

## Memory Games

These are just a few examples of simple games to help young children increase their memory skills.

Activities like this not only help with memory, they also support planning and sequencing – important skills to have for most school subjects, and for life in general.

After you have tried them, you will probably invent a few ideas of your own to try with your child.

Do not worry if they find it difficult to start with. Practice will help them, as well as having fun and gaining confidence. You can gradually increase their memory level as you go along.

✚ With your child watching, place a few objects around the room. These should be objects that interest your child. They should be easily seen. Leave the room or hide your child's eyes, then get your child to retrieve the objects.

When they are confident with that (it may take many attempts with some children), place the objects round the room with your child, then take them and give them to your child. Ask them to replace the objects in the correct places that you had originally put them.

✚ Draw simple pictures in a line on a piece of paper. This may be just two – three to start with. Hide your paper and ask them to draw the pictures in the correct order. \*For children who find drawing difficult you can use cut out pictures for them to use.

✚ Share a short picture book story with them. On certain pages point out a familiar object you want them to remember. Then look through the book in page order again and get them to try to remember the objects.

- ✚ Build a colour tower with building blocks. Duplo™ is good for this, but any block will do. Start by building three blocks up in different colours. Hide them, then get your child to build in the same order. Gradually you can increase the number of blocks on the tower. Eventually you could have a pile of blocks for them to find the correct colours before building them in the correct order.**
- ✚ When you take your child for a walk, on the way back point out obvious landmarks. These could be things like a skateboard park, the only tree with pink blossom, a sweet shop, etc. Tell them you want them to remember them for a game you are playing. When you get home go on an imaginary trip along the route you followed and ask them to try to remember some of the landmarks. Remember, some children may need to start with two or three landmarks.**