BEST WAY TO HELP CHILDREN REMEMBER THINGS

by:

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Teaching kids can be a lot stressful. They use working memory all the time to learn. It’s needed for solving problems and building up memory. To help them, there are several ways to make a child remember things easily.

You can start by using Visual Aids to help their learning. An example of this is by using flashcards or storybooks. Drawing and imagining things can also be a big encouragement. There is also visiting museums and galleries for further knowledge. As they get better at visualizing, it will be easier for them to describe things. As Albert Einstein once said, ‘Imagination is better than Knowledge’.

Another way to help kids learn better is to encourage them to read. Reading is a great boost for knowledge not only to children but also to adults. It has lots of benefits other than learning, like keeping stress at bay, reducing depression, increasing vocabulary, and many more. There’s even a proven study that those who read more, lives longer than those who don’t.

If you will notice, some children remember things easily than others. There are several reasons for this. One of the most common ones are either they have no time for studying outside of school or they lack the encouragement to do so. By making lessons more engaging and having open discussions about different topics, it will help them develop critical thinking skills while improving memory. Also, make sure to give them small amount of information and build it up slowly. Always start with the basics to help children comprehend things better.
Using multisensory approach to learning can also help with working memory and long-term memory. Best way to do this is by reading aloud. It uses both the eyes, the ears, and the tongue. To make it more fun, several games can also be applied for learning. This can help with both memory skill and motor skill.

Having fun in learning is the most important experience a teacher can give to its students. With this approach, even after they graduate, they will always remember that learning is not stressful but a way to improving one’s self.

References:

https://www.oxfordlearning.com/11-ways-to-improve-memory-for-kids/