

Auditory Memory Activities

What is Auditory Memory?

Auditory memory is being able to remember and use information that has been heard. It helps children follow instructions, answer questions, learn new information, and carry out tasks.

Many children find it easier to remember spoken information when they can link it to something they can see, do, or imagine. Children need regular practice and support to build skills and strategies.

Memory Strategies

Different children prefer different strategies. Talk about these strategies during the activities to find what works for them.

Rehearsal

Repeat important key words or instructions quietly to yourself.

Example: *"Take this note to Mrs Smith and tell her Jacob is at football practice."*

Key words to repeat: Mrs Smith - Jacob - football

Visualising

Picture the instruction or task happening step by step in your mind.

Chunking

Break information into smaller parts.

Example: 644331 → 644 - 331

This can help with remembering instructions, lists, and sequences.

Visual Supports

With sequences or lists of instructions, children may find it helpful to:

- Count instructions on their fingers
- Move counters
- Use a written/visual checklist

Top tips before starting your practice:

- Reduce background noise/distractions.
- Gain the child's attention before speaking.
- Repeat the instruction if needed.
- Use activities that are challenging but achievable.

Auditory Memory Games

Start with one or two items to remember. Gradually increase the amount of information the child needs to remember.

Objects and Picture Games

Use toys, pictures, or household objects for activities such as:

- Shopping game (tell the child items to put in their shopping trolley)
- Hide and seek objects (tell the child items to hide, for another child to find)
- Barrier games (see game ideas on our toolkit [Microsoft Word - Barrier games Examples of different games](#))

Simon Says

Give instructions involving actions or objects.

- "Jump, clap, turn around."
- "Put the ball in the box and the pencil in the basket."

Increase the number of instructions as skills improve.

Telephone Game

A small group of children form a line or circle. The first player comes up with a message and **whispers** it to the ear of the second person in the line. The message could be about what they ate for lunch/did at the weekend/who they played with at playtime. Start with remembering 1-2 things but try to increase as skills improve.

More Games for Older Children

Story Retelling

Tell your child a simple story. Ask your child to retell a story. Start with a simple story with pictures.

Memory Chain Games

Take turns adding items to a growing list and recalling them in sequence (e.g. "I went shopping and bought...")

Maps and Following Directions

Use maps, treasure hunts, or obstacle courses that involve listening carefully to instructions.

Sequencing skills Ideas

Being able to put things into a sequence helps auditory memory skills.

- Help the child say things in order (e.g. days of the week, months, seasons). Practice and repeat regularly.
- Order pictures, photographs, or daily routine activities in the correct sequence.
- Ask the child to explain how a game is played, encouraging them to give instructions in the correct order.

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