

Self-help Memory Strategies

KINAESTHETIC

“Count them on your fingers as you say them”

CHUNKING

“Sunday, Monday.....
Tuesday, Wednesday.....
Thursday, Friday.....
Saturday!”

VISUALISATION

“Close your eyes...can you still see it?”

LABELLING

“Say out loud what you see.....Orange....apple...pear”

Watch and see what helps them
What do they naturally do to help themselves?

Try some strategies

**FIND OUT WHAT WORKS
AND PRACTISE IT!**

REHEARSAL

“5-7-9.....5-7-9.....5-7-9”

LINKING - through a story...

e.g. Shopping list: batteries, milk, eggs, butter and light bulbs could be “I put the batteries in the light bulb so I have light to cook an omelette with the butter and eggs and put the milk in my tea.

LINKING - through sound...

e.g. “What can you do when you get stuck?
“Brain, Book, Buddy, Boss”