



EVERY DAY WITH ADHD

Celebrate Abiding
disabilities

Short Term Memory Exercises

Short Term Memory Deficit Exercises

1. Sequence of directions/instructions
 - a. Bring me the book
 - b. Bring me the book, then close the door
2. Take a simple message word for word to another family member
3. A whole family game - pass a message by whispering from one person to the next.
4. Shopping game - "I went to the shop and I bought...."increase the number of articles as the sentence is repeated by every person.
5. Show a large colourful picture. Remove the picture and ask the child to tell you what it was about.
6. Show a bead pattern on a string for 10 seconds. Remove it from sight and ask the child to repeat it from memory. Start with very simple patterns.
7. A picture of a row of objects then ask the child to "Find one that is different", now "Find one that is different and two that are the same"
8. Tell a story with three pictures. Ask the child to retell the story. Give the pictures to be placed in the correct order.
9. Show the child three time-ordered pictures (e.g. a cake being made). Explain what is happening then give the pictures to the child to put in correct time sequence.
10. The child watches you make three movements e.g. touch head, knee and elbow. Ask the child to repeat movements in the same order.
11. Place a few objects in a group. The child observes the group for ten seconds. Remove one and ask "Which one?"
12. Same procedure as for the activity above only the removed object is placed among a second group of objects. Ask "Which is it?"
13. Ask child to close eyes and describe what he is wearing.
14. Ask the child to describe what he had for breakfast, what he watched on TV, what his teacher looked like today etc.
15. The "Simon says" game.