



# Now, where did I put it?

Improve your memory (Children)

At the British Dyslexia Association we believe that every kind of brain should be valued for its unique way of looking at the world. If you or someone you know is living with dyslexia, we are here to support.

### Improve your memory - Top Tips for children:

- make a list of activities you do each day and start a routine so it becomes automatic e.g. list what goes in your school bag, or your PE bag
- invent rhymes and mnemonics to help your memory

**N**ever **E**at **C**rips, **E**at **S**alad  
**S**andwiches **A**nd **R**emain **Y**oung =  
necessary

- The first letters of this phrase can help you remember the order of the

planets from the sun

**M**y **V**ery **E**ducated **M**um **J**ust **S**erved  
**U**s **N**achos

- Think of numbers as pictures e.g. 1 = a stick, 2 = a duck, 3 = a bird flying in the sky, 4 = a sailing boat, then use these pictures to help you remember PIN numbers etc. 3148 is a bird flying with a stick on a boat near a snowman
- Imagine yourself doing an action e.g. walking out of your bedroom, going downstairs, picking up your bags, picking up keys, leaving and locking the door. Visualising yourself doing something can help you to remember

### Further support

Call our Helpline: 0333 405 4567

or email: [helpline@bdadyslexia.org.uk](mailto:helpline@bdadyslexia.org.uk)