

Working Memory Exercises

1. Start with 10 and count backwards by 2's.
2. Start with 20 and count backwards by 2's.
3. Start with 30 and count backwards by 3's.
4. Start with 40 and count backwards by 4's.
5. Start with 50 and count backwards by 5's.
6. Start with 30 and count backwards by 6's.
7. Start with 35 and count backwards by 7's.
8. Start with 40 and count backwards by 8's.
9. Start with 45 and count backwards by 9's.
10. Start with 100 and count backwards by 10's.
11. Start with Monday and say every other day.
12. Start with Sunday and say the days of the week backwards.
13. Start with January and say every other month.
14. Start with December and say the months backwards.
15. Say the last 6 months of the year.
16. What is the 10th letter of the alphabet?
17. What letter comes before H in the alphabet?
18. What letter comes before W in the alphabet?
19. What letter comes before J in the alphabet?
20. What are the last 5 letters of the alphabet?

Working Memory Exercises

1. Say a word that rhymes with "cat." Now spell it backwards.
2. Say a word that rhymes with "jar." Spell it backwards.
3. Say a word that rhymes with "hair." Spell it backwards.
4. Say a word that rhymes with "gate." Spell it backwards.
5. Say a word that rhymes with "mouse." Spell it backwards.
6. What is the opposite of fast? Now spell it backwards.
7. What is the opposite of short? Spell it backwards.
8. What is the opposite of hot? Spell it backwards.
9. What is the opposite of above? Spell it backwards.
10. What is the opposite of west? Spell it backwards.
11. Name a color. Now spell it backwards.
12. Name a sport. Spell it backwards.
13. Name a musical instrument. Spell it backwards.
14. Name a vegetable. Spell it backwards.
15. Name a wild animal. Spell it backwards.
16. What is the sixth month of the year? Spell it backwards.
17. What is the fourth month of the year? Spell it backwards.
18. What is the seventh month of the year? Spell it backwards.
19. Spell your first name backwards.
20. Spell your last name backwards.

Working Memory Exercises

1. Interweaving days of the week and numbers.
 - a. Count to seven.
 - b. Say the days of the week, starting with Monday.
 - c. Now alternate between numbers and days, going in order.
2. Interweaving months of the year and numbers.
 - a. Count to 12.
 - b. Say the months of the year.
 - c. Alternate between numbers and months, going in order.
3. Interweaving the alphabet and numbers.
 - a. Count to 10.
 - b. Say the first 10 letters of the alphabet.
 - c. Alternate between numbers and letters, going in order.
4. Interweaving days of the week and months.
 - a. Say the days of the week.
 - b. Say the first seven months of the year.
 - c. Alternate between days and months, going in order.
5. Interweaving male and female names, in alphabetical order.
 - a. Say a male name that starts with A.
 - b. Say a female name that starts with B.
 - c. Continue through Z, passing on the hard letters.