

# Working Memory Videos

While the Internet can be a great place to find educational videos, there are many out there that are not worthwhile or informative. However, we have found a great selection of videos for all ages to learn about working memory. Check out the links below, which are



updated regularly by our team at South County Child and Family Consultants. Pay careful attention to which videos are best suited for kids, tweens, teens, and adults.

## Videos for Kids, Tweens and Teens:

[Working Memory and Video Games!](#): Learn how to improve your working memory with the help of video games! For parents and kids.

[What Is Memory? What about Working Memory? Cognitive Psychology](#): Explains working memory with many visuals. For teens.

[Do Games Have Less Value than Other Media?](#): Explains the role of memory in video games. For tween and teens.

[Exercise and Memory](#): Discusses how exercise promotes the growth of dendrites that connect brain cells and improves memory. For teens.

[3D Video Games and the Brain](#): Details how games such as Super Mario 3D World use the hippocampus of their brain and improve memory. For teens and parents.

# Videos for Parents:

[Peter Doolittle: How your “working memory” makes sense of the world](#): Provides parents with insight on what working memory is.

[How to become a memory master](#): Lengthy video on how to train your brain and improve your working memory.

[InBrief: Executive Function: Skills for Life and Learning](#): Describes the importance of practicing executive functions relating to working memory. For adults and older teens.

[Smart But Scattered” Seminar with Margaret Dawson, Ed.D., NCSP](#): Video by Margaret Dawson discussing executive functions that relates to working memory.

[Working Memory and Learning](#): Describes working memory and strategies to help kids improve these skills.