

NUMB3ERS

Goal of Exercise: To improve students' memory retention and quick flowing skills.

Description: Prior to class, create a list of randomly generated numbers. Numbers should be in sets of 4 digits each. Create at least 10 sets.

In class, have the students ready with pen and paper. Begin reading the sets of numbers, with a slight pause between each set. You can read the numbers either as individual digits “*one, seven, three, five*”, or as a whole number “*One thousand, seven hundred thirty five*”. Or you can mix it up to make it more challenging.

As you read each set, gradually increase your speed, with smaller pauses in between sets. By the end you should be reading numbers faster than they can write them down. They will be writing down the previous number while actively listening for the next. This will help students develop the ability to retain information.

7486	8934	0112	7776	4322
0002	4927	7654	1234	0956
1133	2319	1118	0395	8736
4545	8778	9091	2872	4001
8234	1314	4242	5657	1012
9944	7002	1788	8467	9023

Teacher's Note: For students who seem to be getting all the sets correct, missing none, you can add another challenge. Advanced students will need to hold their pen above their head for the reading of the first set. Then they can start writing when you begin the second set. Or you can have them hold their hand up for the first two sets, and start writing on the third.

