

Visual Memory

Perceptual Training Workbook

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Introduction

The activities in this book were developed for children ages five and older. They are designed to help children in their early school years by improving the following skills:

1. Sequential Memory: The ability to remember a task in a correct step-by-step order
2. Spatial Memory: The ability to remember the proper location of letters in a spatial format

General Directions

There are five levels of activities in this workbook, ranging from least to most difficult. Each level contains both sequencing and spatial activities. For the sequencing activities, have the child seated in front of you, and hold the activity in front of him or her for the number of seconds that there are figures in the activity. For example, if there are three letters in the activity, hold it in front of the child for three seconds. If there are five figures, hold it for five seconds. Then take the example away so the child cannot see it. He or she is to repeat back to you the names or the sounds of the letters in the correct left-to-right order.

For the spatial activities, you will need to furnish the child with a blank sheet of paper with squares drawn on it. This blank grid should match the grids on the activity pages, but without any of the squares filled in. Hold an activity sheet in front of the child for ten seconds. Then take it away, and have the child fill in the squares on the blank grid with the letters that he or she saw in the example.

All children should start with Level 1 and work up to Level 5. Do not continue to the next level until you feel confident that the child has mastered the current level.

Level 2 – Sequencing Activities

V X w m

N m W J

G K m W

I J M W

Level 3 – Spatial Activities

		w	a	r	s
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	t	n
	p	
r		q

Level 5 – Sequencing Activities

ng, sh, i, y

n, p, s, w, h

i, th, z, d, b

s, t, ch, th, u
