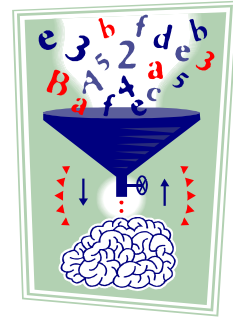


Helping the memory...



With the way we communicate

- Use shorter sentences - brief and clear
- Pause between sentences ('chunk' information)
- Repeat information
- Use visual cues - pictures, objects, key words
- Link new information to what is known already
- Use humour - funny things are more easily remembered
- Build in breaks (brain gym, talking to partner)
- Review information which will help the pupil recall more
- Give opportunities to process information - processing helps memory (say it, write it, draw a picture)

By enabling the student to:

- Ask for repetition
- Rehearse information (say it again and again)
- Link ideas
- Visualise information (make a mental picture). This is really powerful for some students.
- Write it down or draw it
- Use visual aids (diagrams, pictures, mind maps etc when learning new information)

Some games to practise using the self-help strategies include:

- Playing I went shopping (or McDonalds etc) and I bought a ...(next person repeats this and adds what s/he bought)
- Re-telling a story, events in a TV programme etc.
- Following instructions (e.g. find me a cup, a pen and a spoon.)
- Following instructions with a delay (as above but wait a few minutes before pupil carries them out).