Memory exercises for adults

Large-print worksheet. A five-minute routine: about one minute per exercise. You need a pen. Change the numbers, lists and people each day. These are everyday practice activities, not a medical test.

1. Hold a number in pieces

Read 07700 900 461. Break it into chunks: 077 / 00 / 900 / 461. Say the chunks twice, cover the number and write it from memory. Uncover it to check.

Number from memory:

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2. Carry a list as a story

Link these six items in one odd story: eggs, soap, bread, lemons, batteries, coffee. Picture each item doing something to the next. Fold this page under before you start page 3.

Your story or picture links:

Names and plans

3. Catch a name and a face

Find a photo with a name in a newspaper or magazine. Say the name out loud, notice one feature and invent a picture that links the name to that feature. Look away and say the name again.

Name and your picture link:

4. Plan to remember later

Choose a small task for today. Join it to a familiar moment: "When I put the kettle on after lunch, then I call my sister." Picture the moment and the task together.

Your when-then plan:

Read, then recall

5. Read and retell

Read a short news item. Cover it and say who, what, where and why. Uncover it and check what you remembered.

Who / What / Where / Why:

Now recall the list and the name

Without looking at pages 1 and 2, write the six list items and the name you practised.

List items and name:

Now check page 1. List items correct, out of 6: _____

Seven-day tracker

Tick each exercise you tried. Write your list score in the last row. Start on any day and use new numbers, lists and people each time.

Day	1	2	3	4	5	6	7
Number							
Story list							
Name, face							
When-then							
Read, retell							
List score / 6							