

N-back exercise

Instruction

This is a good exercise for 'sustained attention', and can be made as easy or difficult as you like by increasing or decreasing the number back from the responder.

- 1 Warm up.** Go around the group: each person has to think up the name of an animal (or person's name, or place-name, or food) beginning with the next letter of the alphabet.

For example:

Person 1 'Aardvark'

Person 2 'Bear'

Person 3 'Cat'

Person 4 'Dog'

- 2 One-back.** Go around the group in the same way, but this time each person has to name the previous person's animal, then one of their own.

For example:

Person 1 'Aardvark'

Person 2 'Aardvark, bear'

Person 3 'Bear, cat'

Person 4 'Cat, dog'

- 3 Two-back.** Go around the group in the same way, but this time each person should say the previous person's animal but one, before their own. You have to focus on what the person two places away has said.

For example:

Person 1 'Aardvark'

Person 2 'Bear'

Person 3 'Aardvark, cat'

Person 4 'Bear, dog'

Ensure that a different person begins each round each time.

What strategies are effective for successfully completing this exercise?

How did you find this exercise? Easy OK Hard What strategies did you use?