I'm not a robot

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If they are having problems, slow it down, and repeat each sequence several times. A simpler way of doing the game is to just touch one part of the body, but do it three times.Honestly, these are the best memory tries I have ever tried with children aged 3-5. With just a few simple resources you can really develop their memory skills, and that will have a big effect on many other areas of their learning.READ MORE21 Bubble Games For Kids (That Actually Work!)Outdoor Maths Games – 50 Games Preschool memory games are not only engaging and fun but also foster the growth of essential cognitive skills in young children. From sharpening concentration and enhancing visual recognition to improving attention span and strengthening problem-solving abilities, these games offer a myriad of benefits that go far beyond simple entertainment. Source: twinkl.bg "Match the Pairs" is a classic memory game that can be easily adapted to various themes and concepts. Start by creating pairs of cards or tiles with matching pictures or words. Spread them face-down on a flat surface and have your preschooler take turns flipping over two cards at a time, trying to find a match. Source: nwmontessori.vic.edu.au For a hands-on and sensory twist to memory games, try the "Memory Tray Challenge." Prepare a tray with a collection of small items, such as toys, buttons, or household objects. Show the tray to your child for a limited amount of time (around 30 seconds) and then cover it. Ask your preschooler to recall and name as many objects from the tray as they can remember. Source: reddit.com Incorporate auditory memory skills with the "Sound Match-Up" game. Gather a variety of objects that produce different sounds, such as bells, shakers, or musical instruments. Place them in a bag or box and have your child close their eyes. Select one item and make the sound it produces without revealing the object. Challenge your preschooler to identify and match the sound to the correct object. Source: gracepresconway.org Put a memory twist on the classic game of "Simon Says." Instead of focusing on physical actions, emphasize memory recall. Start by giving your child simple instructions, such as "Simon says touch your nose." Then, add a second instruction, such as "Simon says clap your hands." Continue to add more instructions, and encourage your child to remember and follow each one correctly. Source: kidsacademy.mobi Develop storytelling and memory skills with the "Story Sequencing" game. Begin by reading or telling your child a short story with clear events or actions. Afterward, ask your preschooler to recall and sequence the events in the correct order. Provide visual aids or picture cards representing key moments from the story to help facilitate the sequencing process. Source: twinkl.com.pk Create a set of picture cards featuring various objects, animals, or characters. Lay them face-down on a table or the floor. Encourage your child to turn over two cards at a time, trying to find matching pairs. If they uncover a matching pair, they get to keep the cards and take another turn. If the cards don't match, they must be flipped back over, and it's the next player's turn. Source: rainydaymum.co.uk Arrange a sequence of numbers in a line or a circle on the floor using numbered mats, cards, or chalk. Have your preschooler step on each number while reciting the sequence aloud. Once they've mastered the pattern, remove one or more numbers and challenge them to recall and step on the missing numbers correctly. Source: artprojectsforkids.org Create a "memory train" by drawing or printing pictures of different objects or animals, each one representing a train car. Attach the train cars to a string or a wall, ensuring they are in a specific order. Show the train to your child for a short period, and then remove one or more train cars discreetly. Ask your child to identify the missing car(s) and recreate the original train sequence. Source: babysparks.com Find a small box or container and fill it with a variety of objects. Let your child explore and observe the objects in the box for a few minutes. Then, cover the box and remove one or two items without their knowledge. Uncover the box again and ask your child to identify the missing object(s). Source: themanylittlejoys.com Create a set of alphabet cards, with each card featuring a letter of the alphabet. Place the cards face-down on a table or the floor. As they flip the cards, ask them to say the letter aloud. Source: scavenger-hunt-fun.com Organize a memory-themed scavenger hunt around your home or a designated area. Hide a collection of objects or picture cards and provide your child with a list of clues about their locations. Encourage them to recall and remember the hints as they search for the hidden items. Source: handsonaswegrow.com The Magic Cup game is one of the best preschool memory games available. It is a simple and engaging game that helps children develop their memory skills while having fun. The game involves hiding an object, such as a small toy or a colored ball, under one of several cups and then shuffling the cups around. The child needs to remember which cup the object is hidden under. Source: firstcry.com Number Chain is one of the top preschool memory games that promote number recognition and sequencing skills. In this game, children take turns adding numbers to a growing chain. Each player must remember the sequence of numbers and continue the pattern correctly. Source: kidsactivitiesblog.com In this game, a group of objects is displayed to the children for a short period of time. Then, one object is removed, and the children need to identify which object is missing. This game challenges preschoolers' visual memory and attention to detail. Source: whatmomslove.com This classic game involves a deck of cards with matching pairs. The cards are shuffled and laid face down, and players take turns flipping two cards at a time, trying to find matching pairs. Source: pinterest.com Put a memory twist on the classic game of Charades. Write down various actions, objects, or animals on individual cards. Have your child randomly select a card and act out the word without speaking. Other players must remember the word and guess what it is based on the pantomime. I reckon I must have tried out at least a hundred memory games with the children I have taught over the last ten years. At least one hundred, but maybe more!However, out of all those games, the following 22 really stood out. These are the ones children will ask for time and again, and will help them develop lots of skills alongside memory also.Developing children's memory will have a large impact in many areas of their life. 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That child opens their eyes and goes to hide underneath the sheet or parachute.Bug in a rug!Then everyone opens their eyes. The idea is to guess who is under the sheet. It is all about memory and trying to remember who is sitting where.To find out many more parachute games such as this, then check out my article about the 40 greatest parachute games for kids.Resources – feely bag or box, toy jungle animals, a box (to put the animals in)This is a memory circle game. It works best for about 3-6 children, but you could potentially do it with a few more if they have really excellent memories.The first person puts their hand into the bag, takes out an animal (e.g. an elephant), and says 'At the zoo I saw an elephant.'They pass the bag to the next person who says 'At the zoo I saw an elephant, and a …(whatever they take out, e.g. a lion)Continue on like this, with each child continuing the string.Top tip – The easy way of doing this game is to put the animals in the middle so everyone can see them. The hard way is to each put them in a box so you just have to remember.Resources – sheet, some random objects, (optional – a robber's mask)This is a simple memory game, that they really enjoy. Pick one child to be the 'robber'. They could wear the robber's mask if you would like!Have at least three objects, show the children, and then put a sheet over the top of them. Then everyone closes their eyes. The robber sneaks up, robs an object and puts it behind their back.Then everyone opens their eyes and take the sheet away. Try to guess what has been stolen! Start this game with three objects, but if they get really good then expand the number.The is a great game for early phonics if you do it objects that start with the same letter or objects that rhyme. For 16 more fantastic alliteration games check these out. Resources – A bag of rhyming pictures, a boxThis game is a bit trickier. Sit in a circle and one at a time people put their hand into the bag and take one out (e.g. a cat). They say, 'I saw a cat.'Next person takes one out (e.g. a hat) and says 'I saw a cat and a hat.'Continue like this, building up the rhyming string.Resources – one large picture drawn in advance by the adult, pieces of paper, pensWell in advance the adult will draw a large picture on a piece of paper. It could be anything with lots of detail in, for example an alien face with loads of eyes and other features. Or it could be a house with lots of detail, or a fish bowl containing lots of different things. Here is an example of one I created:When you play the game, put the piece of paper somewhere where they can't see it.Split up into teams of about three. Give each team a piece of paper and some pens.The idea is that one person from each team will go and take a look at the picture (wherever you have hidden it) come back and start to draw it. Then the next person in the team will go, come back and try to help them. Then the next person goes.The idea is to try to copy the picture pretty much exactly on your piece of paper. They can go and look at the picture as many times as they want. There will be lots of memory, debate and cooperation involved.Resources – nothingThis is a much simpler memory game. It is good for speech and language, and memory.Sit in a circle. The adult starts. They make a noise towards the first person in the circle. That person tries to copy the sound to the person next to them. They continue to pass it round the circle.This is a great one for eye contact, which is a big target for many young children. For many more eye contact games, take a look at this article containing 12 fantastic ideas. Resources – some simple playing cardsThis is the classic card game that is brilliant for young children and for developing memory.Have some kind of cards – something with pictures on would be perfect, like different animal cards, or superhero cards, or something like that.Start with only a few pairs, maybe five sets. The first person goes, picking up two cards, and checking what they are. If you get two the same you keep them. If they are different you put them back. Then the next person goes.The winner is the person at the end that has the most pairs.Resources – Three cups (not surprisingly), something to put under it like a pompom.This is a classic street trick. Put the pompom (or whatever you're using) under a cup. Move the cups around quite a bit to try to trick the other person. Then line them up in a row.One child will try to guess where the pompom is.Resources – nothingThis game starts really easy, but it can get progressively harder. It is excellent for memory, but also good for eye contact and understanding about emotions.The easiest version is as follows: the first person in the circle does an emotion face, e.g. a happy, sad, angry or shocked face. Everyone copies. Then the next person goes.Medium version: the first person does a sequence of two faces, for example sad then happy. Everyone copies – sad then happy. Then the next person goes.Hard version: the first person does a sequence of three faces. Everyone copies!There are lots of similar excellent ideas to this in this article – 21 preschool circle time games that actually work! Resources – some different hats, coats, and scarvesThis is really good fun. One child comes into the middle of the circle. They put on one hat, one scarf, and one coat.Then everyone closes their eyes.The child in the middle swaps just one item of clothing. For example, they might change their hat. Then everyone opens their eyes and tries to guess which item they changed.Resources – feely bag of pretend food, picnic hamper (or box)This is another great circle game. The first person takes a piece of food out and says 'For the picnic we take a (whatever it is, e.g. 'cake'). Then the next person goes, and says for example 'For the picnic we take a cake and an apple.'Continue like this.Resources – sheet, objects, magic wandChildren love a bit of magic! The idea of this one is it is a bit like Kim's Game but jazzed up!Put some objects in the middle of the circle and then cover them with a sheet. Get the children to close their eyes, then 'abracadabra!' (Secretly you take an object out from under the sheet and hide it.Then they open their eyes, and you remove the sheet. What has vanished!?This is really brought to life even more if you can get your hands on a real magic wand that really makes a noise as well, a bit like this one:Resources – nothingYou can have hours of fun with this game.Everyone sits in a circle. They close their eyes. The adult taps one child on the shoulder. They stand up and go and hide somewhere, for example round the corner.Then everyone opens their eyes, and try to guess who has gone missing. Great for eye contact, and trying to remember who is around them.Resources – feely bag, one mystery object (of your choice)The idea is that in a circle, you pass round the feely bag and every child holds it for a few seconds and tries to guess what's in it. Then they pass it to the next person. Everyone has one guess, for example: 'I think it's an orange.' 'I think it's a ball.' 'I think it's an apple.' EtcWhen you get to the end, before you look in the bag, ask the children to point to the person they think said, for example, 'a ball,' 'an orange.' This gets them all really focussing on what the others say and trying to develop memory.Then reveal what was in the bag!Resources – nothing, or you can use rhythm sticks or drumsThis one is a bit harder than some of the other games.If you are not using rhythm sticks or drums, you can just do it with clapping.Rhythm sticks or claves are a great choice for memory gamesThe easier way of doing it is this – pick a theme, for example food. Then one child thinks of a food and claps (or hits) the word, e.g ba-na-na! (That would be three hits!) Everyone copies.Then the next child picks a food and hits it.The harder way of doing the game, is the first child just hits the sticks together in a rhythm (it could be anything). Then everyone tries to copy. This is one of many rhythm sticks games that you can check out here. Then the next person goes.Have a go of the easy version first, and if they are good at this then go on to the hard version.Resources – two lots of about four instruments.This is an excellent early phonics games, which develops listening and memory.Have one child in the middle of the circle, with four instruments in front of them. The adult has the same four instruments, but goes and hides somewhere.Play one instrument and see if the child can copy the same instrument.You can make this harder by trying to copy the instrument and copy the rhythm.Harder again would be copy two instruments, or copy two instruments and copy the rhythm also!Resources – Sticks, objects you find on a journeyThese are a beautiful natural resource and great for memory.The idea is that if you go on a trip with your children you find objects on the way and collect them. When you get back home or to school/nursery or your home you stick these objects to a long stick. This stick becomes your 'journey stick'. It offers memories of what you saw and did.It is also a great way of getting children to talk about their memories. Research suggests there is a strong link between vocaulary and memory acquistion. (Source)Resources – nothingSome simple chants and poems are great to learn by heart so you can recite them. It really helps if they repeat a lot, or if you have actions to bring it to life.Resources – Either nothing, or you could have number cards.In a circle, the first child says a number, e.g. '5'. The next child will have to say that number, '5', and then say a number of their own, e.g. '3'. Then the next child says, '5,3…etc'Keep building it up like this.An easier way to do this is to all use number cards. The first child takes out a number and puts it in a box. Then the next person builds on this etc.Resources – Some paper, pens etcThis is great to do as an activity after you have been on some kind of adventure. At home it could be a walk to the park. Or it could be walk around school, or a treasure hunts round the outside. You could even do a map of your route to school.The activity is that you then quite simply draw a map of where you have been. Put all the features on that you can remember. Great for generating talk, and remembering recent events in your life.Maps like this are also great to use with story stones, to imagine stories and act them out.Resources – nothingThis one is great for listening skills as well as memory.Sing simple songs, such as Twinkle Twinkle, or The Wheels on the Bus. At key moments leave out a word. See if they notice, and see if they can fill in the missing word. For example:Twinkle twinkle little star,How I wonder what you …This can be good for rhyme as well, and a simple way of filling in rhyming strings.Resources – nothingThis one is great for memory, and also eye contact, which is a huge target for most children.The idea is that the first person in the circle will tap three parts of the body in a sequence with their hands. For example, it could be 'head, knees, feet.' Then everyone tries to copy.Then the next person goes: it could be 'tummy, chest, shoulders.' Everyone copies again.Keep going like this.This game can be simplified. If they are having problems, slow it down, and repeat each sequence several times. A simpler way of doing the game is to just touch one part of the body, but do it three times.Honestly, these are the best memory tries I have ever tried with children aged 3-5. With just a few simple resources you can really develop their memory skills, and that will have a big effect on many other areas of their learning.READ MORE21 Bubble Games For Kids (That Actually Work!)Outdoor Maths Games – 50 Games Working Memory Activities & Strategies for Kids: Explore 40+ working memory strategies and activities for kids. Plus, download three free memory activities for your classroom or home, complete with strategy suggestions, various implementation options, and different levels of difficulty to engage both younger and older children. Memory is the cognitive ability that allows us to retain, store, and retrieve information. There are three main memory categories: Sensory memory is the shortest-term memory that retains unprocessed or raw impressions of what we see, hear, or feel for a brief moment after the original event is over. Sensory memory holds this information for comprehension purposes or to move into another memory storage system. Sensory memory is not consciously controlled. Short-term memory: This type of memory holds a small amount of information in an active, readily available state for a short period of about 10 to 30 seconds. Working memory is a closely related concept, but it is much more than just short-term memory. Working memory is a core executive function. It involves not only the short-term storage of information, but also enables us to work with that information and manipulate it to perform complex cognitive tasks such as reasoning, planning, problem-solving, or understanding. Poor working memory affects a person's ability to retain and manipulate information over short periods. Long-term memory is a relatively permanent information storage system that enables one to retain, retrieve, and make use of skills and knowledge hours, weeks, or even years after they were originally learned. (Source: APA Dictionary of Psychology). Table of Contents Working Memory 32 Helpful Memory Strategies for Kids Organizing Information Memory Techniques Practice & Repetition Focus & Environment Health & Lifestyle Tools & Aids Cognitive Skills Exercises 10 Working Memory Activities & Games Working Memory in the Classroom Memory Worksheets Free Download Our working memory is like our brain's processing hub, helping us juggle and make sense of incoming information. Working memory allows us to solve a math problem, remember phone numbers long enough to dial them, follow multi-step instructions, or keep track of a conversation while thinking about our response. In other words, working memory is the cognitive system responsible for temporarily holding and manipulating information needed for complex tasks like reasoning, learning, and comprehension. According to Baddeley and Hitch's model (1974), working memory consists of multiple components: The central executive: It directs attention and coordinates tasks. The phonological loop: It's like a storage system for verbal and acoustic material and processes auditory information. The visuospatial sketchpad: It's the storage system for visual material and handles spatial and visual information. The episodic buffer (added later in 2000) combines information across our different senses and interfaces with information from perception and long-term memory. This system is crucial for tasks such as problem-solving, language comprehension, and decision-making. As you can see, a strong working memory is essential for problem-solving, learning, academic success, and managing everyday tasks. However, working memory can sometimes be overloaded, especially when it faces excessive demands, such as holding and processing too much information, or when we're tired or distracted. The good news? Plenty of strategies can help our memory systems, making it easier to stay organized, retain important details, and improve focus. In this post, I'll share practical and effective techniques for kids (and adults) to boost their memory skills (and maybe even improve their academic performance!) I've organized these working memory activities into broad categories to make exploring them easier. The categories include organizing information, memory techniques, practice and repetition, focus and environment, health and lifestyle, tools and aids, and cognitive exercises. In the following section, we will also explore what we can do to help working memory overload in the classroom. Chunking information: Break things into smaller, meaningful groups—it's easier to remember bits than the whole. For example, instead of remembering a phone number as 1234567890, you can chunk it into 123-456-7890 to make it easier to manage. Or remember the grocery list by grouping items into relevant categories: fruits (apples, bananas), dairy (milk, cheese), etc. Writing information down: Jot down ideas or details so you don't have to rely on memory alone for important information, especially since our memory capacity can only hold so much at once. Using checklists: A simple list keeps you on track, helps store information, and ensures nothing gets missed. Highlighting or underlining key details: Mark the important stuff so it stands out. Breaking tasks into smaller steps: Big tasks are less scary when you break them into chunks. Organizing information spatially: Use charts, tables, or layouts to see the big picture. Using diagrams or mind maps: Draw connections between ideas to make them stick. This is a great strategy to see the whole picture at a glance and see how everything connects. Asking clarifying questions: Get things straight up front to avoid confusion later. Using mnemonics: Create little tricks or phrases to remember things more easily. For example, the mnemonic "My Very Educated Mother Just Served Us Nachos" is very popular and is used to remember the order of the planets. Creating acronyms or acrostics: Use the first letters of items to make a word or phrase you'll remember. For example, many of you will be very familiar with the math acronym math PEMDAS (Parentheses, Exponents, Multiplication, Division, Addition, Subtraction) Visualization techniques: Picture what you're trying to remember—it's like creating a mental snapshot. For example, to remember your shopping list, picture walking through the supermarket and placing each item—like apples, bread, and milk—into your cart. Using association techniques: Link new information to