



# REMEMBER

## SKILLVILLE STRATEGIES



### What are Strategies?

Strategies are tools and techniques that help achieve calmness and concentration to prime the brain to effectively use Success Skills. These skills are **Focus, Think Differently, Organize, Remember, and Feel.**

### What is a Child-Friendly Definition of Strategies?

"Strategies are something you do or words you think about to help you understand your thoughts and emotions and respond in a helpful way."

### What is Remember, and Why is it Helpful?

**Remember** is a short-term brain function that helps us complete the task at hand. The word "remember" can be used to refer to long-term memory in other contexts. But in *Skillville*, this Success Skill involves briefly holding and manipulating new information in our mind while it is needed. For example, we do this when following instructions without losing track of what we were initially doing. This Success Skill helps children process and retain information while they are learning new things. By encouraging children to **Remember**, caregivers and grownups can help children improve their learning abilities and problem-solving skills.

### What is a Child-Friendly Definition of Remember?

"Hold new information in your mind to use when you need it."

### When do children struggle with Remember?

When they...

- Struggle to repeat information they just heard.
  - A child might struggle to remember and restate the rules of a new game.
- Have difficulty recalling relevant prior knowledge while doing a task.
  - A child might find it difficult to remember the order of the colors in a rainbow while drawing it, even though they just looked at a picture of a rainbow.
- Experience trouble following multistep directions.
  - A child might struggle to recall all the steps provided by a teacher, such as the instructions for a classroom activity, and find it challenging to follow them in order.

Consider incorporating strategies into your child(ren)'s routine to further enhance the **Remember** Success Skill. Strategies can be used in school, at home, and in the community. While all strategies can support Success Skills, the effectiveness of a specific strategy is different for everyone. Experiment with different approaches to find what works best for your child's individual needs.

