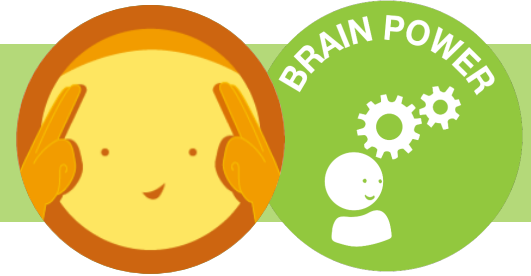




REMEMBER POWER



WHAT IS WORKING MEMORY?

The ability to keep track of, update, and use information over short periods of time.

WHY REMEMBER IS IMPORTANT:

It helps students to remember directions, follow steps in the correct order, and keep track of multiple things at the same time. It helps students to plan and work towards goals over time. Remember power also helps students (and adults) to multi-task and keep track of multiple goals, tasks, or items at once.

THINGS THAT HELP US REMEMBER:

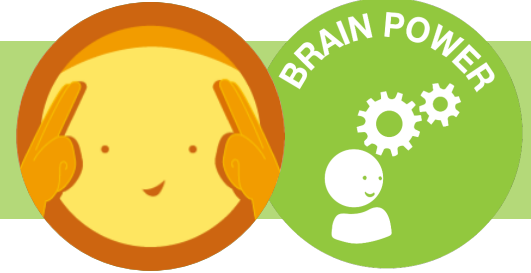
- **Repeating the information aloud** after I hear it.
- **Picturing something in my mind** (e.g., imagine the things I need to bring to school, imagine what I need to do when I first get to my classroom in the morning, imagine the steps to accomplish a goal).
- **Making up a song** about what I need to remember and singing it many times (aloud or silently in my mind).
- **Drawing a picture or making a list** of things I need to do.

INTRODUCE THE HAND SIGNAL

Rub your temples (sides of forehead) to let students know when you want them to remember something important.



REMEMBER POWER



WHEN DO WE USE REMEMBER POWER?

- When I am getting ready for school and I need to remember a list of things to bring with me.
- When I take a break from reading, or get interrupted from something, and I want to remember my place (in a song, or recipe.)
- When I need to remember a set of instructions from the teacher, like during clean up or getting ready for the next activity.

REMEMBER POWER GAMES:

- Name Game
- What is Missing?
- Wiggle Cool Down
- Hot Potato
- Shipwreck

