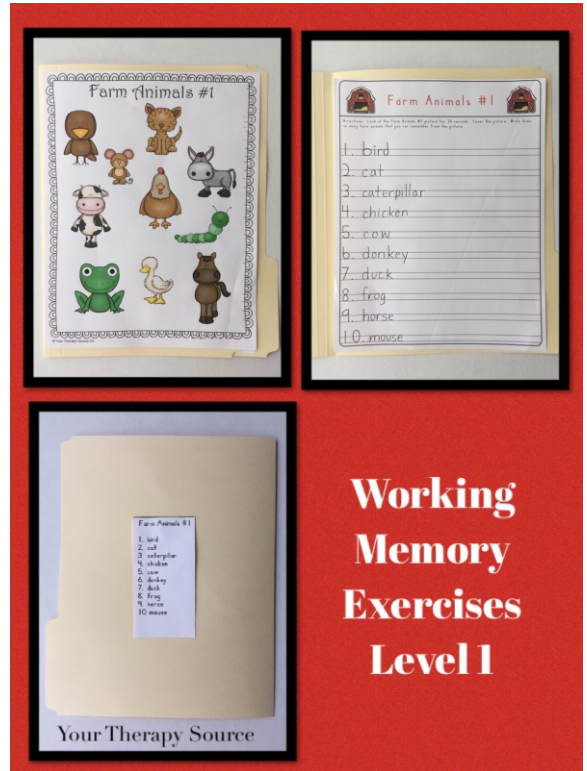


Working Memory Exercises Level 1



Working Memory Exercises Level 1

Directions: Give the student the picture memory page to study for 30 seconds. After the 30 seconds (or longer if necessary), the student flips over the picture page so that it is no longer visible. The student should attempt to recall and write down all 10 items on the recording sheet.

You could use manilla folders so that the student can not see through the picture page when it is turned over. Put the memory picture page on the cover of the folder. Place the recording sheet inside the folder. The student studies the picture page for the allotted time then opens the folder to record his/her answers. Put the answers on the back of each folder so the student can self check his/her work.

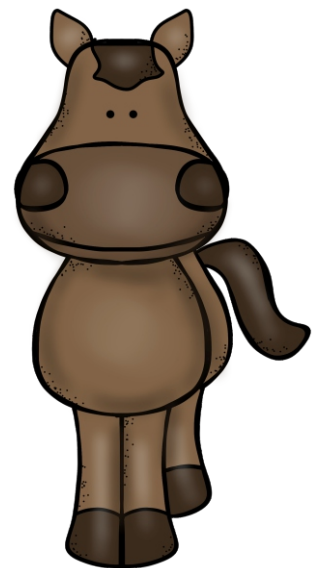
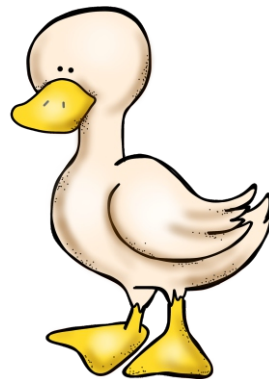
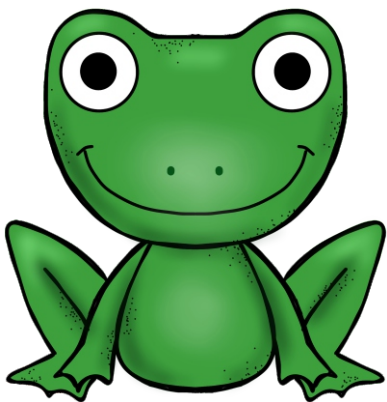
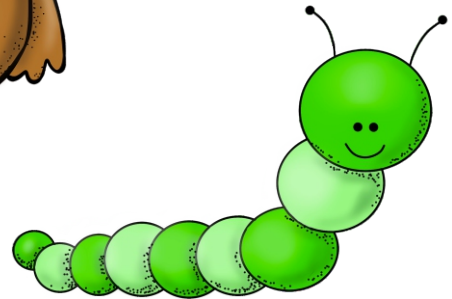
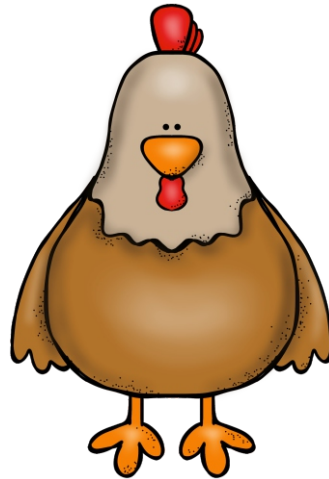
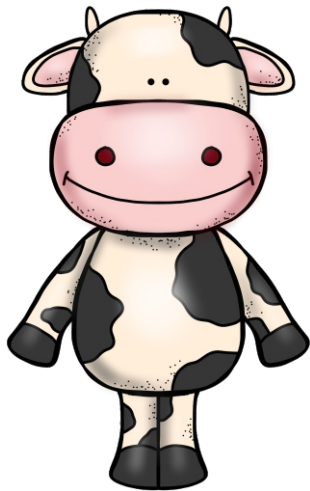
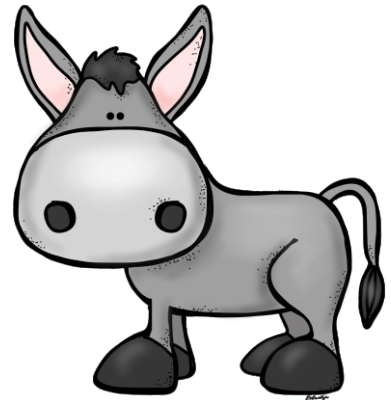
If the activity is too difficult for the student use the additional visual cues on page 4. After the student studies the picture page turn it over. Provide the picture page with 5 of the items on it. The student only has to remember 5 additional items from the picture page.

To challenge working memory even more, have the student study the picture. After the time is up, play a brief game that requires motor skills i.e. catch, kick a ball to each other, etc. After the game see if the student can recall and write down all 10 items.

Now have the student study a picture again for an allotted time. After the time is up, play a game that requires cognitive ability i.e. card game. After the game, ask the student to record as many items that he/she can remember from the picture memory page.

Download the entire packet at www.YourTherapySource.com/workingmemory

Farm Animals #1





Farm Animals #1



Directions: Look at the Farm Animals #1 picture for 30 seconds. Cover the picture. Write down as many farm animals that you can remember.

1.

2.

3.

4.

5.

6.

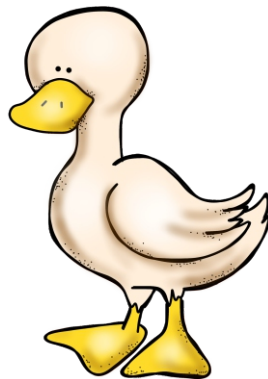
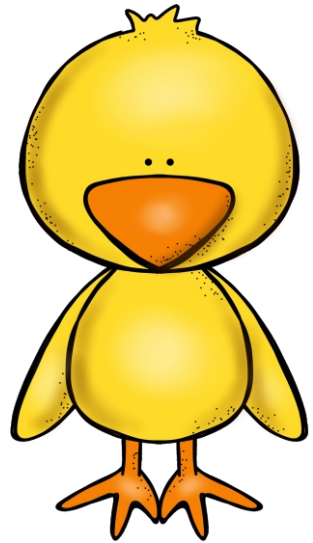
7.

8.

9.

10.

Farm Animals #1



ANSWER
KEY
LEVEL 1

Farm Animals # 1

1. bird
2. cat
3. caterpillar
4. chicken
5. cow
6. donkey
7. duck
8. frog
9. horse
10. mouse