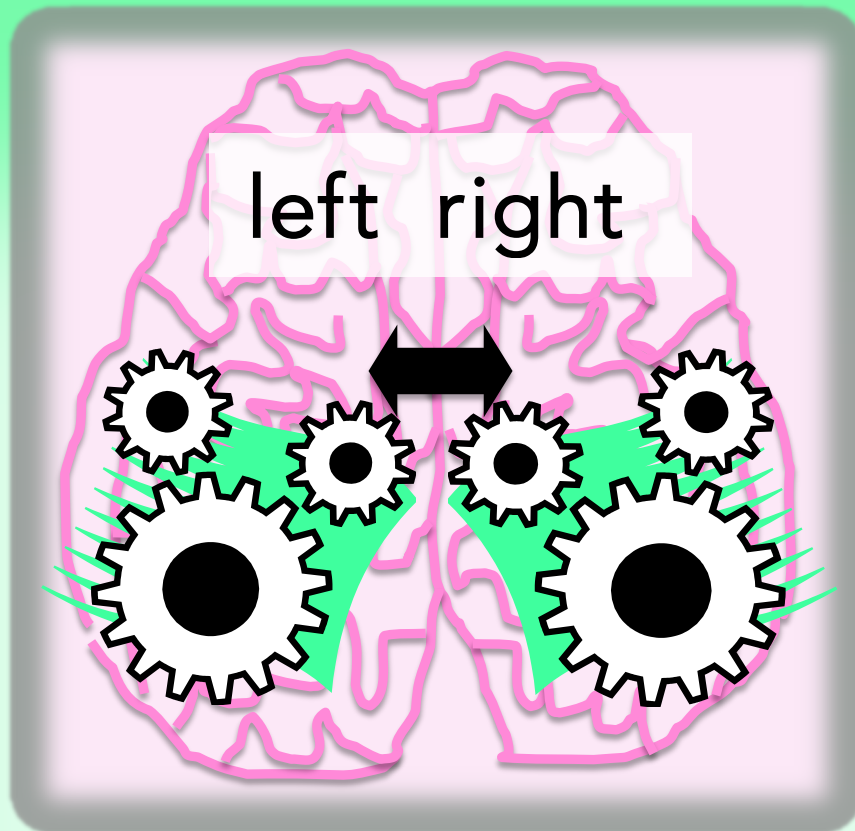


Sample Activities from: Working Memory, Hemisphere Integration and Attention Building Activities for Optimal Learning



BY DR. ERICA WARREN

WWW.GOODSENSORYLEARNING.COM

WWW.DYSLEXIAMATERIALS.COM

Copyright © by Erica Warren, 2014. All rights reserved. Published in the United States of America. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means: electronic, mechanical photocopying, recording or otherwise, by anyone other than the original purchaser for his or her own personal use without the prior written permission of the publisher.

Erica Warren Publications
43 Lakefront Road
Putnam Valley, NY 10579
845-528-6029
www.dyslexiamaterials.com
www.goodsensorylearning.com
www.learningtolearn.biz
erica@learningtolearn.biz



Come learn more about two, comprehensive, working memory workbooks:
<http://www.goodsensorylearning.com/working-memory-activities.html>

Introduction

Successful learners are fully engaged, can maintain attention and they activate both hemispheres of their brain. However, many young learners go through their daily classroom activities without being fully conscious of the task at hand. They are constantly distracted by external stimuli as well as their own internal thoughts that take them on “little trips” outside of the classroom. Although their bodies are present, their minds are elsewhere. What’s more, when these students eventually become consciously involved in the classroom, many have missed important instruction and they may only be activating the dominant side of their brain. So, for example, if a student is only using the right hemisphere, reading can become a difficult task as for most people, the left hemisphere of the brain is dominant for language. For students that fall into this profile, learning can become difficult, frustrating and taxing.

What is Working Memory?

According to Google definitions, working memory is the part of short-term memory that is concerned with immediate, conscious, perceptual and linguistic processing. The development of working memory is fundamental to helping students to be present and mindful while in the classroom. It also helps them to encode information as well as perform mental manipulations.

What is Hemispheric Integration?

Hemispheric Integration is the activation of both the left and right hemispheres of the brain. When hemisphere integration is poor, there is decreased communication between the right and left sides of the brain. Electrically, the two hemispheres are not communicating, there is an imbalance between the right and left sides of the brain or one hemisphere is activated, while the other remains largely inactive. According to Stein, Stanford, and Rowland (2009) multisensory integration is essential for almost every activity that we perform because the combination of multiple sensory inputs is essential for us to comprehend our surroundings. A healthy and productive mind “emerges from a

process called integration” (Siegal, 2011). Both Dennison (2006) and Hannaford (1995) offer physical activities that integrate the brain through movement, but this publication offers quick printable activities that can also activate both hemispheres and train the brain to be mindful and present for improved memory and processing.

Why Use these Activities?

We live in a society that is constantly bombarding children with stimuli to the point that when there is no stimulation, many kids get bored and they don't know how to think. In addition, many children do not know how to activate their own cognition and take control of their own thought processes. I created these fun, game-like activities to help students become mindfully present, develop working memory, engage both hemispheres of the brain and help learners develop the capacity to sustain attention. Many of the activities were created with the Stroop Effect in mind. The effect is named after John Ridley Stroop who first researched and published the effect in English in 1935. Later, his findings inspired a test, The Stroop Test, and these activities are considered to measure selective attention, cognitive flexibility, processing speed, and executive functions.

* Please note: At first, these activities can be challenging and mentally taxing. In a single session, begin by completing a single activity 1-2 times. Eventually, work up to doing multiple activities numerous times.

Tell Me Activities:

Overview

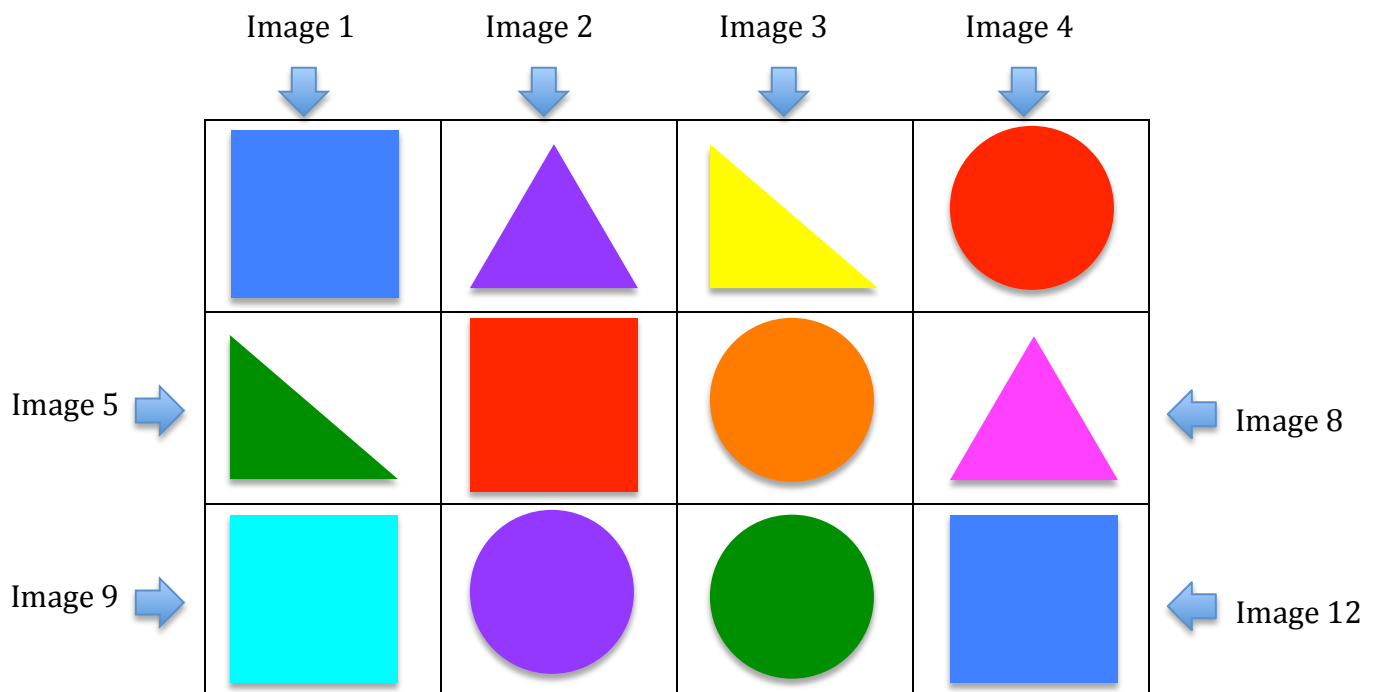
- Tell Me Activities strengthen working memory, attention, mental flexibility and integrate the brain by activating both hemispheres.
- All these activities should be done multiple times with the intention of improving speed of processing and accuracy.
- Each administration should be timed with the use of a stopwatch and the results recorded at the bottom of the activity.
- If the student does not like to be timed, evaluate their progress qualitatively.
- Once a student has improved their time and appears to work through the activity with swift proficiency, move onto another activity.
- There are a number of activities: Shapes, Animals, Puppies, Aliens, Letters, Color/Words, Letter/Number, Letter/Number/Color, Letter/Direction. Each new activity offers a sequence from beginners to more advanced exercises.

Directions

For each activity there is grid of rows and columns. Students should work their way through the grid from image 1, to image 2 and so forth, across the row to the next row, while applying the rule for that activity. For example, see the sample below:

See how quickly you can name the color (image 1) and the shape (image 2). A student would verbalize the following: "blue, triangle, yellow, circle..." This continues across all the rows until the last image on the last row.

SAMPLE: **Repeat Rule:** 1. Color 2. Shape



Tell Me 2:

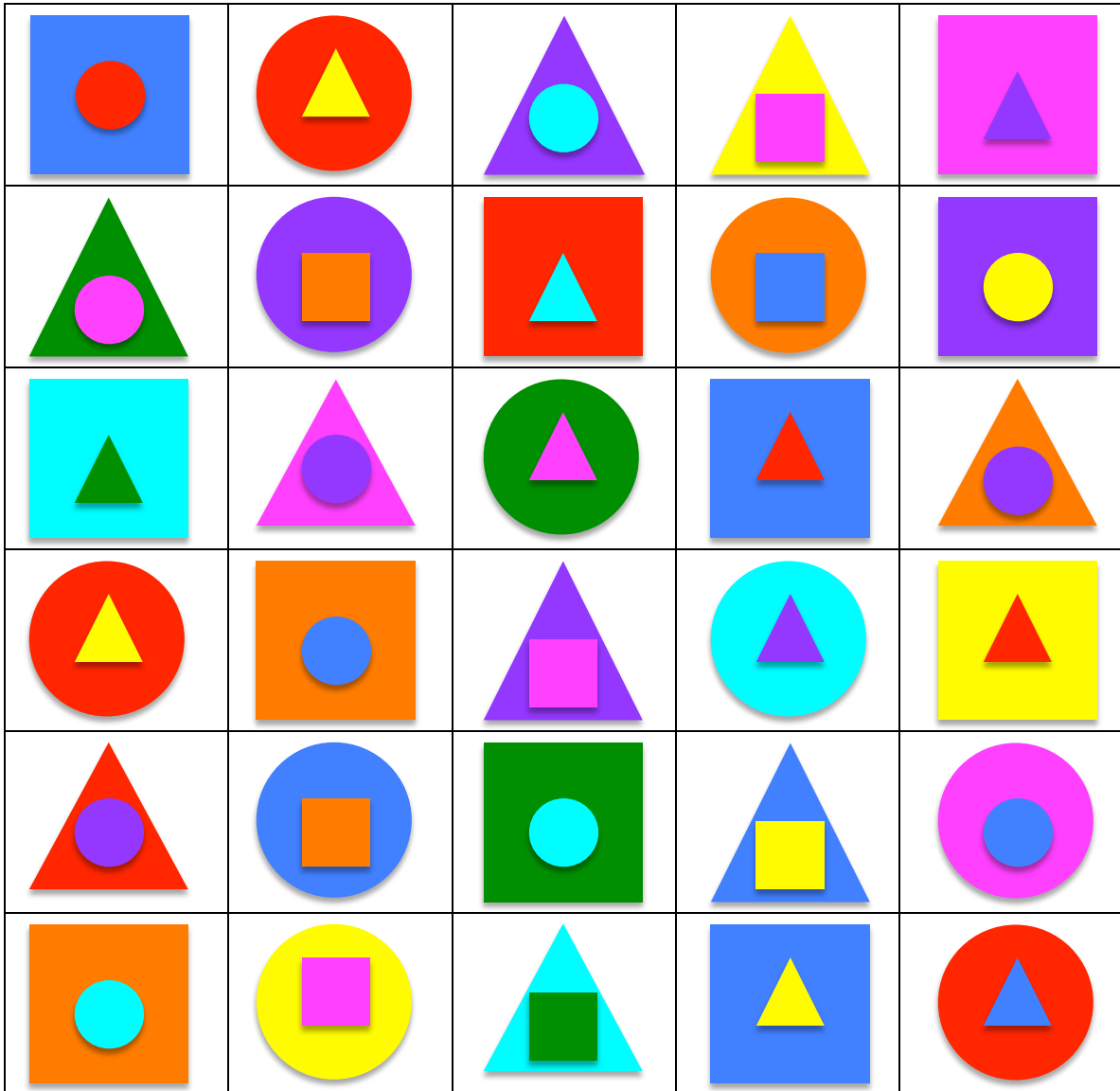
Name: _____

Shapes: See how quickly you can name the big shape (in image 1) and the little shape (in image 2). Continue this pattern until you reach the end of a row. Then proceed across all the rows until you reach the last image in the last row. Note your time and try to beat your score.

Repeat Rule:

1. Big

2. Little



Record your times here:

1 st time: _____	Date: _____	6 th time: _____	Date: _____
2 nd time: _____	Date: _____	7 th time: _____	Date: _____
3 rd time: _____	Date: _____	8 th time: _____	Date: _____
4 th time: _____	Date: _____	9 th time: _____	Date: _____
5 th time: _____	Date: _____	10 th time: _____	Date: _____

Cross Out 6:

Name: _____

Look through each row in sequence and see how quickly you can circle the pair of characters when a number comes first and cross out the pair of characters (x) when the letter comes first. Continue until you reach the last image on the last row. Note your time and try to beat your record.

Rule: 1. ○ when the number comes first 2. ✕ when the letter comes first

3K	L2	Z9	7X	C5
4V	6B	N8	M2	1R
9S	D7	6F	G8	3J
4H	M8	Q1	6E	R9
1T	Y2	5U	3P	A4
G1	4S	Y7	6R	3F
K4	L9	1P	5V	C2

Record your times here:

1 st time: _____	Date: _____	6 th time: _____	Date: _____
2 nd time: _____	Date: _____	7 th time: _____	Date: _____
3 rd time: _____	Date: _____	8 th time: _____	Date: _____
4 th time: _____	Date: _____	9 th time: _____	Date: _____
5 th time: _____	Date: _____	10 th time: _____	Date: _____

References

Dennison, P. E. (2006). *Brain Gym and me: reclaiming the pleasure of learning*. Ventura, CA:

Edu-Kinesthetics Inc..

Esbjorn-Hargens, S. (2006). Integral Education By Design: How Integral Theory Informs Teaching, Learning, And Curriculum In A Graduate Program. *ReVision: A Journal of Consciousness and Transformation*, 28(3), 21-29.

Hannaford, C. (1995). *Smart moves: why learning is not all in your head*. Arlington, Va.: Great Ocean Publishers.

Siegel, D. J., & Bryson, T. P. (2011). *The whole-brain child: 12 revolutionary strategies to nurture your child's developing mind*. New York: Delacorte Press.

Stein BE, Stanford TR, Rowland BA (December 2009). "The neural basis of multisensory integration in the midbrain: its organization and maturation". *Hear. Res.* **258** (1-2): 4–15.

Stroop, John Ridley (1935). "[Studies of interference in serial verbal reactions](#)". *Journal of Experimental Psychology* **18** (6): 643–662. Retrieved 2012-1-08.

Come learn more about two, comprehensive, working memory workbooks:

<http://www.goodsensorylearning.com/working-memory-activities.html>

About the Author: Dr. Erica Warren

Dr. Warren has always aspired to empower the spirit of those who struggle with learning. So after finishing a bachelor's degree in fine arts, Dr. Warren tailored a special degree program that combined course-work and research in Educational Psychology, Special Education, School Psychology, and Adult Education.

In 1999, Dr. Warren opened the doors of Learning to Learn in Ossining NY. What started as a private practice to help individual students maximize their learning potential and find joy in the learning process, blossomed into a place where students, parents, teachers and schools can receive educational support, materials, training and advice. Her website, www.learningtolearn.biz offers an ever-growing wealth of information, links, materials and support. Learning to Learn now offers:

- One to one educational support
- Teacher training and workshops
- Educational materials
- Cognitive remedial therapy
- School consultations
- Learning profiles and reports
- Technology and software advice
- Student advocacy



In 2005, Dr. Warren unveiled **Good Sensory Learning and Dyslexia Materials** where student-inspired, fun, multisensory teaching materials are created and available to the public.

You can contact Dr. Warren @ erica@goodsensorylearning.com or 845-528-6029

<http://learningtolearn.biz>

<http://dyslexiamaterials.com/>

<http://www.goodsensorylearning.com/>

<http://learningspecialistmaterials.blogspot.com/>

<http://www.facebook.com/goodsensorylearning>

Erica@goodsensorylearning.com

List of Dr. Erica Warren's Other Publications & Services

Item Number	Title	List Price	Hard Good or Digital Download
1	5 Ws Detectives Sentence Game Digital Download	5.99	Digital Download
2	Hey, What's the Big Idea: Main Idea and Detail Game Download	6.99	Digital Download
3	Word Shuffle Figurative Language, Literary Term and Grammar Game	6.99	Digital Download
4	Reversing Reversals Digital Download	14.99	Digital Download
5	Reversing Reversals 2 Digital Download	14.99	Digital Download
6	Following Directions Beginners Digital Download	13.59	Digital Download
7	Following Directions Intermediate Digital Download	13.59	Digital Download
8	Following Directions Halloween Digital Download	2.75	Digital Download
9	Following Directions Easter Digital Download	2.75	Digital Download
10	Following Directions St. Patrick's Day Digital Download	2.75	Digital Download
11	Following Directions Valentines Day Digital Download	2.75	Digital Download
12	Following Directions Thanksgiving Digital Download	2.75	Digital Download
13	Teaching Visualization Beginners PowerPoint Instruction Download	7.99	Digital Download
14	Teaching Visualization Intermediate PowerPoint Digital Download	7.99	Digital Download
15	Four types of Sentences Declarative, Imperative, Exclamatory	6.50	Digital Download
16	Four Types of Sentences PowerPoint Instruction Digital Download	5.99	Digital Download
17	Vowel Combinations Made Easy Digital Download	11.59	Digital Download
18	Reading Games for Orton Gillingham Programs Digital Download	15.59	Digital Download
19	Reading Board Games for Orton Gillingham Download	12.59	Digital Download
20	Nouns are a Blast with Noodle the Noun Hound Digital Download	5.99	Digital Download
21	Prepositions are a Blast with Preppy the Preposition Penguin	5.99	Digital Download
22	Planning, Time Management and Organization for Success Download	19.29	Digital Download
23	My Pet PEMDAS Digital Download	6.99	Digital Download
24	Making Inferences the Fun and Easy Way Digital Download	15.59	Digital Download
25	Measurement Memory Strategies PowerPoint Digital Download	5.5	Digital Download
29	Monster Long Multiplication Digital Download	7.99	Digital Download
27	Place Value Golf, Hockey, Bowling, Shuffleboard and Stair Toss	5.99	Digital Download
28	Fraction Games Hockey, Golf, Bowling, Shuffleboard, & Stair Toss	5.99	Digital Download
30	Vowel and Consonant Fabulously Fun Activities Digital Download	4.99	Digital Download
31	Abstracting Thinking, Multiple Meanings, and Critical Reasoning	13.99	Digital Download
32	Angles Instruction Memory Strategies and Activities PowerPoint	5.99	Digital Download
33	Money Game Piggy Banking Digital Download	9.99	Digital Download
34	Categorizing, Paragraph Building & Transitional Words Activities	6.99	Digital Download
35	Compound Words Games Making Connections Digital Download	4.99	Digital Download
36	Multisensory Multiplication and Division to Melodies Shippable CD	15.99	Digital Download
50	Following Directions Christmas Activities Digital Download	2.75	Digital Download
49	Following Directions Real Numbers Digital Download	4.99	Digital Download
48	Place Value Game and Instruction: Place Value Panic Digital Down	6.99	Digital Download
51	Alphabetizing: Alphabet Roundup Activities and Games	6.99	Digital Download
52	GSL Reading Assessment: Orton Gillingham or Phonics Based	8.99	Digital Download

54	Eclectic Teaching Approach & Revised Eclectic Learning Profile	29.99	Digital Download
55	Kangaroo Hop Metric Conversion	6.50	Digital Download
56	The College Essay	15.99	Digital Download
57	Show Don't Tell Descriptive Writing Game	6.99	Digital Download
58	Reading Games 2: More Orton Gillingham and Phonics Fun	14.99	Digital Download
59	Main Idea Supporting Detail Lesson and Games: The Main I-deer	7.99	Digital Download
60	Reversing Reversals Primary - Digital Download	15.99	Digital Download
61	One Hour Session with Dr. Warren	135.00	1 Hour session
62	Online Bundle of 4, hour-long sessions – With Dr. Warren	500.00	Sessions
63	Online Comprehensive Consultation with Dr. Warren	300.00	2 Hour consult
64	Reversing Reversals Download Bundle	42.99	Digital Download
65	Following Directions Holiday Bundle	15.99	Digital Download
66	Reading Games Bundle	40.99	Digital Download
67	Teaching Visualization Beginners Intermediate Bundle	14.99	Digital Download
68	Following Directions Primary Beginners Intermediate Bundle	40.00	Digital Download
70	Following Directions Primary	14.99	Digital Download
71	Primary Development of Cognitive Foundation for Reading Math	33.00	Digital Download
72	Rounding Rainbow	6.99	Digital Download
73	Mastering Literary Devices: Handouts, Activity and Game	6.99	Digital Download
74	The Number Ladder: Turning the Number Line Top to Bottom	7.99	Digital Download
76	Integer Ladder: Instruction, Activities and Games	7.99	Digital Download
77	Mindful Visualization for Learning Document	16.99	Digital Download
78	Working Memory, Hemisphere Integration and Attention Building	14.99	Digital Download
79	Working Memory, Hemisphere Integration and Attention - Beginners	15.99	Digital Download
80	Working Memory Bundle	29.99	Digital Download
81	Color-Coded Handwriting	4.99	Digital Download
82	Grammar Games Galore	16.99	Digital Download
83	Show Don't Tell Suspense Writing Game	6.99	Digital Download
84	Reading Games Primary	15.99	Digital Download
85	Quantitative and Spatial Puzzles - Beginners	12.99	Digital Download