



Inclusion News



Welcome to issue 6 of Inclusion News!

*Spring is in the air....
fingers crossed!*



Welcome to this half term's Inclusion Newsletter which will focus on Memory and difficulties with retaining information.

Spring 1 2022

We all struggle sometimes to remember things and often forget things that are both important and not important. When it comes to learning having memory difficulties can make things tricky....we hope that this issue can help with some hints and tips to support your child with their memory.



Games Corner



Memory Tray Game / 'Kims' Game

This is a classic children's game to test how good we are at remembering the things we have seen using different objects from around your house.

Can you try to remember the object that was missing? You could give some clues if it's tricky. Children love to lift off the cover and reveal what was hiding. They might even want to have a shot at testing you!

You can make it harder for by taking more than one item at a time or swapping the positions of items!



Pairs Memory Game



Draw some pictures in pairs on squares of paper- animals, food, clothes superheroes....whatever takes your fancy! Start with 4 pairs and build on this.

Turn them face down and turn over 2 at a time, can you make a pair? The aim of this game is to remember the positions of all the pictures, match and them and get as many pairs as you can!

The Shopping Game

- I went shopping and I bought an apple.
- I went shopping and bought an apple and a banana.
- I went shopping and bought an apple, a banana and a carrot

How many things can you remember? Play this game in the order of the alphabet and take it in turns to add another item to your shopping basket!



A Spotlight on



- ⇒ Short term memory only lasts 20-30 seconds
- ⇒ The human brain's storage capacity is virtually limitless!
- ⇒ Sleep is really important for retrieving and storing long term memories
- ⇒ Your memory can associate scent with particular events or occurrences
- ⇒ Exercising your brain can lesson memory loss as well as creating stronger connections in the brains neurons!
- ⇒ Infants have memories! This helps them to remember their parents' faces and voices as well as particular sounds
- ⇒ Children start to improve their memories through stories and story telling at about 7 years old

How can I help?

- **Keep routines:** not only with this reduce anxiety about what is coming next, but will also help the child to recall the routine information easily, freeing up the working memory to remember more important things!
- **Break information down into chunks:** this is very important if your child struggles to follow instructions. Giving them steps one at a time, will help them not to become overloaded by needing to remember too much at any time
- **Brain training:** playing lots of game that support the memory; like some of those overleaf. There are a host of online games and apps as well, if you struggle to find time to sit down together.
- **Use tools to help:** write lists, make jottings, use post it notes, voice notes and many more! This takes the pressure off the working memory- particularly the auditory part!
- **Use mnemonics or rhymes to help:** this is particularly useful for recalling key facts or spellings. for example:



- Big elephants can always understand small elephants (to spell because)
- Divorced, beheaded, died, divorced, beheaded, survived! (Remembering the fate of Henry VIII's wives!)
- Never Eat Shredded Wheat (for remembering North, South, East, West)

Memory Difficulties



Auditory Memory Vs Visual Memory

WHAT'S THE DIFFERENCE?



Auditory memory- this is about recalling information that has been heard. Children with poor auditory memory may struggle to:

- follow instructions
- Recall verbal information given
- Recognise sounds and match them to letters
- Understand what they have read

Visual memory- this is about recalling information that has been seen. Children with poor visual memory may struggle to:

- Gain a good sight vocabulary
- Experience spelling difficulties
- Have trouble copying or forming letters
- Struggle to see patterns in written calculations in maths

We can all be stronger with one memory type than the other and may need provision adapted to suit our areas of strength. In addition to this, we may need support or intervention to improve in the area we are more weak in. There are lots of ways to help improve our memories!



Scan me for some top tips to help with different ways to help with memory



What is working memory?

Think of working memory as a temporary sticky note in the brain. It holds new information in place so the brain can work with it briefly and connect it with other information. Working memory isn't just for short-term use. It also helps the brain organize new information for long-term storage. Amazing!

