

"Feel the power of training your brain!"



How you can train Working Memory

Here is a game you can do at home or school to train the working memory of your child or student. For each activity below, try to add more details each time.

Activity 1

Open the refrigerator door and ask your child or student to look inside for 20 seconds, quickly memorizing as many items as possible. Then, shut the door and ask your child or student to write down everything he or she can remember. Open the door together and count to see how many items were remembered correctly.

- **Add difficulty level 1:** Same 20-second peek as above, but this time ask your child or student to recall the items one shelf at a time and remember as much as possible from that one area at a time. Open the door together and see how many items were remembered in the correct location.



Activity 2

Choose a room and ask your child or student to look in and describe (or write down) everything seen after a 20-second view. Open the door together and see how many items were remembered correctly.

- **Add difficulty level 1:** Choose a room and ask your child or student to look in and describe everything seen after a 20-second view. Now, name one of the items in the room and ask your child or student to tell you the color of the object and/or unique details about the item.

Learn more about training the skills the brain uses to think and learn at:
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