Self-help Memory Strategies

**KINAESTHETIC**
“Count them on your fingers as you say them”

**CHUNKING**
01527 488 326

**VISUALISATION**
“Close your eyes...can you still see it?”

**LABELLING**
“Say out loud what you see
Orange...apple...pear”

**REHEARSAL**
5-7-9

**WATCH!**
What do they naturally do to help themselves?
Try some strategies
FIND WHAT WORKS & PRACTISE!

**LINKING** - through a story...
e.g. Shopping list: “I put the batteries in the light bulb so I have light to cook my butter and eggs and put the milk in my tea.”

**LINKING** - through sound...
e.g. “Brain, Book, Buddy, Boss”

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