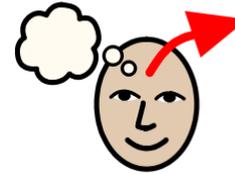


Memory and Engagement



What / Why

Developing our memory skills helps us with so many things.

We need memory to help with:

- * Following instructions
- * Responding in conversations
- * Understanding what we read
- * Recalling numbers, names and dates

We can develop our memory skills by using different strategies and games to practice and increase our abilities.

How

We can use strategies to reduce the working memory load

- Break goals into smaller parts
- Simplify information
- Chunk information
- Slow down delivery of information
- Repeat instructions
- Use visual resources / pictures
- Repeat activities
- Reduce background noise
- Link games to interests
- Find what motivates your child
- Make a challenge to improve on

Resources



-  [Mnemonic strategies](#)
-  [Visual instructions](#)
-  [Printable Memory Game 1](#)
-  [Printable Memory Game 2](#)

Web links

-  [Memory Building Game 1](#)
-  [Memory Building Game 2](#)
-  [Memory Building Game 3](#)
-  [Learn more online here](#)



Challenge:

Make your own mnemonic phrase for something you find difficult to remember. [Examples here...](#)



Mnemonics

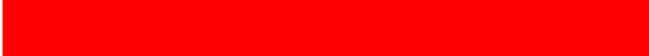
A mnemonic is a learning tool that helps us to remember sequences and larger chunks of information.

They can come in lots of different forms like songs, rhythms, poems, phrases or images.

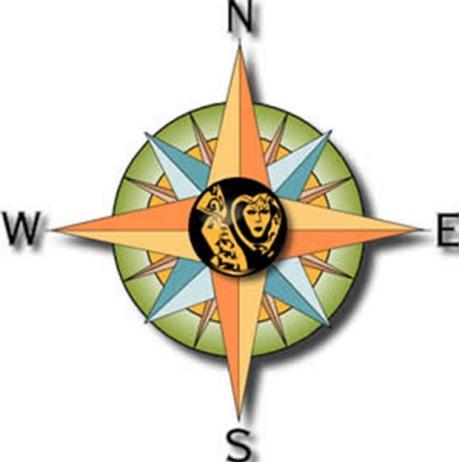
Mnemonics use the first letter of the information you need to remember and makes it into a clever saying, rhyme or song. Here are some examples...

You can use this technique to remember vocabulary by using each letter of the word to build a memorable phrase. You can make them funny or silly and you can even include other senses like smell, sight or feel.

Colours of the Rainbow

R ichard		Red
O f		Orange
Y ork		Yellow
G ave		Green
B attle		Blue
I n		Indigo
V ain		Violet

Directions on a compass

	Geography	
N ever		North
E at		East
S hredded		South
W heat		West



Task Planners

Task planners are helpful for breaking down tasks into small manageable chunks.

They can be used for chunking everyday tasks like getting up and dressed, getting ready for bed or doing a learning activity.

Start with the goal in mind and work backwards in small steps to get to the start.

You can draw / write these out on paper and your child can tick of each chunk they complete. This makes them feel successful.

Keep each chunk to one action.

   Getting Up and Dressed	 Done
 Wake up	
 Get out of bed	
 Use the toilet	
   Wash, shower or bath	
 Brush my teeth	
   Put on clean underwear	
  Put on clothes for the day	

More Task Planners available in the Schedules and Routines Toolkit



Visual Instructions

Visual instructions are helpful for all children. They help them develop independence by showing them what to do.

Lots of the learning set by school will have a visual support but you can always add your own.

Simple cartoon drawings of any actions they need to complete can be used. Don't worry about your drawing skills they are just prompts to help your child remember.

Bubble Mix

States of Matter

50ml washing-up liquid (one part)

300ml water (six parts)

1. Measure the washing-up liquid into a container.
2. Slowly add in the water, being careful
3. Gently stir the mixture together
4. let the bubble mixture rest
5. start blowing bubbles

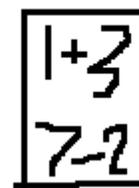
Bubbles are made of gas inside a thin layer of liquid. Can you label the diagram below.

gas or liquid?

gas or liquid?



Read



Maths



Lunch



Memory Building Game

Print and cut out the pictures.

1. The child looks at the pictures for 1 minute.
2. The child closes their eyes and adult removes one picture.
3. The child says which animal is missing.
4. You can also do this with real things from around the house like Lego people or Pokémon cards.



Memory Building Game

The child looks at the pictures for 1 minute.

The adult then covers them up.

Ask the Child how many pictures they can remember?

You can also do this with real objects from around your house or classroom.

