



Third Edition Literacy Service Newsletter: Memory



1 - EA Literacy Service logo.

The Newsletter is created by the Literacy Service for parents to share with their children. It encourages the views of the child, what is enjoyable, likes, dislikes, worries and concerns. It aims to foster increased engagement with parents.

EA Literacy Service Landing webpage: [EA Literacy Service link](#)

Please follow these links to view previous editions:

[First Edition Literacy Service Newsletter: Spelling](#)

[Second Edition Literacy Service Newsletter: Reading](#)

Please have a go at naming our Newsletter



<https://sway.office.com/JfOFLubiSE18DNYv#content=WPAzt7HduXPu4b>

2 - Newsletter Naming Competition

Accessibility Tools

Accessibility tools are designed to help people use technology more easily and to meet the needs of diverse learners. For example, a text-to-speech tool may read text aloud for people who need support to access the text.

Click the play button on the videos below to find out more about the accessibility tools on popular devices.

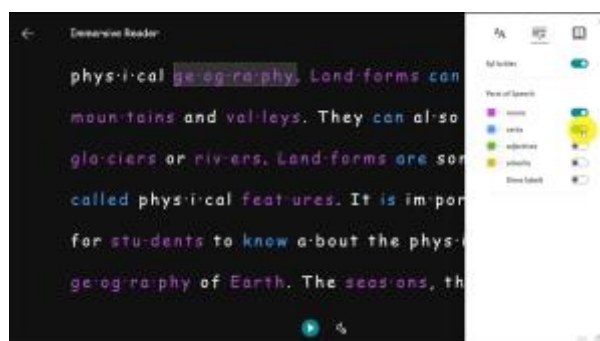
To learn more about Microsoft Sway and its accessibility features please open the following link:
[Sway link.](#)

Texthelp Read&Write: For information on Read&Write including benefits and features to your child.
Please open the following link: [Read&Write link.](#)



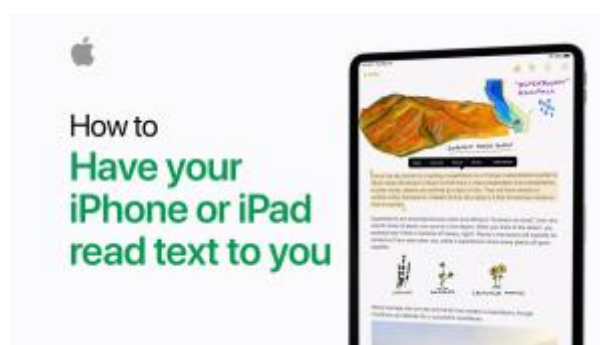
3 - How to use Read&Write for Google Chrome.

Microsoft Immersive Reader: For information on Microsoft Learning Tools please open the following links: [Microsoft Learning Tools](#), [Microsoft Edge](#) and [Microsoft Word](#).



4 - How to use the Immersive Reader.

Apple iPad and iPhone: For information on Apple accessibility features please follow the appropriate link: [Apple accessibility](#), [Apple iPad & iPhone](#) and [Apple Mac](#).



5 - How to have your iPad or iPhone read text to you.

How to install Read&Write

Read&Write is a literacy support toolbar, to help students with reading and writing, using features including text-to-speech, picture dictionaries and word prediction.

Read&Write is **free** to install on up to 5 home devices. You will need your child's C2K email address (for example jbloggs123@c2ken.net) and password to sign in.

For more information on Read&Write please open the following link: [Read&Write NI schools](#).

How to install Read&Write: [Apple iPad](#), [Google Chrome](#) and [Windows 10](#).

Support Materials: [TextHelp Youtube playlist](#), [Coffee cup webinars](#), [The student room](#), [Parents guide](#) and [Students guide](#).



Quick Navigation



6 - Sway navigation button

To quickly navigate this Sway, click or tap on the navigation icon at the bottom of the screen.

Edition 3: Content

1. What is Memory?
2. How memory affects your child
3. Create a feel good factor at home
4. Things to say and ways to help at home
5. Strategies to support memory in primary school
6. Strategies to support memory in post primary school
7. Games to make at home
8. Visual memory games
9. Listening memory games
10. Free games and apps

11. Survey Monkey

12. A little something else

Technology is useful to help memory



<https://sway.office.com/JfOFLubiSE18DNVv#content=3SLYi2fi6jw0c0>

Aoibheann, Caoimhe and Ellen have made a video explaining how they use technology to support their learning.

1. What is Memory?

Memory

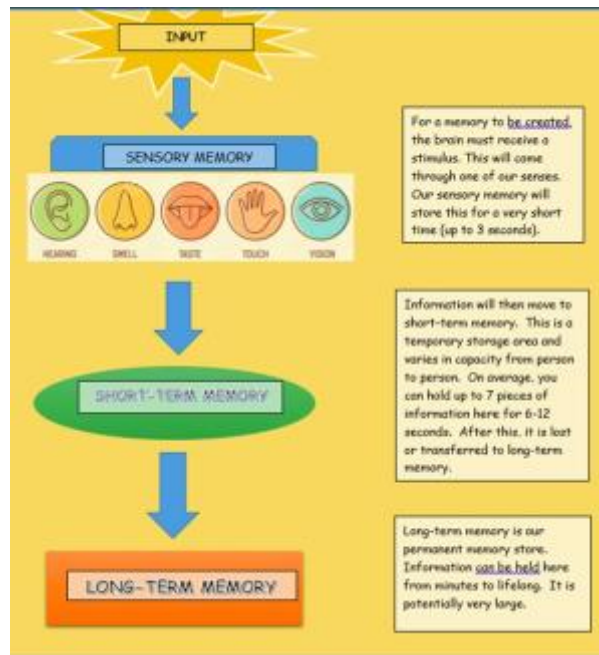
Memory is the process of storing experiences or information in the brain and recalling them later. We use our memory in every activity in our lives.

Memory is therefore very important in the process of learning. Memory lets us store the information that we learn, and then retrieve it when needed.

Learning depends on memory. When we learn a new skill, we store it in our memory. We can then retrieve it when needed.

The information stored in memory helps us to make sense of and link new learning, therefore, assisting us in extending knowledge.

Short and Long-term memory



Working Memory

Working memory refers to our ability to hold information, from short or long-term memory, in our minds while we manipulate it or work something out using it. It is like a mental jotting pad for our brains.

We use our working memories for activities such as mental Maths, recalling and following directions, retelling stories/events from memory.

Working memory capacity is limited. If we try to exceed our capacity, we may forget some parts. For example; if someone gives you a list of instructions to carry out, you may be able to recall 4 or 5 items accurately. If you attempt to recall and follow any more than the amount that your working memory can accommodate, you may begin to lose some from memory, mix up the order of the instructions or forget them completely.

The diagram below illustrates approximate memory capacity at different ages;



We can use strategies to assist us increase our working memory, eg; by repeating the instructions back, creating a picture in our minds or grouping items together.

2. How memory affects your child

Memory is important for learning. When we receive new information, we use our working memory to keep the information active so that we can use it to solve problems. By working with the information, we can then store it to long-term memory and call upon it when needed.

If a child has difficulty holding this information in the mind, the information will be lost and the child will be unable to use it or store it for future use.

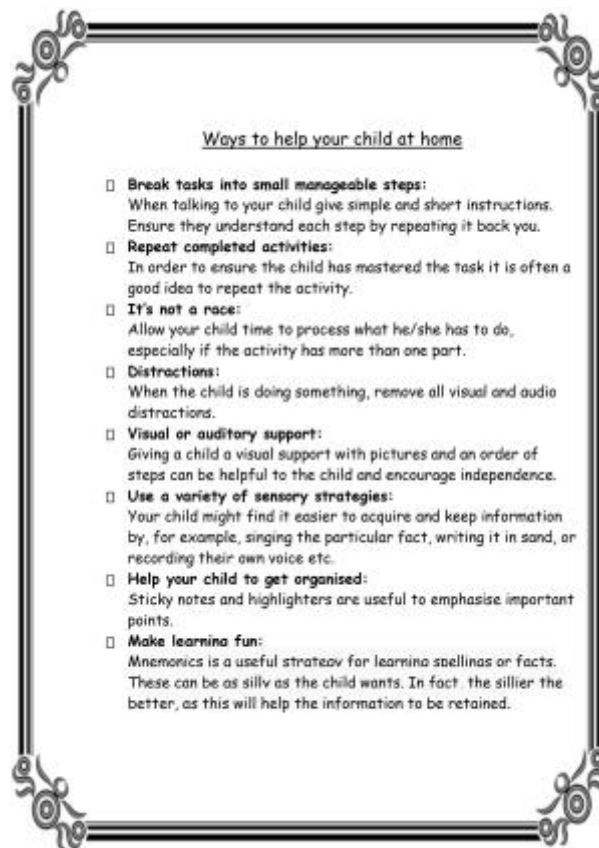
If we think of this in terms of a bucket with holes in. The information (water) is taught or input. The child's memory cannot deal with (or hold) the amount of information. Information therefore begins to trickle out and is lost.



Common indicators of memory difficulties;

- The child may have difficulty completing a task with multiple steps (e.g; carries out some but not all steps in an instruction).
- They may miss details in instructions (eg; bring me the blue cup and white saucer - child may mix up colours)
- They may forget to pass on letters to parents from school, or to hand in dinner money etc... They may also forget PE gear or lose their belongings frequently.
- They may find it difficult to organise homework activities, feel overwhelmed by multiple tasks and be unable to plan their time effectively.
- During homework activities, they may lose their place, abandon activities and require a lot of support keeping them focused and on task.
- Difficulties with reading are common in children with poor memory(e.g. struggle to keep track of their place when reading, struggle to use contextual cues to support word prediction when reading, find it hard to break down sounds in words but then unable to blend the sounds into the word accurately).
- They may find retelling a story or events accurately.
- They may demonstrate difficulties with maths calculations in their head and find complex problem solving challenging.

3. Create A Feel Good Factor At Home



4. Things you might want to say to your child.



Let's do this a bit at a time.



Tell me what you have to do?

	Washing hands
	Water on
	Hands wet
	Rub hands with soap
	Rinse
	Water off
	Dry

Look at the pictures and follow the order.



What way would you like to learn these facts?



A highlighter would be helpful for this task.

big

elephants

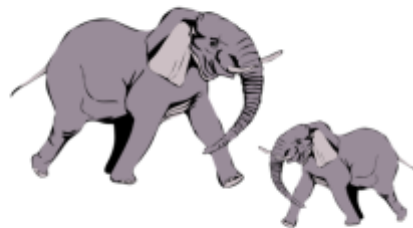
Can

always

Understand

Small

elephants



Can we make a fun mnemonic to learn the tricky spelling?



Well done for remembering that.

5. Strategies to support memory - Primary

Please click on the arrow on the right hand side of the screen to see the slide show.

Think It



Say It



Write It



Check It



Managing Homework together

- Homework routine
(Early in the evening to avoid tiredness)
- Quiet space
- Only necessary materials on the table

Organising materials

- Clear pencil cases
- Colour coded books
- Homework diary
- Calendar
- 'Things I need' checklist



Managing School Life



First we will...

Well Done!

Revisit the learning

- Children often forget what they have learned
- Help your child write things they need to remember on notes or post its
- Build up a set of revision cards on different topics, reread these regularly to embed the learning in long term memory

Completing Homework

- Create a positive, safe, secure environment
- Read the task together
- Break the work into simple steps
- Negotiate with teacher an acceptable length of time to spend on it
- If homework causes stress or your child is anxious communicate this to teacher
- Celebrate success and praise effort



Visual (learning through our eyes)



- Look closely at the word
How many tall letters, small letters, hanging down letter, vowels, consonants
- Highlight the tricky bits in colour
- Hang the word where you will see it all the time e.g. your mirror
- Draw around the word to show its shape
- Track the word in a word search
- Make a picture with your word
- See it right: spell it in different ways, what looks right?
E.g. cud/could/coud
- Write it out using different mediums such as chalk, paint or on a whiteboard

Auditory (Learning with our ears)



- Sing or say the letter names aloud
- Say the word as you spell it e.g. Wed-nes-day
- Say a mnemonic e.g. LAUGH- Laugh And U Get Happy
- Split the word into its syllables and say it before you spell it e.g. Fan-tas-tic
- Can you spell a word that rhymes with it e.g. Night, Fright, Sight
- Say the word slowly, listen for the sounds-say the sounds and write the word

Multi-sensory Learning of Spellings

Tactile (Learning through touch)

- Spell the word in a sand tray, shaving foam, or a steamy window
- Write the word with your eyes closed in cursive writing
- Use play dough, pencils, pipe cleaners, pasta to write your word



Kinaesthetic (Learning through body movement)

- Build the word with magnetic letters
- Use apps such as magnetic ABC
Mix up the letters and put them back together again
- Cut letters out of newspapers to make the word
- Dance to a song while spelling the words out loud
- Spell words while jumping on a trampoline or bouncing a ball, yell out each letter name for every jump or bounce
- Draw giant words outside with chalk
- Use large wooden letters to build the word outside

Watch out for COPS



Capital letters

Words left Out

Punctuation

Spelling



Ways to Support your Child's Literacy Development at Home

Supporting Reading at Home

Read together for enjoyment and understanding

- Before reading talk about the cover and read the blurb
- Introduce the characters
- Stop every so often and talk about what's happening
- Make links to their world and experiences
- When you finish, summarise the text with them
- Listen carefully as your child reads
if your child is struggling to read more than one word in every ten words, the book is probably too hard

Develop fluency

- Re read stories together
- Allow your child to read a page and time them. Allow them to practice the page and reread it many times. Time them again and again, allowing them to beat their personal best times. This can be very motivating for them

Listen to Audio Books

- They develop listening skills
- They allow your child to enjoy a story without the pressure of working out the words
- Children can listen to stories at their interest level and not necessarily their reading level
- They expose your child to a wide range of vocabulary
- Your child can hear what a fluent reader sounds like and use this as a model for their own reading



Supporting Writing at Home

Think It



Say It



Write It



Check It



- Focus on quality not quantity
- Before writing talk about ideas they have for the piece of writing
- Use a voice recorder to record ideas and sentences, your child can play this back if they forget what they want to write
- Write about familiar experiences or what they are interested in
- Focus on the intended learning and not the task
- Follow the success criteria laid down by the teacher
- Give your child a word bank to support them if necessary
- Develop routines that become automatic such as the use of writing prompts for example COPS and "Think it, Say it, Write it, Check it".

Watch out for COPS



Capital letters
Words left Out
Punctuation
Spelling

Supporting Talking at Home

- Expose your child to as many experiences as possible
- Create experiences in the home, cook or play games together
- New experiences provide opportunities to develop your child's vocabulary and understanding of the world
- Talk about the world around them, e.g. go on walks together and talk about the changing seasons
- Model good sentence construction and pronunciation of words as you talk to them



Different ways to Learn your sight words

Click on the picture

Take a mental photograph of the word.



Close your eyes and write it three times in the air or on a piece of paper.



Look at the word closely- how many letters has it?

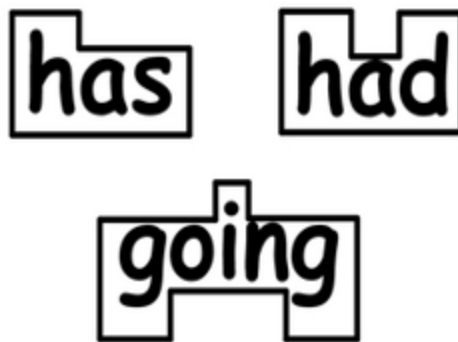


Make the word with newspaper letters.



How many times can you write the word in a minute?

Mix up the letters and put them together again.



Draw your word's shape.



Hang your word where your child will see it frequently e.g. the fridge.



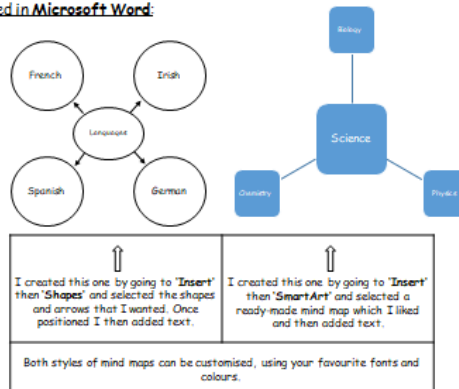
6. Strategies to support memory - Post Primary

Mindmapping

Mind Maps

An example of a visual learning tool is a **mind map**, a diagram in which information can be recorded.

Examples of Mind Maps Created in Microsoft Word:



Other ways to aid memory

Click on the pictures to see a variety of learning aids and strategies for post primary.

Ways to support memory



Post Primary

These are things you can help your child with



Subject-Specific Vocabulary
Instructions
Recording & Organising Information
Memory Aids

Subject-Specific Vocabulary



Mnemonics

e.g. **N**aughty **E**lephants **S**quirt **W**ater



Rhythm **H**elps **Y**our **T**wo **H**ips **M**ove



Word Banks



Subject-Specific Vocabulary

Vocabulary List

Word	Definitions	Pictures	Notes
Arctic	extremely cold the regions to the north of the Arctic Circle centred on the North Pole of or relating to the Arctic		
Climate	Regular weather conditions the weather in some location averaged over some long period of time the prevailing psychological state		

Read&Write has a tool which allows you to create a vocabulary list from a document, like the one above



Instructions

Limit/shorten the amount of information to be retained

Provide visual clues - visual checklist

Ask child to repeat back instructions

Keep instructions short and simple - give one at a time, repeat key words & phrases



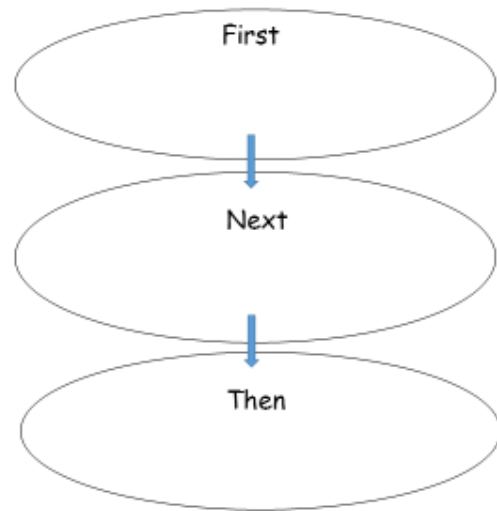
Break down into smaller steps, use post-its



Recording & organising information

Writing frames

Name: _____



My Favourite Place



Task 1. (write the title) 'My Favourite Place'

Task 2.

My favourite place is located in...

It is close to...

The countries that border it are...

The sea is _____km from it and the capital city is ____km away.

Task 3.

Here are some maps to show where (name of place is)

Add a world map
to show its
location here

Add a map of the
country here

Task 4.

Describe how your place is connected to the world.

My place is connected to the world through...

It's also connected by...

Another connection is...

Recording & organising information



Read&Write tools:

Voice Note



Audio Maker



Collect Highlights

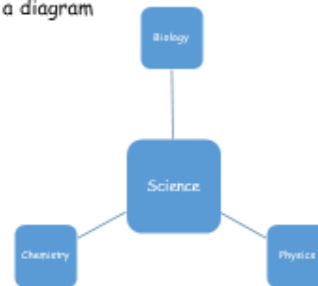
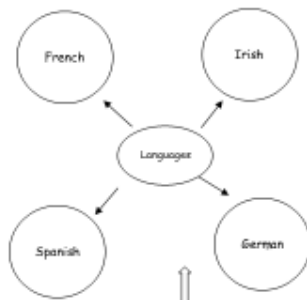


Recording & organising information



Mind Maps

An example of a visual learning tool is a **mind map**, a diagram in which information can be recorded.



I created this one by going to 'Insert' then 'Shapes' and selected the shapes and arrows that I wanted. Once positioned I then added text.

I created this one by going to 'Insert' then 'SmartArt' and selected a ready-made mind map which I liked and then added text.

Both styles of mind maps can be customised, using your favourite fonts and colours.

Memory Aids: Memory games/brain gyms



Apps such as Lumosity and Elevate offer free daily workouts



Provide opportunities for **overlearning** where possible; use multi-sensory approaches



Set reminders on the phone



Siri



Alexa

General Organisation



Visual Timetables

Period	Mon	Tue	Wed	Thurs	Fri
Reg					
1	Maths	English	Science	English	IT
2	Maths	English	Science	English	IT
3	History	Science	Irish	Irish	Music
4	Geog	Science	Irish	History	Music
5	Tech	History	French	History	Art
6	Tech	French	French	Geog	Art
7A	RE	PD	Maths	Geog	Maths
7B	L	U	N	C	H
8	RE	Ce	English	FP	RE
9	PE	Ce	HE	Maths	PD
10	PE	Irish	HE	Maths	English
Reg					

EA Library Service		ea Education Authority	
Sunday evening		2 pack for Monday:	
Maths	History	Geography	Tech
RE	PE		
Monday evening		2 pack for Tuesday:	
Maths	Science	History	French
PD	CE	Irish	
Tuesday evening		2 pack for Wednesday:	
Science	Irish	French	Maths
History	RE	Home Ec	
Wednesday evening		2 pack for Thursday:	
Maths	Irish	History	Geography
Maths			
Thursday evening		2 pack for Friday:	
IT	Music	Art	Maths
RE	PD		

General Organisation



Getting started Checklist

Use this checklist whenever you need to get started on homework or classwork. Highlight/Tick the steps as you complete them to see how much you have accomplished.



- ☐ Take out all of the things that you need to complete. Put them in a pile, with what you are going to do first on top.
- ☐ Make sure that you have what you need to complete the first task (notes, book, pencil, etc.) in front of you. Put all other materials on the floor.



- ☐ Set your timer for 10 minutes. When it goes off, you get a break. Use this time to take a drink from your water bottle, take a movement break, or close your eyes for a minute. When you are done, reset the timer for 10 minutes.



- ☐ Re-read all of your notes that will help you complete the task.
- ☐ When completed, give it up to the teacher or to your classroom assistant. If you have to finish it at home, put it in your homework folder.



- ☐ Put away the materials and move to the next class.

7. Games to create at home



They say that the brain is like any other muscle in the body - the more you use it, the more developed it will become. Here are some quick and easy activities that will help you to develop your memory skills.

Three games to enjoy



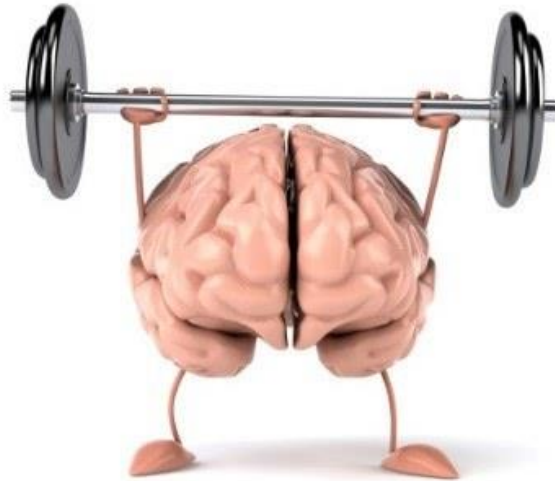
7 - The Suitcase Game

Players: 2-10+ ages

The first person begins by saying 'I went on holidays and in my suitcase I packed...' add one item. Each person must repeat all previous items (in the correct order) and add another. If you forget or miss an item you are out of the game. The winner is the one left after the others are put out.

This is a little workout for your brain -

you can do alone - although it is fun to watch others try it!



The Brain Games

On your left hand, make a fist, and extend your thumb; holding this, hold up your right fist, but this time stick out your little/pinky finger. Now try swapping... thumb up on right. Pinky on left... How fast can you change? The co-ordination involved will strengthen neural connections, which will help develop the memory!



8 - Card Game

Card Game

Use a deck of card and lay out all 52 cards in four rows of 13. Players take turns choosing two cards, turning them face up. If the cards are a match- either same suit or colour (for example, 2 sixes, 2 red cards) that player wins the pair and removes them from the board. If the cards are not a pair, the player has to return the cards to the board face down and play passes to the player on the left. The game ends when a player picks the last pair. The winner is the person with the most pairs.

8. Visual Memory Games



<https://sway.office.com/JfOFLubiSE18DNYv#content=Xq39LOBkGTTIM2>

Try this - draw a letter shape in flour with your finger and feel the shape as you say it.



<https://sway.office.com/JfOFLubiSE18DNYv#content=JdKFkn3uXS3pzb>

9 - Recalling a sequence of numbers correctly: Creggan PS Randalstown

Look at the number cards for 30 seconds, then I remove one or two numbers and ask what is missing?



<https://sway.office.com/JfOFLubiSE18DNYv#content=QZl6qK3reHFLUv>

10 - Matching picture in pairs: Creggan PS Randalstown

Turn over a card and pick another card - if they match that is a pair. Take in turns to make matching pairs.

Memory game



Look at the picture of for 30 seconds, cover the picture then answer the questions. How did you do?

Have another go...

1. How many baguettes are shown?
2. What sea is to the south of France?
3. Can you name two famous landmarks?
4. What sporting event is shown?
5. What colour are the grapes?
6. What type of pastry is shown?
7. Names the colours on the French flag.
8. What is the capital city of France?



Look at the picture of for 30 seconds, cover the picture then answer the questions. How did you do?

Have another go...

1. Can you name the sport?
2. What colour is the crest on the cockatoo?
3. What other animal can you see?
4. How many stars are on the flag?
5. What is the island called?
6. What object is to the south of Australia?
7. In what city is the Opera House?

Memory Game Tree



Look at the picture - what you can see.

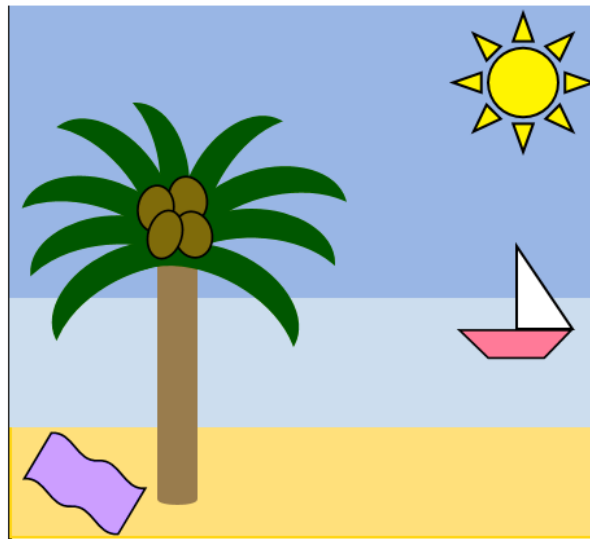
I will cover cover the picture and ask a few questions?

How did you do?

Have another go

1. How many apples are on the tree?
2. What two colours are on the kite?
3. Is the ball to the left or the right of the tree?
4. How many birds are flying in the sky?

Memory game at the seaside



Look at the picture - what you can see.

I will cover cover the picture and ask a few questions?

How did you do?

Have another go

1. What type of tree is this?
2. How many coconuts are on the tree?
3. What is in the sea?
4. What colour is the beach towel?

Mnemonics Memory Game

Memory

Give yourself one minute to learn these two rows of letters in the right order:

B B S H Y A W Y S Y S T B I O F
T M O F T D A O F T L B W L D T E



How did you do?
What if I told you that what you see are the initial letters of a well-known nursery rhyme?
That's very easy now isn't it?

Why? You're getting extra help from the parts of your brain where you process words meaning, store long-term information as well as emotional memories about your childhood or being a parent to a child.

Making something meaningful is a game changer when it comes to learning. Mnemonics do just that: allow you to learn something tricky by association.

9. Listening Memory Games



<https://sway.office.com/JfOFLubiSE18DNYv#content=H7kpNNBghxuTJP>

11 - Kim's game video



<https://sway.office.com/JfOFLubiSE18DNYv#content=7LpQjwU3AUyesF>

12 - Listening to instructions video

Songs and Rhymes

Primary

Hush Little Baby – lyrics accessed <https://wordsforlife.org.uk/activities/hush-little-baby/>

Old MacDonald had a Farm – lyrics accessed <https://wordsforlife.org.uk/activities/sing-old-macdonald-your-child/>

Five Little Monkeys – lyrics accessed <https://wordsforlife.org.uk/activities/five-little-monkeys/>

Polly Put the Kettle On – lyrics accessed <https://allnurseryrhymes.com/polly-put-the-kettle-on/>

Post Primary

The Sound of Music, Do-Re-Mi – lyrics accessed
<https://www.stlyrics.com/lyrics/thesoundofmusic/do-re-mi.htm>

Joseph and the Amazing Technicolour Dreamcoat – lyrics accessed
<https://www.stlyrics.com/lyrics/josephandtheamazingtechnicolordreamcoat/anydreamwilldo.htm>

10. Useful Apps and Games



13 - Free Memory Apps

- Monster Hunt
- Memoryblock
- Memmatches
- Animalsmemorygame
- Memoryandattentiontrainingforkids
- Trainyourmemorygames
- Trainyourbrainmemorygames
- Lumosity:braintraining
- Brainplus:keepyourbrainactive

Games to buy

- Match a pair of birds by Christine Berrie
- Dobble Card Game by Asmodee
- Animal Match by Orchard Toys
- Shopping List by Orchard Toys
- Memory Game by Melissa and Doug

- Gaming Simon Swipe by Hasbro
- Memory Game/Ice Pops by Petit Collage
- Farmyard Donkey Card Game/ Educational Snap & Memory Game by Bigjigs Toys

11. Survey Monkey

Tell us what you enjoyed and what you would like to see more of! We welcome your feedback.

<https://www.surveymonkey.co.uk/r/LITMAR21>



14 - SurveyMonkey logo.

12. A little something else



EA Primary Behaviour Support and Provisions produce 'High Five' a fortnightly newsletter, packed full of good ideas to inspire, support and challenge all our young people to be the best they can be. Please click on the following link to access

<https://www.eani.org.uk/publications/issue-21-primary-behaviour-support-provisions-newsletter-high-five>