

## The Route method /Room Pegging

This is an effective way to help recall e.g. lists or sequences (for example the months of the year). It uses whole body movement, chunking information, association and visual memory.

Plan a logical route around the classroom/home, stopping at certain points

Walk the route and say a section of the 'list' at each identified point.

*For example, if memorising the months of the year - Stand by the front door and say January, February, March. Walk to the mirror and say April, May, June. Proceed and repeat at the other identified points until all the months are accounted for.*

Recall by visualising the route - picturing the identified points of the classroom/home in order and saying the part of the 'list' associated with those places.

Repeat the visualisation regularly until recall becomes more fluent and eventually automatic.