

Memory: Suggestions for Improving

Internal Aids

- Rehearsal
 - Repeat silently or out loud the information to be remembered
- Elaboration
 - Work on a detail of the information and relate it to what the child already knows
- Visual Imaging
 - Have the child form a visual image in their mind which is related to the information they are to recall
- Mnemonics
 - Rhyming mnemonics – a word that rhymes with the word or information to be recalled is use (i.e. fun-sun; heaven-seven)
 - Categorization or clustering – use visual cues that highlight chunks of information
 - Association – make connections with previously learned material



External Cues

- Use timetables, pictures, plans, and written instructions
- Alarm clocks and watch alarms
- The use of chaining – breaking down the task into steps and teaching one step at a time
- Provide verbal or visual retrieval cues or “hints” to encourage a focused search in memory
- Prior to giving instructions, discuss what will be presented. Review key points and question the child during the presentation of information, and then review key points afterward.
- Have the child repeat directions
- Colour code significant details
- Present objects with similar attributes before introducing more diverse stimuli
- Provide a visual model for children to refer to when performing a task (e.g. attach a number line to a tray where the child is working with counting disks)



Memory: Suggestions for Improving (continued)

Activity Suggestions

1. Place a few familiar objects on a table and ask the child to name all the objects, take one away - which one is missing?
 - Take two objects away - have the child tell you which ones are gone
 - Proceed until you can take all the objects away and have the child name them all
2. Show a picture. Have the child look at it carefully. Take the picture away. Ask the child to tell you everything that they saw in the picture.
3. Checker Board - Place red and black markers on the checker board squares. Remove the markers and have the child make the same design.
4. Make a pattern with blocks, beads, cards, or shapes. Have the child make the same design from memory.
5. Play the card game 'concentration'. Start by choosing only a few pairs and gradually add more. Turn all the cards face down. Turn the cards right side up two at a time trying to remember each cards placement. The object of the game is to turn up pairs of cards at the same time.