

How to play the tray game:

Gather a random selection of small objects from around the house.

Place the objects on the table or a tray.

Study the objects for 30 seconds.

Cover up the tray with a napkin or cloth.

Can you remember every single item on the tray?

Challenge a friend

Have them study the objects for 10 seconds. Ask them to close their eyes or leave the room. Remove only one object from the tray. Ask them to open their eyes. Can they spot what is missing?

Want to make it harder?

Add at least 30 objects to a tray. Try including very small items like a paper clip. Study the tray (alone or with friends) for 30 seconds. Cover the tray or remove it from the room. On a piece of paper can you (each) write down as many of the things as possible that you can remember - in just one minute!

Want to make it EVEN HARDER?

Show the tray with 30 objects for 30 seconds. Remove the tray. For the next 30 seconds, ask each other completely random questions i.e. What kind of sweets do you like? What is the weather today? What is your favourite animal? etc. Then try to write down as many objects that you can remember from the tray.

Benefits of playing the tray game:

This game encourages working memory and observational skills. Working memory is crucial for our brain to hold onto information. There is auditory working memory and visual-spatial working memory. The memory game facilitates visual-spatial working memory. These skills are necessary to learn and retain academic material in school. The memory game helps to strengthen working memory skills

