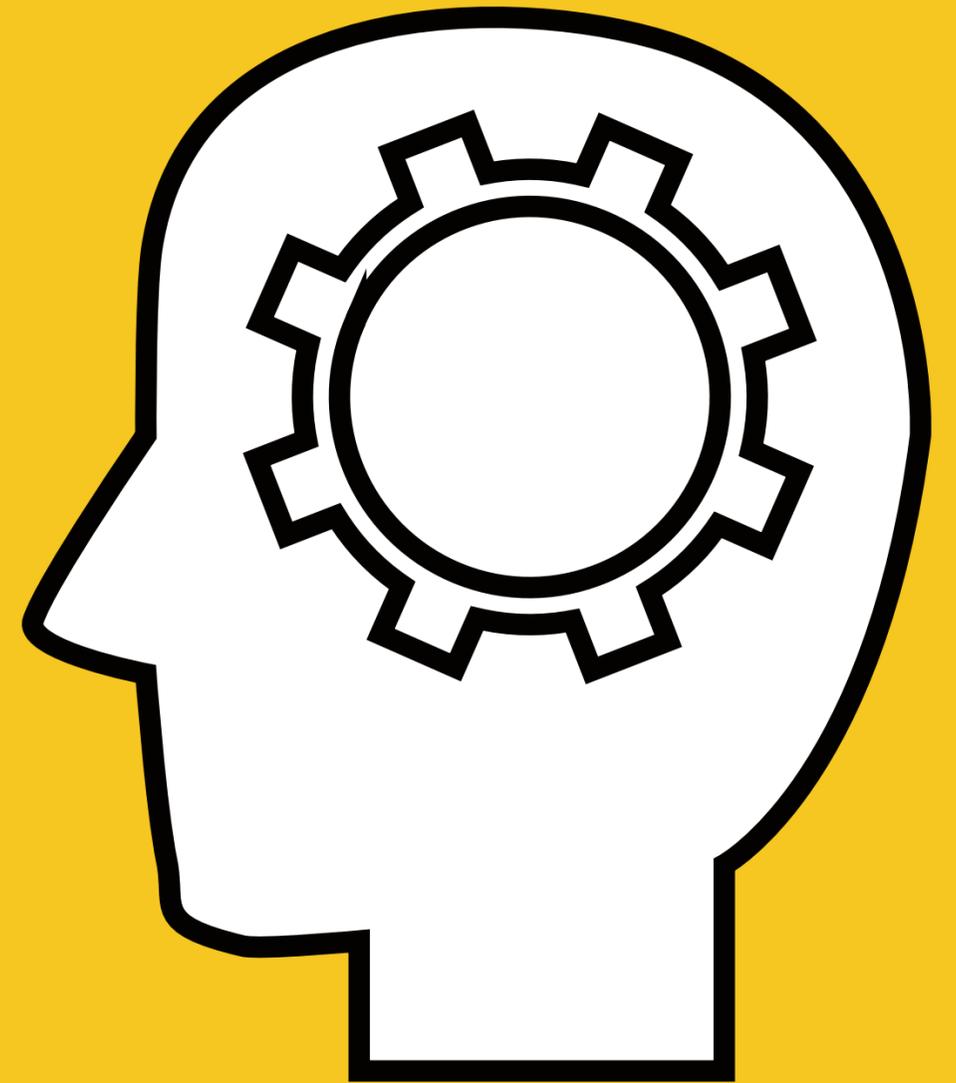


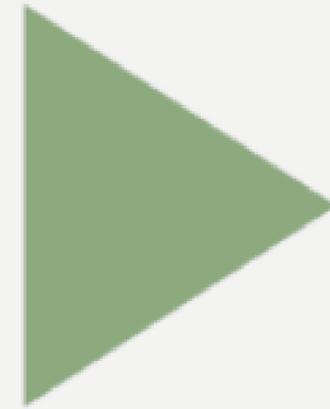
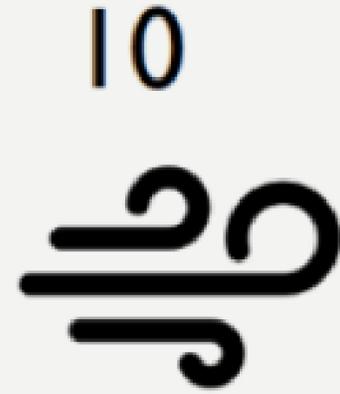
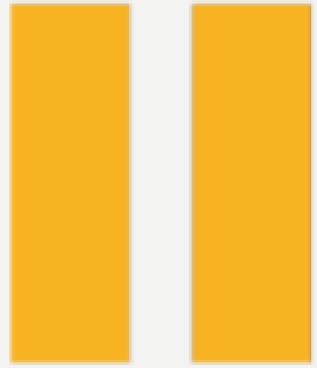


KS1

Keep Learning

# Memorising and Me





**PAUSE, NOTICE, BREATHE, PLAY**



## **Learning Intention:**

To identify different ways to memorise and retain information.

## **Success Criteria;**

1. To understand that there are different ways to memorise information.
2. To identify the most effective methods to memorise information.
3. To develop a growth mindset.

**Key Vocabulary.**

**memorise**

**memory**

**retain information**

**short term memory**

**long term memory**

**working memory**

# Memorising and Me

## Human Memory.

Humans keep different types of memories for different lengths of time.

Short-term memories last seconds to hours.

Long-term memories can last for years.

Our working memory lets us keep something in our minds for a limited time by repeating it. If for example you repeat a sequence of numbers over and over to remember them, you're using your working memory.



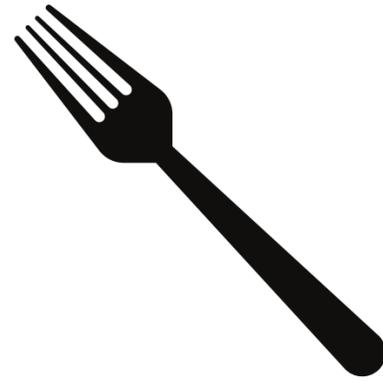
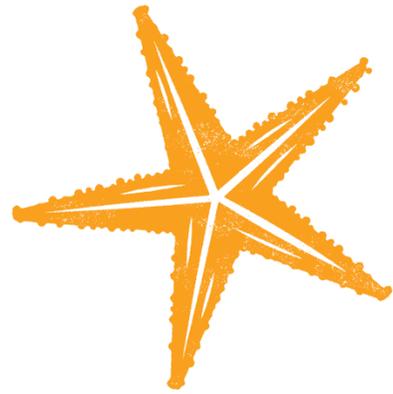
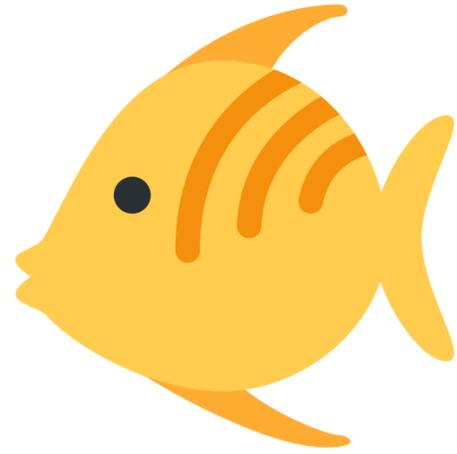
# Memorising and Me

Let's see how good we are at memorising. How many of these objects can you remember? You have 30 seconds to look at the pictures then they will disappear and you need to recall as many as you can and write a list on your whiteboard in 30 seconds.

How many of these can you memorise in 30 seconds?

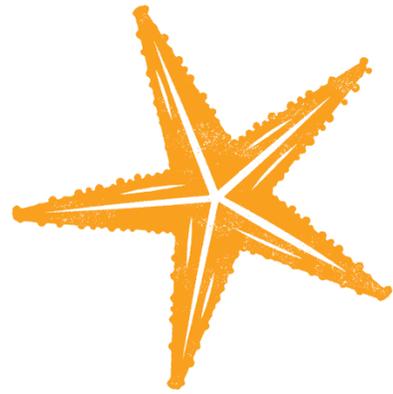
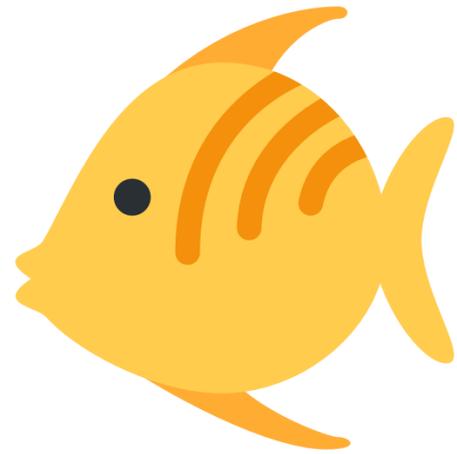


# Memorising and Me



How many of these can you memorise in 30 seconds?

# Memorising and Me



How many of these can you memorise in 30 seconds?



## Memorising and Me

Today we are going to look at different ways to memorise facts. Are you ready for a challenge? Remember we are controlling those negative thoughts when faced with challenges...

Let's learn our 6 timestables!



## Memorising and Me

$1 \times 6 = 6$

$2 \times 6 = 12$

$3 \times 6 = 18$

$4 \times 6 = 24$

$5 \times 6 = 30$

$6 \times 6 = 36$

$7 \times 6 = 42$

$8 \times 6 = 48$

$9 \times 6 = 54$

$10 \times 15 = 60$



### Group Discussion Activity.

Can you think of different ways you could begin to memorise these facts? How could you and your partner work together to help each other? What strategies could you use?

## Memorising and Me

$$1 \times 6 = 6$$

$$2 \times 6 = 12$$

$$3 \times 6 = 18$$

$$4 \times 6 = 24$$

$$5 \times 6 = 30$$

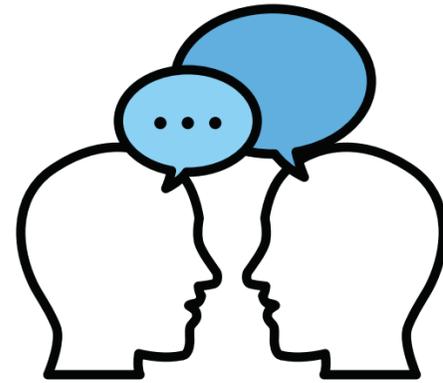
$$6 \times 6 = 36$$

$$7 \times 6 = 42$$

$$8 \times 6 = 48$$

$$9 \times 6 = 54$$

$$10 \times 15 = 60$$



### Pair Activity

Try using one of the strategies your group have suggested and see how many of these facts you can remember in the next two minutes.

## Memorising and Me

### Simplifying

Sometimes lots of facts, numbers or words can feel too much for our brains and we feel overwhelmed. Try memorising the important bits and simplify the information. Who thinks this might be easier to learn now?

Try simplifying;

6, 12, 18, 24, 30, 36, 42, 48, 54, 60

$1 \times 6 = 6$

$2 \times 6 = 12$

$3 \times 6 = 18$

$4 \times 6 = 24$

$5 \times 6 = 30$

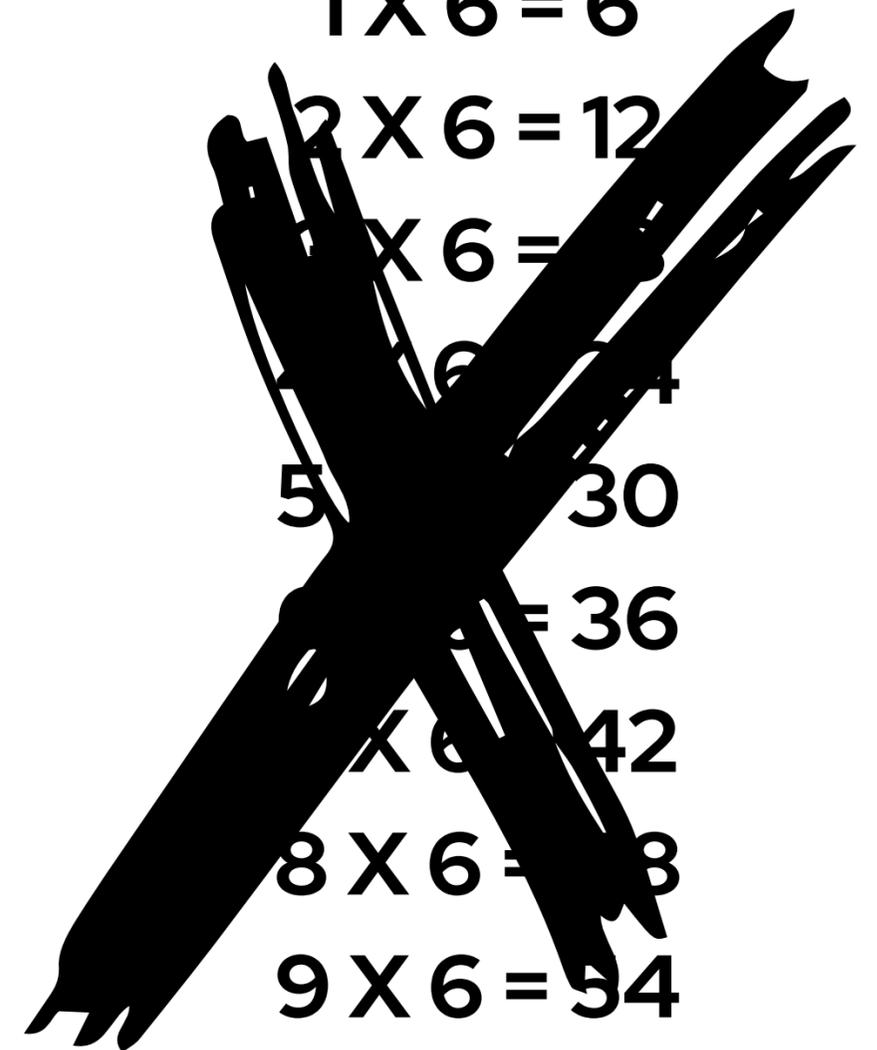
$6 \times 6 = 36$

$7 \times 6 = 42$

$8 \times 6 = 48$

$9 \times 6 = 54$

$10 \times 6 = 60$



## Memorising and Me

### Listening

Ask your partner to read out the sequence of numbers to you as you listen. Then see how many you can repeat back to your partner.

6, 12, 18, 24, 30, 36, 42, 48, 54, 60



## Memorising and Me

### Sing It

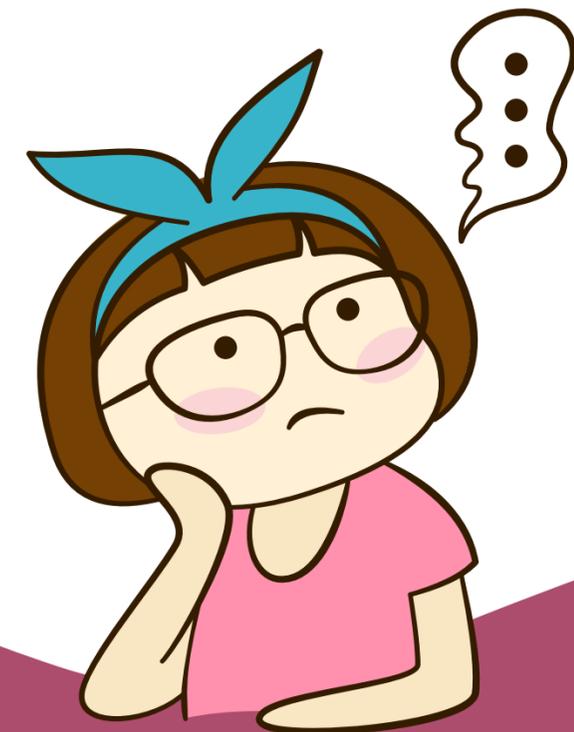
Can you and your partner think of an old nursery rhyme melody or song you like and put these numbers to it to help you remember?

**6, 12, 18, 24, 30, 36, 42, 48, 54, 60**



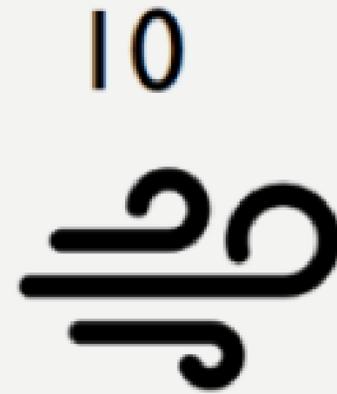
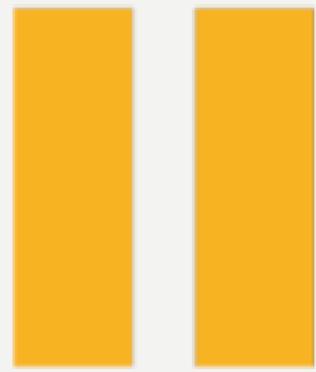
# Reflection

1. Which strategies did you find worked and didn't work for you?
2. Which strategies do you think you might use again in your learning and why?



# TAKE HOME

- Ask a family member if they have any tips or tricks that work for them when trying to memorise information.
- Try to memorise something together, for example a song or funny poem (maybe Michael Rosen) and see who can remember it the quickest and what technique they used.



**PAUSE, NOTICE, BREATHE, PLAY**