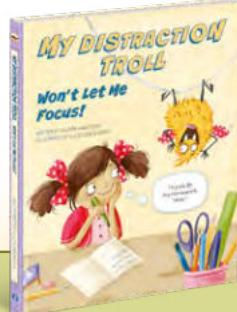
Hugo has a problem that you may have noticed in your own life: He keeps forgetting things! It's gotten bad enough that he wonders if he's being followed by a sneaky little memory goblin who's always hiding his things, rewriting his notes, turning off his alarms, and constantly confusing him. He knows he needs to make a change—but how? Join Hugo as he overcomes his forgetfulness and gets rid of his memory goblin. With all the tips and tricks in this book, you can, too!

Do you ever feel like you've forgotten something important?



***Support  
and tips for  
forgetful  
kids***

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