neuronUP

Exercises to work memory

"Memory is the diary that we all carry about with us"

This is how Oscar Wilde defined it. Memory is the warehouse of our memories and experiences. It is the capacity that allows us to learn and adapt. Thanks to memory we are who we are.

Thanks to memory we remember the people we are with, the conversations we have had, where we have traveled, our knowledge and professional skills.

Having a good memory is conditioned by age, diet or genetics, but also environmental factors such as stress, intellectual activity, quality of sleep, etc. However, there are diseases such as Alzheimer's that cause the gradual loss of memory, the loss of our precious memories. But it is a loss that can be confronted. From NeuronUP we rely on cognitive stimulation to work memory as a preventive method.

In the following document, we share with you 5 exercises developed by NeuronUP to work on memory with adults and children.

AREA OF INTERVENTION: Semantic M..

ACTIVITY: Greater Than and Less Than.

MODE: 651.

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INSTRUCTIONS: Write the number less than and greater than these quantities.

1. _____ 45 _____

2. _____ -26 _____

3. _____ 11 _____

1:    2:   3:

Exercise to work memory by neuron UP

AREA OF INTERVENTION: Semantic M..

ACTIVITY: Organization by Categories.   **MODE:** Default.   www.neuronup.us
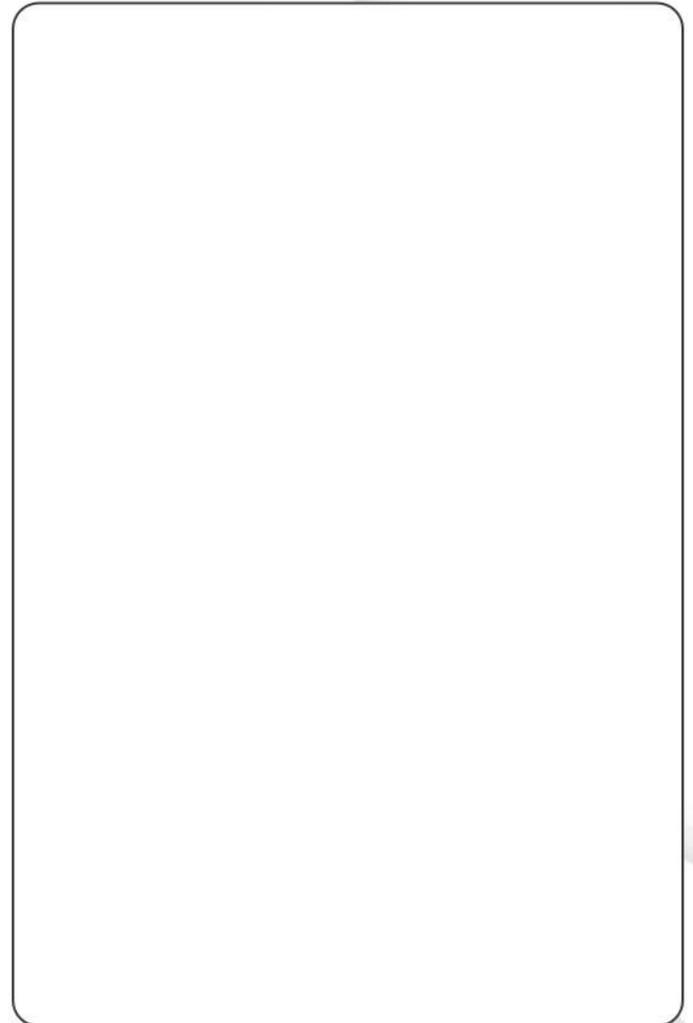
INSTRUCTIONS: Write each word in the corresponding category.

CASE   MARKER   LILY   GLUE   ORCHID   CEDAR   PETUNIA
AZALEA   NOTEPAD   OAK   PAPER   BIRCH   BEECH   ERASER
PENCIL   RULE   FOLDER   CHRYSANTHEMUM   DAISY
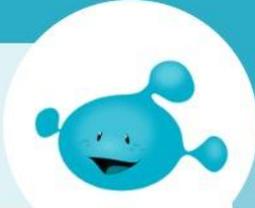CALCULATOR

PLANTS

OFFICE SUPPLIES

Circle each drawing with the same color as its category.

BLUE   Leisure

BLACK   Animals

Name: | Date:

Area of intervention: Semantic M., Reading and Reasoning.
Activity: Converting Numbers into Words.   Mode: 654.

Put each number in its place.

| 30 | 28 | 22 |

| 43 | 48 | 34 |

[ ]   thirty-four

[ ]   forty-three

[ ]   twenty-two

[ ]   forty-eight

[ ]   thirty

[ ]   twenty-eight

Completion time:

AREA OF INTERVENTION: Semantic M..

ACTIVITY: Matching Words to Category.   MODE: Default.

INSTRUCTIONS: Write the category that each word belongs to.

DRINKS   TOOLS   OFFICE SUPPLIES   BODY PARTS   COLORS
INSTRUMENTS   APPLIANCES   COOKWARE   SPORTS   KINSHIPS
CLOTHING   ANIMALS

MARKER:

DRUM:

HUSBAND:

REFRIGERATOR:

ARCHERY:

CHICKEN:

TRAY:

DRILL:

NECK:

JUICE:

WHITE:

SCARF: