

Quick and Easy Memory Tips

Exercise your mind

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Do not cram

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Don't stress over small details

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Utilize memory tools

...

Practice, Practice, Practice

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Study with friends

...

Combine exercise and technology

...

Chunk tasks together

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MEMORY TIPS

For Elementary School Children



Memory Tips for Elementary School Children

Students with weak memory skills often do not know how to remember what they are learning. They may not understand how to use strategies to improve memory skills. Memory tips such as repeating what the teacher has said or taking notes for things that have multiple steps can make a big difference. Try these tips and watch your memory grow!

Here are some of our favorite memory tips for students just like you:



Borrow a friend's notes from class

Write down only the main ideas your teacher is covering when you take notes in class.

Later, compare your friend's notes to yours and fill in what you missed.



Play brain games to improve your memory

There are a lot of special "brain" games to improve your memory.

Play games such as Brain Age 2, Echochrome, Castlevania, or Big Brain Academy.

Ask your parents to look for more brain games to help you keep improving your memory.

Remember to ask the teacher if you don't remember something

Your teacher is there to help you.

Write down what the teacher is saying, record it, or ask your friends to repeat what the teacher has said.

If you can't remember what was said, it's OK to ask your teacher to repeat it.

Eat good "memory" foods

Did you know that some foods can help you increase your focus and memory?

[Look at this link](#) to learn how certain food can help you to focus.

Ask people to repeat themselves

Ask people to repeat themselves if you are having a hard time remembering what they have said.

Tell the person that you are listening but need to have the information repeated to help you remember it.

Writing down what the person says can help, too.

It's OK to need special tools to help you remember

Kids who have a hard time remembering things need tools to help them remember.

If you use a recorder or an agenda to remember what is said to you, make sure you always have those things with you.

Group words with a picture

Group words or tasks together using pictures.

Have someone read you the words you need to remember and draw a silly drawing using pictures of those words.

Write a sentence about the picture using the words you need to remember.