

Memory Strategy Prompts

Chunking

break information into chunks

Rhymes and Songs

use a familiar tune or catchy rhythm to remember information

Repetition

repeat information out loud or quietly in your head

Visuals

use pictures, symbols, prompt cards or posters to help you remember information

Acronyms

take the first letter of each word you need to remember to make a new word

Acrostics

take the first letter of each word to make a sentence

Story Method

remember information by linking it together to make a story

Journey Method

remember information by visualising it along a familiar journey

Linked Words

combine a list of objects you need to remember to create a silly word

Senses

link information to your senses of smell, touch, sight, taste and hearing

