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Kids Learning › Brain Games › Working Memory

What is Working Memory

Unlocking the Power of Working Memory in Kids!

DEFINITION

> Working memory is the ability to hold and manipulate information in your mind. It's essential for learning, problem-solving, and everyday tasks.

KEY CONCEPTS

Short-term storage

This is where information is temporarily held for quick access.

Manipulation of information

Working memory allows you to change or use the stored information actively.

Attention control

It helps you focus on important information while ignoring distractions.

Capacity limits

Working memory can only hold a limited amount of information at once.

Age-related changes

Working memory capacity improves with age and practice.

EXAMPLES

→ Remembering a phone number long enough to dial it.

→ Following multi-step instructions in a classroom activity.

→ Solving math problems by keeping numbers in mind.

MEMORY TIPS

★ Chunking: Break information into smaller, manageable parts.

★ Visualization: Create mental images to represent concepts.

★ Repetition: Repeat information aloud to reinforce memory.

COMMON MISTAKES

✗ Trying to remember too much at once.

✗ Not paying attention to details.

✗ Failing to practice memory strategies regularly.

QUICK RECAP

Working memory is crucial for learning and problem-solving. It involves holding and manipulating information while managing distractions. Practice memory strategies to enhance your working memory skills.