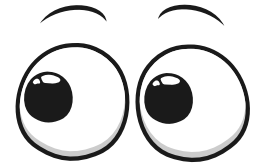


WORKING MEMORY STRATEGIES

1.

Visualisation

Making a picture in your head of things we want to remember. It is like painting a picture!



2.

Rehearsal

Involves the repetition of words, either to yourself or out loud.



3.

Counting Items

Checking items off our fingers is helpful as it targets how many items we need to remember and can help trigger recall.



4.

Key Words

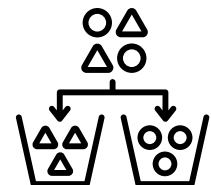
This involves highlighting key words in an instruction. Instead of "Can you please go and grab your hat and put sunscreen on?", it would be "Hat, Sunscreen".



5.

Chunking

Break information down into smaller parts so that it is easier to retain. How we remember phone number is a great example of chunking XXXX XXX XXX.



6.

Lists

To-Do lists (either written or visual) allow us to have access to our information at all times.

