

Working Memory Drills

These drills mimic the memory load of game-based assessments.

Drill 1: Grid position memory

Draw a 3×3 grid:

```
1 2 3
4 5 6
7 8 9
```

Memorize these sequences for 5 seconds, hide them, then recall.

Set A

1, 5, 9

Pattern: diagonal.

Set B

3, 5, 7

Pattern: opposite diagonal.

Set C

2, 4, 6, 8

Pattern: cross without center.

Set D

1, 3, 7, 9

Pattern: corners.

Drill 2: Number chunking

Memorize as chunks:

194719501984

Better:

1947 | 1950 | 1984

Now practice:

- 202620272028
- 1235813213455
- 314159265358
- 112358132134

Drill 3: Symbol memory

Memorize:

▲ ○ ■ ▲ ◆

Recall after 5 seconds.

Harder:

▲2 ○4 ■1 ▲3 ◆5

Drill 4: Reverse recall

Read sequence:

7 2 9 4 1

Recall backward:

1 4 9 2 7

Practice:

- 5 8 1 6
- 3 9 2 7 4
- 6 1 8 3 5 9

Drill 5: Row-column naming

Use:

R1C1 R1C2 R1C3
R2C1 R2C2 R2C3
R3C1 R3C2 R3C3

Memorize:

R1C2, R2C2, R3C2

This is middle column. Convert positions into visual patterns.