

BOOST your **MEMORY!**



**Cheshire Dyslexia
Services**

Playing memory games for a few minutes each day (or as regularly as possible) can help to improve our working memory. Having a stronger memory can help us to remember what we have learnt more easily.

BOOST your MEMORY!

Here are some easy games that can be played to help improve our working memory...

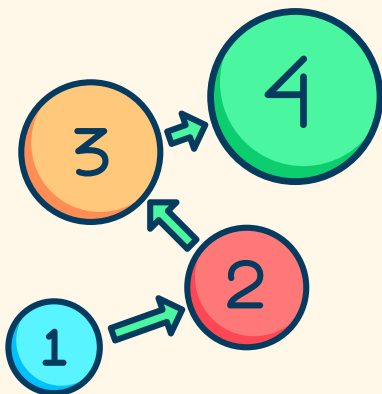
I went to the supermarket...

The leader says to the players a sentence of increasing length and complexity. The child has to repeat back the information, before adding their sentence. It keeps going back and forth until it becomes too challenging to recall.

For example:

Player 1 says: I went to the shop and bought three tins of beans.

Player 2 repeats what player 1 said before adding one of their own: I went to the shop and bought three tins of beans and four satsumas.



Sequencing activities:

Show the individual a group of pictures or objects for 30 seconds. Jumble them up. Ask the child to put them back into the correct sequence. Change the amount of items to make it easier or harder.

What's the job?

The leader says a list of names and jobs (e.g. Mr Pearce the painter, Mr Smith the hairdresser, Mrs Brown the plumber). Once you have finished, ask the child who was plumber, what did Mr Pearce do etc).

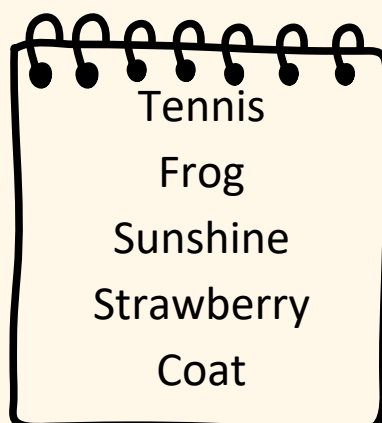
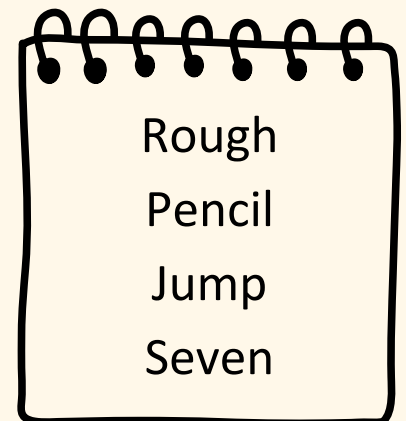
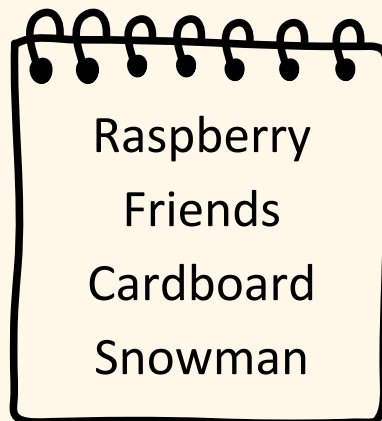
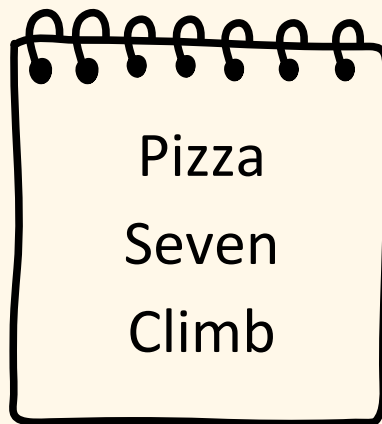
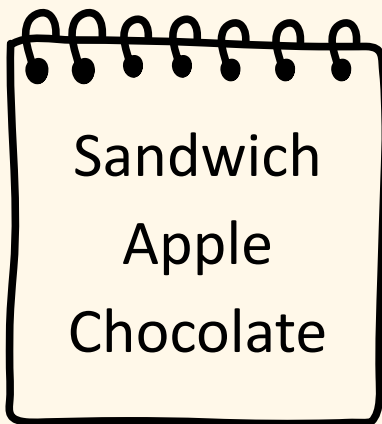


Other well known activities:

- Bingo
- Spot the difference
- dot-to-dot activities

LISTEN and REPEAT

Read out a list of items, asking the individual to repeat it back. This challenge can be adapted by saying more or less items. You could even ask the individual to repeat them in reverse order!

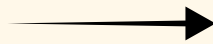


REMEMBER the SENTENCE

Read the sentence to the individual, before asking them the question. The Individual must write the answer down. If they find this activity tricky at first, practice with them saying the answer orally before working up to written responses.

1

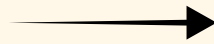
Tuesday is the day we have PE. Paul plays golf on Thursdays.



Which sentence was first?

2

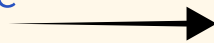
Sam and Peter played in the big park. The dinosaur museum was closed.



Which sentence was second?

3

It rained when I woke up but then the sun came out. Jane took Alfie for a walk but she forgot his lead.



Which sentence was at the beginning?

4


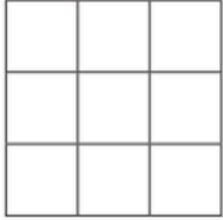
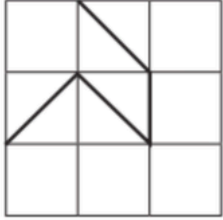
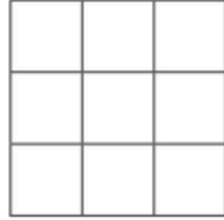
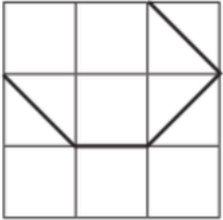
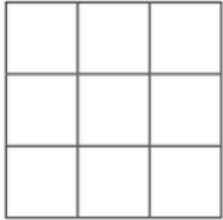
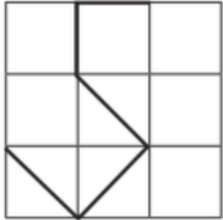
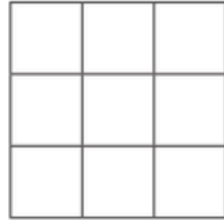
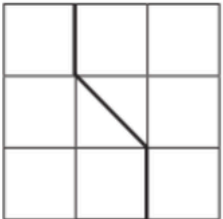
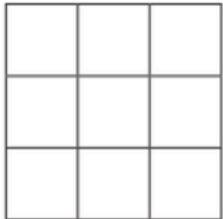
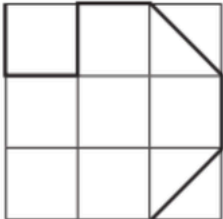
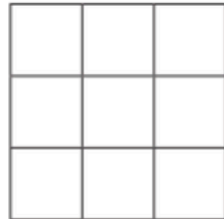
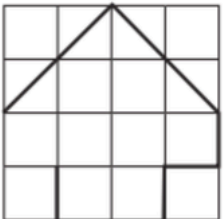
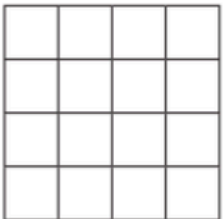
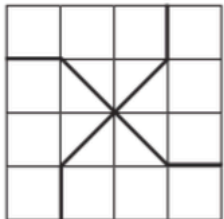
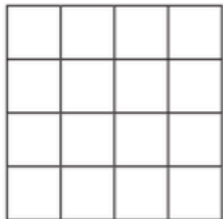
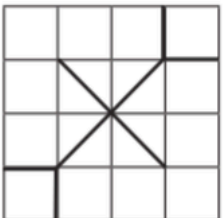
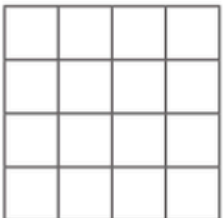
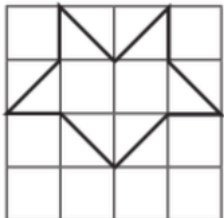
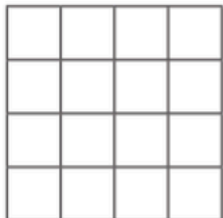
Today I cut my knee on the bus whilst travelling to school. On Sunday, I went to buy birthday presents from the shop with my mum.



Which sentence was last?

RECALL the IMAGE

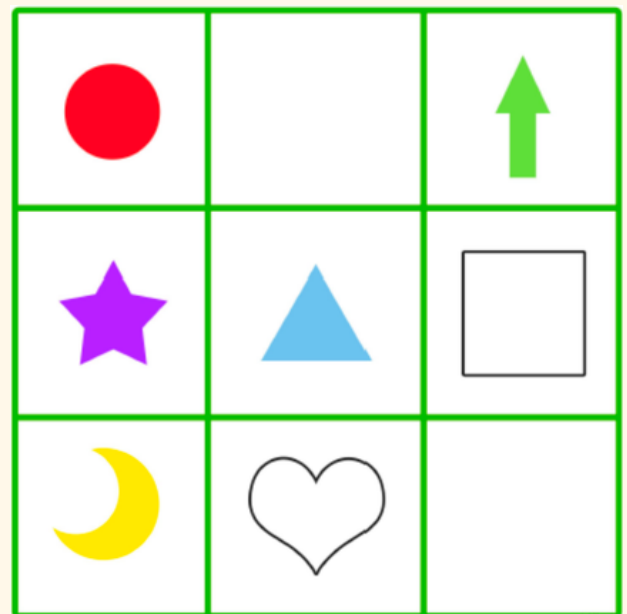
Look carefully at a design for 30 seconds. Then cover it up and try to complete the design as accurately as you can into the box on the right. Once you have copied the design, uncover the original design and see how accurate you were. If this task becomes too easy, try and do two or more images at a time!

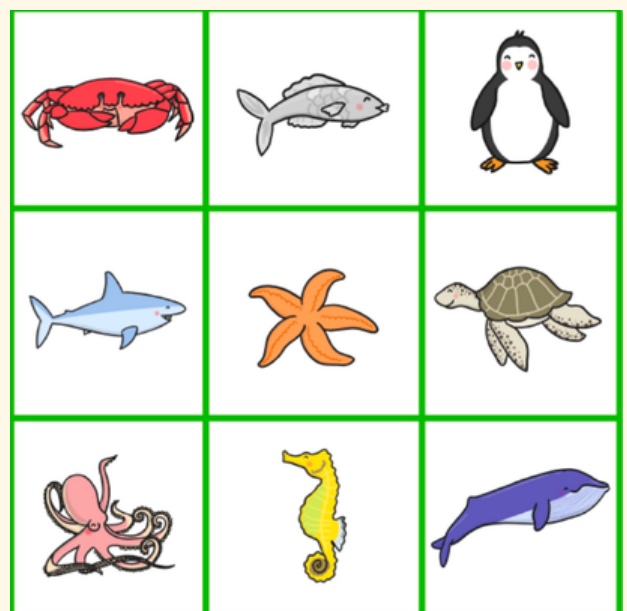
LISTEN and DO

Read some of the instructions out to the individual. They must follow the instructions that you give. You may wish to give two or more instructions at a time, depending on their abilities.

1. Draw a line under the circle.
2. Draw a star next to the triangle
3. Put blue dots on the square.
4. Draw a line above the star.
5. Colour the heart green and yellow.
6. Draw a cross above the arrow.
7. Draw a square under the moon.

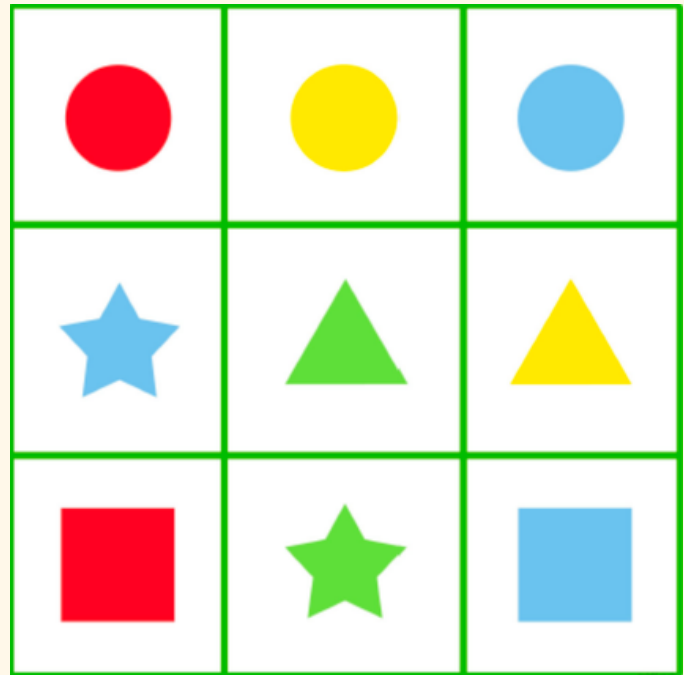


1. Draw a line under the penguin.
2. Draw a circle around the octopus.
3. Draw a line through the shark.
4. Draw a line above the crab.
5. Draw a square on the seahorse.
6. Draw a square around the fish.
7. Draw a line above the turtle.
8. Draw a square under the starfish.
9. Write your name under the whale.

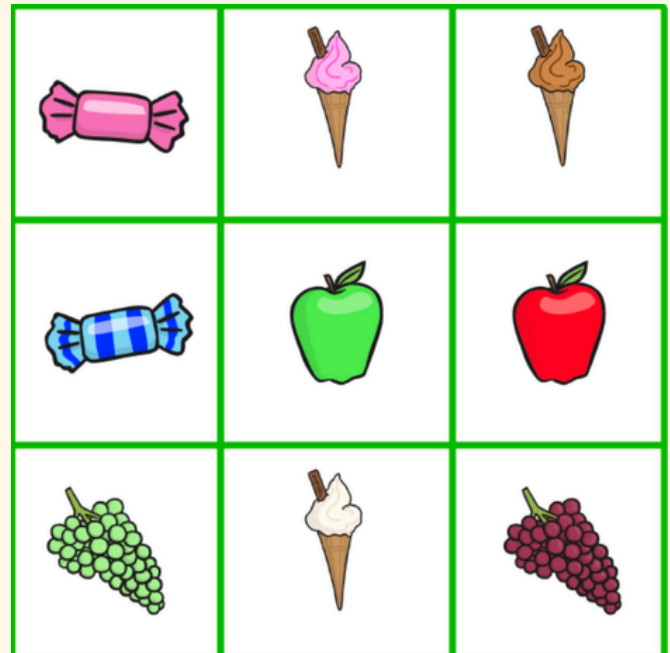


LISTEN and DO

1. Draw a line under the red circle.
2. Draw a circle around the green star.
3. Draw a square around the yellow circle.
4. Draw a cross on the red square.
5. Draw a star above the yellow triangle.
6. Draw a square on the blue square.
7. Draw a line under the blue star.
8. Write the date in the green triangle.
9. Write your name under the blue circle.
10. Draw a face on the blue circle.



1. Draw a line above the pink sweet.
2. Draw a circle around the green apple.
3. Draw a star next to the chocolate ice cream.
4. Draw a square around the red apple.
5. Draw a line under the vanilla ice cream.
6. Draw a star above the purple grapes.
7. Draw a square around the blue sweet.
8. Draw a triangle under the strawberry ice cream.
9. Draw a star under the green grapes.
10. Write your name under the pink sweet.



WHAT CAN you NAME?

Name 5 things



... that **smell** nice!

Name 5 things



... that **feel** soft!

Name 5 things



... that **sound** nice!

Name 5 things



... that are **blue**!

Name 5 things



... that are **red**!

Name 5 things



... that are **green**!

Name 5 things



... that taste **sweet**!

Name 5 things



... that are **circular**!

Name 5 things



... that are **rectangular**!

Name 5 things



... that are **triangular**!

Name 5 things



... that are **small**!

Name 5 things



... that are **big**!