

Memory Training Games

List Twists

These memory training games are fun, entertaining and brain-boosting. Here's how to play them:



1. Print the word lists and quizzes. Separate the word lists and the quizzes so that only one word list or one quiz is on one piece of paper.
2. Study one word list at a time.
3. Look at the list for the length of time specified at the top of the list.
4. When time has expired, remove the list from your sight.
5. Try to complete the first quiz for the word list you've studied.
6. If you are 100% successful, advance to the second quiz.
7. If you were unable to complete the first quiz, return to the word list and study it again, for half the time that you initially studied it. For example, if you looked at the list for one minute the first time, review it for 30 seconds the second time. Then take the second quiz.
8. Repeat these steps for the second list, the third list, and so on.

As you train your brain to be attentive and to learn short amounts of information in one session, you may find that you become more and more successful at completing the quizzes.