

Working Memory Exercises

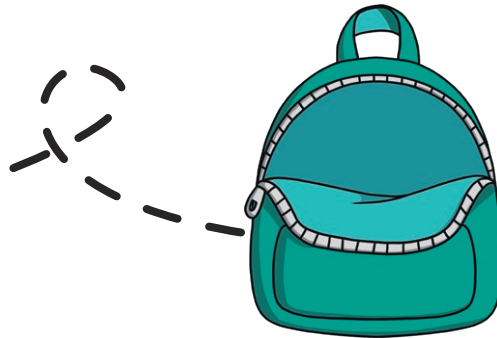
I Went to the Supermarket...



One person starts by saying, “I went to the supermarket and I bought...” and then they add any object to the end. The next person says, “I went to the supermarket and I bought...” and repeats the previous object, before adding their own object to the list. As the game goes on, more and more objects are added, making it more difficult to recall. You can adapt this by using themes, making it alphabetical or making the object names more complex, e.g. by using adjectives.

Great for auditory memory!

What's in My Bag?



All you need for this activity is a bag and a range of objects. It could be anything - a spoon, a tissue box, the TV remote. Place all the objects on a surface. Start off with a small number of objects and add more later on to increase the difficulty. Give the child a set amount of time to look at the collection of objects. After the allotted time has passed, ask the child to close their eyes, while you remove one of the objects and put it in your bag. Now, ask the child to tell you what object is in your bag by looking at the objects and working out which is missing.

TWINKL TIP: it doesn't need to be a bag! This game could be played on a small scale as 'What's in My Pocket?'

Great for visual memory!

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Who Sits There?

This exercise is fun as it involves a bit of moving around. The more people that are involved, the more difficult the game becomes. This makes it great for big families! Everyone except the child sits around the dinner table or in their usual seats in the living room or in a circle, whatever suits your family. The child gets a set amount of time to look at where everyone is sitting. After the allotted time has passed, ask the child to close their eyes while everyone else stands up and switches places. Now, ask the child to direct people back to where they were sitting.

TWINKL TIP: You could make this even more difficult (and silly) by having everyone in different poses and the child has to remember who is in each pose!

Great for spatial memory!



Working Memory Exercises

Follow the Leader

Elect one person as the leader. The leader must do an action, e.g. head nod. The next person copies that action and adds their own, e.g. head nod, clap once. The next person copies the previous actions and adds their own and so on. Increase the difficulty by allowing each person a REVERSE shout, which switches the direction of play and means people now have to remember the sequence in reverse order!

Great for sequential memory!



Working Memory Exercises

Brain Breaks

Can you...

- Pat your head with one hand while rubbing your stomach in a circular motion with the other hand?
- Make a peace sign with your right hand and point at it with your left hand, then switch? How fast can you switch?
- Pretend your right hand is a saw and your left hand is a hammer at the same time?

Great for making connections in your brain!

