

Working Memory training using “Elephant Memory Training” (EMT).

EMT is a game designed to incrementally improve working memory skills using both auditory and visual input. It introduces working memory concepts slowly and allows the player to improve as they play through the game. It uses animal sounds, speech sounds, pictures and written words to ask the participant to focus on the input, remember that information, manipulate it, and then respond correctly on the device. This is recommended to be used on average 4-times a week for an 8-week block. It is NOT recommended for individuals under the age of 8.

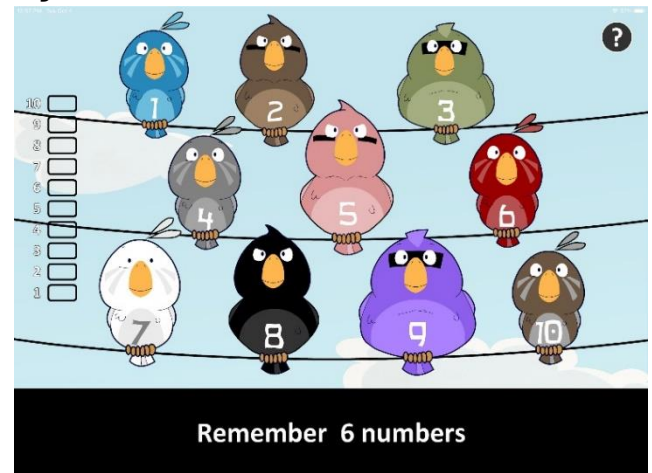


The evidence behind the practice

Studies confirm the importance and effectiveness of improving working memory by training (*Child Neuropsychology, 2012; Frontiers in Psychology, 2022; LSHSS, 2018*).

We now know that impaired working memory skills will prevent children from learning to read at the pace of children with intact working memory skills.

Working memory is the required by all individuals when listening or reading to be able to maintain the structure of sentences and pull out the meaning correctly. Working memory is different to memory recall. With memory recall, you are asking the individual to simply look at - or listen to a set of stimuli and recall what was seen or heard. Working memory has an individual listen to or look at some input, store that input and manipulate it by some means, and then respond after the information has been manipulated. Without it we cannot perform many higher-level tasks like understanding instructions or understanding information being read. The great news is, we can improve it if there are concerns.



- Loosli, S.V., et al. (2012). Working memory training improves reading processes in typically developing children. *Child Neuropsychology*. 18(1) 62-78.
- Archibald, L. (2022) The reciprocal influences of Working Memory and linguistic knowledge on language performance: Considerations for the assessment of children with developmental language disorder. *Language Speech and Hearing Services in Schools*. 49(1) 424-433.