

## **Practical Memory Strategies**

### **I. Help Your Child Improve Her Short Term Memory by Playing the "I Went to the Market" Game**

This interactive game helps improve short-term memory. The student will have to remember several words in the correct order. This activity could be played around the dinner table and/or when driving in the car.

#### How to Play:

1. Read this short poem to your child:

Johnny went to the market. Johnny went to the store. But when poor Johnny got there, he forgot what he went there for. Momma gave him a list. Momma gave it to him twice. And what Momma wanted was a big bag of rice...

2. Now say, "Momma wanted a bag of *rice and carrots*."

3. Your child repeats that and adds another item, "Momma wanted *rice and carrots and a cake*."

4. It's your turn. "Momma wanted *rice, carrots, cake and a tulip*." Take turns until someone gets an item out of order or forgets an item. Make it fun by adding items such as a *football* or *alligators*.

### **II. Remember that List!**

When going to the grocery store, give the student part of a shopping list to get in the store. For example one may say, "Please grab me some mozzarella cheese, milk and eggs." In this example, one may point out to the child that these items were grouped together because they are related. These items are all in the dairy section of the grocery store. When the student returns with these items, one may want to add a fourth or fifth item to another list. However this time, provide a list of some un-related items so that the student must figure a way to "chunk" or categorize these items. For example one may say, "Please grab some Trix, milk, bread, jelly and a box of pasta." On this example, the student will need to sort these items into smaller categories (e.g. milk, bread and jelly are related because they are lunch items; Trix is a breakfast item and pasta would be a dinner item). By doing so, the student now has to remember three categories – breakfast, lunch and dinner. These categories will serve as cues to what was inside each one.

### **III. What's that Number?**

Have the student help one remember phone numbers. For example if calling 4-1-1, ask the student to remember the number that is given to her/him. Ex. "Julie, remember these numbers, okay? 564-2522." If the entire number is too challenging, start with the first three digits, and then gradually expand to the full number.