

A stylized eagle logo in the background, rendered in blue and orange colors. The eagle is shown in profile, facing right, with its wings spread. The logo is composed of thick, rounded strokes.

Working Memory

Using our brains to remember the little details.

A stylized eagle logo in the background, rendered in blue and orange colors. The eagle is shown in profile, facing right, with its wings spread. The logo is composed of thick, curved lines.

First... a quick video!

- [Click Here!](#)

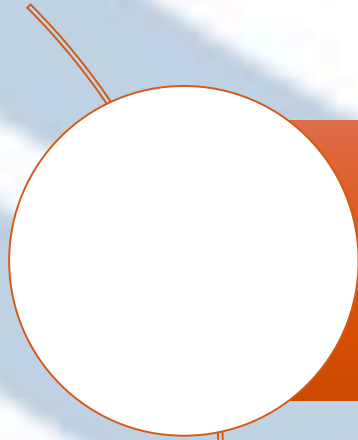
Working Memory, what is it?

- Skill that helps you remember information
- Helps you perform multi-step directions/problems
- Allows you to recall information for later
- We use it when:
 - Learning new sports
 - Taking tests
 - Preparing for future events

Working Memory: How Can We Improve?

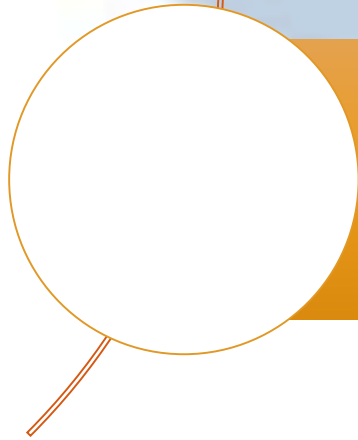
- There are many games that can help you improve your working memory:
 - Crossword puzzles
 - Word scrambles
 - Memory
 - Simon Says

Let's start improving it today!



Game 1- Picture Memory

- [Click Here!](#)



Game 2- Number Memory

- [Click Here!](#)

Game: Going on a Trip!

- Sit in a circle with your class.
- Choose a destination for a trip.
 - ex: beach (swimming/etc.), mountains (skiing), woods (camping), city (sight-seeing)
- Go around the circle and name something you are taking on the trip.
 - Build on what the person before you said
 - “I am going to the beach and I am taking my swimsuit.”
 - “I am going to the beach and I am taking my swimsuit and a towel.”
 - “I am going to the beach and I am taking my swimsuit, a towel, and sunscreen.”
- Continue until your list to see how many items your class can remember.
- Start again with a second destination.

Reflect

Pair up with another student

Take turns sharing:

- **3** things you learned today
- **2** examples of when you might use working memory
- **1** thing you might try to improve your working memory