

Visual Sequence

Shapes will flash on the screen, one after the other, in a row, and you have to remember what you see. The blocks you need are provided.

Step 1. Three blocks in a row

Click on '**Run Activity**' at the top of this screen. In this activity you will see 3 block shapes appear in a row, one after the other, from left to right across the screen. When you click on '**start**', at the bottom right of the screen, the first block will appear on the left edge of the window in the middle of the screen. It will stay there for 0.5 second then it will disappear and another block will appear a little further to the right of the first one. After 0.5 second it will disappear and the last block will appear a little further to the right and stay on for 0.5 second.

Remember the order in which the blocks appeared on the screen and use your blocks to show what you saw. Put your blocks in a row, from left to right, in the same order for **colour** and **shape**, on the table in front of the computer. The possible shapes are a square, a triangle or a diamond. The square will always be yellow, the triangle will be blue and the diamond will be red. The square will be parallel, i.e. not tilted, the triangle will always have its long side at the bottom and the diamond will always stand on its sharpest point, as in the picture below. E.g. If a yellow square appeared first, followed by a red triangle, followed by a blue diamond you would place your blocks like this.



It will help if you can **say** to yourself, or aloud if necessary, the position of the blocks, e.g. '**square, triangle, diamond**', as the block shapes appear on the screen. Saying the name of the block helps you to remember where each block has to go. Remember you must also have the correct colour for each block as well.

Click on '**Start**' to show the pattern of blocks. Then put your blocks in the order you think you saw on the screen, click on '**check**' and you will see what the pattern should be.

Then click on '**start**' for another pattern to match with your blocks.

Your goal is to get at least 4 out of 5 correct.

Step 2. More blocks

Click on '**number**' from the menu at the top of the screen and click on '**4**'. Now there will be four blocks shown, one after the other, across the screen. Make your pattern using four blocks in a row, so you try to match the pattern you saw on the screen. Make sure, the correct colour block is in the correct place. When you have made the pattern, click on 'check' and compare yours with the original. Then click on '**start**' to do another one.

Your goal is to get at least 4 out of 5 correct.

As performance improves, change to five blocks and finally six.

Don't change the number to a higher level until you get at least 4 out of 5 correct at the previous level.

Your goal is to get to 6 in a row, with 4 or more correct out of 5.

Step 3. Faster

1. Click on '**flash rate**' from the menu at the top and click on '**0.25 seconds**'.
2. Click on '**number**' and click on '**4**'.

Now each block will only stay on the screen for 0.25 seconds. After the pattern has flashed across the screen, show it with your blocks.

Your goal is to get 8 or more out of 10 correct.

Change the number to 5, practice till you get at least 4 out of 5 right then change the number to 6.

Notes for helpers:

When the blocks are presented for less time, it becomes harder to name the blocks as they appear. Most can still name at 0.50 seconds exposure, but at 0.25 second, by the time you have named the first block, the next block has already flashed. Therefore, at this speed your memory is almost entirely visual and cannot be backed up by naming.

Step 4. Tilted blocks

1. Click on '**activity**' on the menu at the top of the screen and click on '**tilted**'.
2. Click on '**number**' and click on '**4**'.
3. Click on '**flash rate**' and click on '**0.5 second**'

Now patterns of blocks will be in a row, but the blocks will be in different orientations each time, e.g. the square may be tilted, the triangle may have one of its short sides at the bottom, or the diamond may be sitting on one of its sides. You now have to remember the order, as well as the direction of each block.



Click on '**start**' to show the first pattern then show it with your blocks and check.

Your goal is to get 4 or more out of 5 correct.

Now set the number to 5, practice then try 6.

Step 5. All at once

1. Click on '**activity**' and click on '**all at once - normal**'
2. Click on '**number**' and click on '**3**'
3. The flash rate will automatically set to 0.25 seconds

Now the blocks will all flash at the same time. They will still be in a row and you will have to remember the order in which the blocks appeared on the screen and

use your blocks to show what you saw. Put your blocks in a row, from left to right, in the same order for **colour** and **shape**, on the table in front of the computer.

Your goal is to get at least 4 out of 5 correct.

As performance improves, change to 4 blocks, then 5 and then 6.

Don't change the number to a higher level until you get at least 4 out of 5 correct at the previous level.

Your goal is to get to 6 blocks, with 4 or more correct out of 5.

Step 6. All at once, tilted

1. Click on '**activity**' on the menu at the top of the screen and click on '**all at once - tilted**'.
2. Click on '**number**' and click on '**3**'.

Now 3 blocks in a row will appear at the same time, but the blocks will be in different orientations each time, just like in step 4 above. You now have to remember the order, as well as the direction of each block.

Click on '**start**' to show the first pattern then show it with your blocks and check. Your goal is to get 4 or more out of 5 correct.

Now set the number to 4, practice then try 5.

Don't change the number to a higher level until you get at least 4 out of 5 correct at the previous level.