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30 Working Memory Classroom Strategies



We at speechlanguage-resources.com are dedicated to empowering all educators to view the teaching of reading mastery as always achievable, so that your students will be engaged learners.



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Working Memory Classroom Strategies

Welcome to all who are committed to elevating the art of science and education. Together, let us explore the fascinating sphere of working memory classroom strategies, a valuable addition to effective teaching approaches. The adjustments listed here are presented as a series of 30 *suggested* strategies to elicit the best learning outcomes for your students.

Students' successful retention of new information is of key importance here. Limiting the stress on your students' working memory begins as a conscious decision by the classroom teacher to introduce adjustments and modifications to the environment and to teacher practice. The 30 articles presented here should be considered as an entry point to the types of adjustments that you might add to your classroom routine and environment.

We are mindful that some of the suggested strategies will be something you may already be doing in your classroom - yet other strategies may seem completely novel or foreign. Many have their basis in principles of teacher instruction, better known as the Rosenshine principles. So do read the articles in the spirit of exploration and of trial and error - that is, if you do consider trialling and implementing some of these adjustments in your classroom.

A teacher's *awareness* of the limits of their students' working memory capacity carries immense value. Working memory plays a key role in all student learning. It is responsible for temporarily holding novel information while it's being processed by the brain's higher level thinking structures. Understanding working memory limits and ways to optimize it can guarantee more efficient educational experiences for all your students.

Understanding the intricate world of working memory limits opens doors to endless opportunities for more effective and efficient teaching. By acknowledging the importance and implementation of working memory strategies in your classroom, you embrace a thoughtful approach that not only reinforces teaching methods but also has the potential to uplift student performance.



1. Chunking New Information

Have you ever been faced with a massive, seemingly insurmountable task that made you want to throw your hands up in frustration? Well, fear not, because we at speechlanguage-resources would like to introduce you to the efficient world of chunking information – a time tested method to tackle the daunting challenge of supporting students' working memory limits.

You're in a buzzing classroom, filled with students eager to learn. The atmosphere is charged, everyone's raring to go. That's what breaking down complex tasks into smaller, more manageable parts can do – it has the potential to transform a learning environment into a hub of excitement and achievement.



Chunking information is all about taking a colossal assignment or perplexing problem and breaking it into bite-sized, digestible pieces. Much akin to slicing a giant pizza into manageable slices. Suddenly the large amount of work doesn't seem nearly as daunting.



Chunking makes learning and problem-solving more attainable, particularly for children with learning difficulties. By approaching one chunk of information at a time, your students gain confidence with each completed segment until they eventually conquer the entire task. It's similar in tone to assembling a complex jigsaw puzzle – the pieces slowly come together, until a cohesive picture is revealed.

2. Use Visual Aids

When entering the micro, restricted world of working memory we need to understand the role visual aids can potentially play in remembering key information. Think of your brain as a busy library, row upon row of books organised neatly (if you're lucky) and your working memory is the librarian dutifully managing the books. Visual aids? Well, while we're in the analogy of libraries think of visual aids as vibrant, colourful bookmarks.

Why are visuals recommended here to aid students' working memory? Well, working memory can be a bit like our analogy of a librarian, but a librarian that can be distracted and forgetful. But when we introduce the coloured visual bookmarks, it's like offering that librarian a visual cue – it helps the librarian hold on to important information just that little bit easier.



Types of visuals to consider: diagrams can be likened to treasure maps. They show the path to knowledge, making complex ideas, well, less complex. Charts, on the other hand, organize data into neat packages, making facts easier to digest. And images? They're like windows that allow students to peer into new worlds, turning abstract concepts into tangible realities when thoughtfully matched to the words you say.



Be excited about the possibilities of visuals to support your words on the science of learning journey. You are potentially about to unlock a whole new level of understanding of their importance.

3. Encourage Active Listening

Active listening is not just hearing words but truly understanding and processing what is being said. It's like tuning into a favourite radio station - you don't wish to listen to harsh or draining static; you want to catch every note and beat of music, in clear stereo.

To encourage active listening, you must first ensure your students are free of external distractions – external noises (if your classroom is open-plan, noisy neighbours, etc) – and focus on your words and images. Gently remind your students that the lesson you are presenting is a gateway to knowledge and success in a given topic area.



Next, be a role model. When you talk, demonstrate active listening yourself. Maintain eye contact with your students, nod in agreement to thoughtful statements, pause, and ask questions that prompt active involvement. Your enthusiasm for a subject will also be contagious.

Involve your students actively in discussions. Encourage them to ask questions and share their thoughts. This not only makes the class dynamic but also reinforces students' understanding of complex information by supporting their working memory reserves.

In this dynamic environment, learning becomes more like an adventure. Curiosity thrives. Students become active participants. The classroom becomes a hub of creativity and growth. So, give active listening every chance to succeed. Cultivate active listening in your classroom and watch the for the potential transformation in student engagement.



4. Short Breaks

We all know that learning can sometimes feel like a marathon, especially for our most vulnerable students. That is why we, as educators, have a tried-and-true strategy to address the perceived marathon – regular, short breaks.

Short breaks create an atmosphere where students can thrive. It gives our students the chance to recharge their mental batteries. Think of our brains as porous but very finite sponges. Our sponges can only soak up so much new information at a time before they get soggy and leaky. (Not a great metaphor we know but stay with us here.)

Short, strategic and scheduled breaks help wring out that soggy mental sponge, and helps to prevent cognitive overload. And, let's not forget, short breaks also help in boosting our students' mood and motivation. Think of it as hitting the refresh button.

Short breaks can turn a classroom into an engaged, thriving ecosystem of learning. Students return to any task ready to learn once more. That's the magic of these regular breaks.

Do trial using the power of those short, recharging pauses. They can be a key to unlocking your students' mental and working memory reserves and produce a classroom environment that's not just more engaging but thriving.

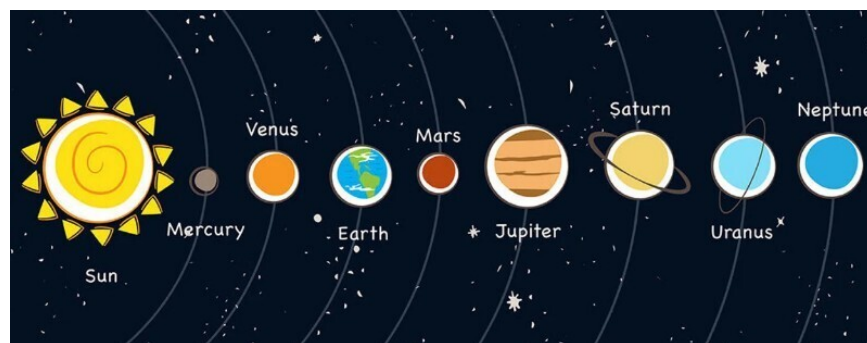


5. Teach Mnemonic Devices

Imagine a classroom bursting with enthusiasm and vibrant learning. It's all within reach with the addition of mnemonic devices.

What exactly are mnemonic devices? They're like cheat codes for working memory, making it easier to remember complex information. Let's go over a few fun techniques.

1. **Acronyms:** These are like word puzzles for your brain. Take the first letter of each item you need to remember, and create a catchy phrase or word. For example, to remember the order of the planets from the sun, use "*My Very Educated Mother Just Served Us Noodles.*" Voilà, Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune!



2. Rhymes: Rhymes can potentially make new information stick like glue. Rhyme mnemonics can turn boring facts into catchy tunes or rhymes. Want to remember the colours of the rainbow? "Roy G. Biv" will be your trusty sidekick, reminding you of red, orange, yellow, green, blue, indigo, and violet.

3. Songs: Music is a universal language, and your memory loves a good melody.

Write a song about history, science, or any topic you're tackling. Singing along to your notes? Now that's fun learning!



Mnemonic devices turn the mundane into the memorable, making learning an adventure. Sprinkle some acronyms, rhymes, and songs into your lessons.

6. Teach Mindfulness

Discover how mindfulness can make your classroom seem as if it is a sanctuary of focus, relaxation, and learning - a classroom where students are fully relaxed, stress is kept at bay, and ease is the dominant feeling. This is the power of mindfulness.

1. Breathe in, Breathe Out: It all begins with the breath. Teach your students to take a deep breath in, then slowly exhale. It's a simple skill, but its effect can be immense. Distracting thoughts will be banished.

2. Guided Meditation: Start your class lesson with a brief, guided meditation. Encourage your students to close their eyes, let go of tension, and visualize a place that makes them relaxed and safe. Think of guided meditation as being like a mental vacation/holiday.

3. Mindful Breaks: Incorporate short mindfulness breaks throughout the day. These moments of pause can help students reset and refocus. You can use mindfulness apps or lead them through simple stretching exercises. Combine these with short breaks.



4. Gratitude Journal: This is a nice idea. Encourage your students to keep a gratitude journal. At the end of each day, depending on their age and writing skills, your students can be encouraged to jot down a few things they're thankful for. It really can be an effective mood booster and is terrific for mental health.

Mindfulness done well can become a catalyst for improved attention, reduced stress, and a positive classroom atmosphere.

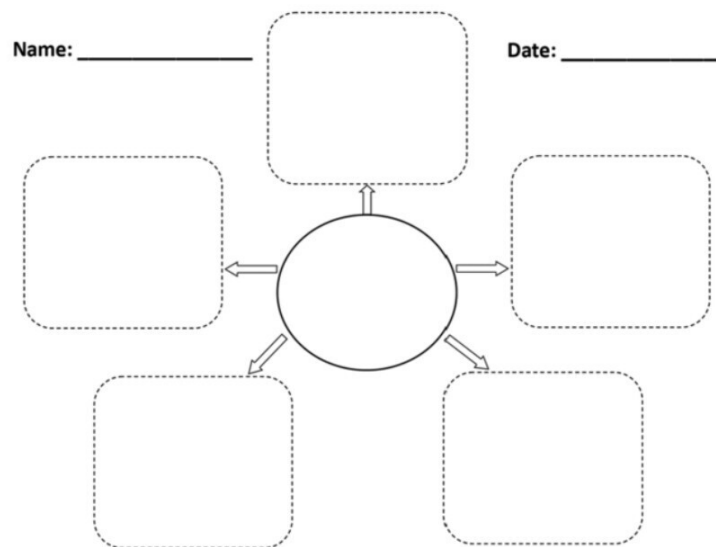
Do consider entering into this world of relaxation and focus. You may well be amazed at how it can literally transform your classroom into an oasis of calm, this is especially true for kids who become frequently dysregulated and whose working memory is potentially quickly overloaded.

7. Use Graphic Organizers

Graphic organizers are a wonderful and simple way of making complex information more organized, visual, and memorable.

1. Mind Mapping: Let's start with mind maps - a simple visual brainstorming tool. Have your students place the main idea in the centre and branch out with supporting details. It's like creating a roadmap for their thoughts.
2. Venn Diagrams: For comparing and contrasting, Venn diagrams are your go-to. With two or more circles that overlap, students can see similarities and differences of a concept or topic quickly and easily.
3. Flowcharts: Do you need to explain a particular process or a sequence of events? Flowcharts can be your best friend. Create a step-by-step visual guide that all children can follow.
4. T-Charts: Organizing information into two categories? T-Charts are the way to go. It's like splitting the page into two sections to compare data side by side. In your classroom, graphic organizers can be a trusted companion. These tools help students not only understand concepts but also remember them vividly.

As you introduce these visual aids, watch your class link your spoken words to areas on a graphic organizer, which aids them in their learning journey and supports learning so as to not overload working memory limits.



8. Movement Breaks

Let's talk about movement. Incorporating physical activities into your teaching routine can be a game-changer. It not only keeps your students engaged but has the potential to supercharge working memory.

How do you infuse movement into your lessons?

Brain Breaks: Periodically pause the traditional learning and have quick, fun brain breaks. Ask your students to stand up, stretch, do a little dance, or even a mini-yoga session. This activates their bodies and refreshes their minds. **Kinesthetic Learning:** Encourage hands-on activities.

Whether it's a science experiment or a math problem solved by moving objects, these activities make learning memorable.

Active Discussions: Arrange debates or group discussions that require students to move around and interact. It stimulates their minds, ensuring that a particular topic sticks.

Memory Games: Engage in games that challenge working memory such as Simon says, memory matching, or scavenger hunts, activities that get kids up and moving - they're not only fun, but these types of games and activities can flex overwhelmed cognitive muscles.

By introducing these active elements into your classroom, you're creating an inviting and dynamic environment. Your students will be more centred and mentally alert - and more ready to embrace learning. Remember, you're not just an educator; you're a catalyst for an engaged and relaxed classroom! Go ahead and get that energy to flow by allowing students to move about.



9. Play Memory Games

In the world of memory games, fun is almost as important as the learning.

One of the classic memory games that never goes out of style is "Simon says." It's like a memory workout for your brain. Simon, or the game leader, gives commands like "Simon says touch your nose" or "Simon says jump," and the players need to remember and follow only the commands that start with "Simon says."

This is a simple but terrific activity to improve your students' focus and reduce the strain on working memory while also having an excuse to laugh and move limbs.

Another working memory-boosting gem is the good old memory card game. You know the one where you flip over cards to find matching pairs? It's a perfect mix of strategy and memory power. Challenge your students to pair on their tables and see who can match the most pairs. The competitive nature of this task adds an extra layer of excitement.



So, there you have it – some simple memory games that can turn your students' brains into a memory superpower! Well, not really, but better engaged kids will be a nice result. Happy gaming.

10. Rehearsal

Consider introducing and promoting the working memory strategy of rehearsal to your students.

Rehearsal is a type of memory rehearsal that we can encourage our students to use in transferring newly learned information into long-term memory.

This can work because rehearsal involves thinking about the meaning of new information and connecting it information already stored in long-term memory.



So, how do we make this happen?

First and foremost, encourage your students to be their own self-talk squad by repeating newly learnt information to themselves. In the world of learning, self-talk is like your students' superpower.

It's sort of like students having a mini teacher inside their heads, guiding them every step of the way. Self-repetition techniques not only reinforce what your students have newly learned but also boosts their confidence.

11. Whiteboards

Whiteboards, large and small, are trusty companions of every classroom. And whiteboards are another tool in your kitbag to help transform your teaching space into a vibrant hub of creativity by actively supporting students' working memory.

Whiteboards are like blank canvases, waiting to be filled with works of knowledge. They're not just for jotting down the occasional note or doodle; used well they are powerful tools to engage and inspire students.

Whether it's solving a math problem, learning the alphabetic code, or brainstorming ideas, this hands-on approach gets your students involved and excited about the learning process. Mini whiteboards are an essential tool. Have them and markers (and erasers) available for each of your students.



Whiteboard's use is related to quickly and effortlessly correcting errors and moving quickly onto the next activity, consistent with the Rosenshine principle of fast paced lessons. These little wonders have the potential to make your classroom come alive with interaction and engagement.



Your students rapidly write their responses to instruction, chin their responses so you can quickly give immediate feedback, and get ready for the next instruction. Mini whiteboards are like having a symphony of ideas and responses with you at the front conducting with a baton.

With clear and consistent feedback, the possibilities are endless. So, if you have yet to see the true benefit of these essential learning tools, take a leap of faith and let whiteboards be an everyday tool that can spark rapid learning of complex concepts in your students.

12. Reduce Distractions

Our goal here is to create a space where students can thrive, concentrate, and unlock their full potential. This is what distraction free classrooms can be. So, let's roll up our sleeves and dive into the idea of creating a clutter-free and organized learning space.

Start with organization. Imagine a well-arranged classroom, with everything having its own designated place. You're not just tidying up; you're setting the stage for a drama of knowledge and inspiration.



Keep supplies neatly sorted, textbooks in order, and desks uncluttered. Even keep the classroom walls free of posters, images and rules. When your students walk into such a space the potential is for them to experience a serenity that promotes a clear focus.

Next up, make good use of limited visual cues. Labels, signs, and colourful containers can transform your classroom into a beacon of order. These visual aids not only reduce distractions but also make your space more inviting and engaging. It's akin to creating an educational and emotional nirvana.



So, as you transform your classroom into a hub of concentration and clarity, remember that you're not just reducing distractions – you're setting the stage for a vibrant, exciting, and thriving learning environment. With a sprinkle of clarity and a dash of repose, you're actively creating a space for your students to focus and which, by extension, supports your students' working memory.

13. Routines

Well-designed routines are a key feature of a vibrant and thriving classroom. It starts with establishing consistent timelines. A well-run classroom reduces children's cognitive and working memory load and gives them a clear direction for the day, making your teaching journey smoother and more enjoyable.

A key to successful routines is consistency. From the moment your students walk through the door, ensure a predictable and welcoming environment. Greet them with the same tone daily, maintain a tidy and organized space, and kick off each day with a warm-up activity that signals the start of the learning adventure.



Establish a clear daily schedule and keep the routine visual for your students. When students know what to expect, they can focus on the material you're presenting rather than constantly wondering, 'What's next?' or feeling lost in the lesson.

So, there you have it: create a consistent, dynamic classroom by weaving consistency, enthusiasm, and direct engagement into your daily routine. Your students will be better engaged, and your role as a child's educator will be enhanced.

14. Immediate Feedback

Prompt and enthusiastic feedback on tasks done in real time is a key teaching principle and a sign of a master teacher, as outlined in the 10 Rosenshine principles.

First off, the magic of immediate feedback lies in its ability to foster a vibrant learning atmosphere. When students receive corrective or encouraging comments in real time, then they have the opportunity to immediately remember the information, and that's when real growth happens. So, be quick off the mark. Don't let opportunities such as teachable moments go to waste – let your students know how they're doing right away in real time.



Remember to keep teaching moments inviting and optimistic. Constructive correction should be wrapped in a warm, encouraging package. When students feel supported and encouraged, they're more likely to embrace learning as a thrilling journey, not a chore.

An active voice is your best tool. Speak directly to your students. Let them know that you are their guide in this adventure. Make it personal, make it engaging. In a classroom like this, where immediate feedback is the norm, students have the potential to flourish. They will be better placed to be more eager to learn, take risks, and grow their knowledge base.

So, let's make our classrooms alive with consistent and continual feedback, and watch our students thrive in their learning environment.

15. Memory Games

Be ready to embark on a journey into the exciting world of working memory games.

Working memory activities can be like a mental gym for your students' brains. It's the place where they can flex memory muscles.

Design your own working memory games or find existing ones.

Consider using puzzles, card games, or even digital apps that challenge your students' brains to remember things. To design your own memory activities, start with simple tasks and gradually increase the difficulty. It's all about engaging your students' brain in a playful way, keeping the vibes positive and energized.

So, gather your game-loving students and embark on a memory stimulating journey. Who knows, you might just turn your classroom into a vibrant hub of cognitive champions.

16. Real Life Examples

Consider the art of bringing real-life examples into your classroom, turning your learning space into a thriving hub of knowledge.

Explore how to make learning an adventure while supporting your students' working memory capacities. We're talking about connecting abstract concepts to everyday life.

Take math activities for instance. Instead of just reciting formulas, show your students how they are used in baking the perfect batch of cookies, calculating sale prices, or designing roller coasters. Suddenly, math becomes less daunting and more relatable.



For science activities, why not delve into the fascinating world of ecosystems? Instead of a dry textbook, set up a mini-ecosystem in your classroom. Let your students witness the delicate balance of nature in real time.

Develop your students' empathy for and understanding of the world as they make connections with the intricate web of life. History can come alive for your students if you turn your classroom into a time machine. Use primary sources, diaries, or even local legends to connect your students with people from the past.

Suddenly, history isn't just about dates; it's about people, emotions, and the tapestry of human experience. Incorporating real-life examples makes learning exciting and fosters better retention. It's an invitation to a dynamic classroom, where students eagerly embrace knowledge. So go ahead, make your classroom a thriving hub of learning, where every lesson feels like a thrilling real-life adventure.

17. Utilize Technology

Step into a modern classroom, and you'll find a space where technology is a trusted companion. Gone are the days of chalk-dusted blackboards and monotone lectures. Instead, we now have an arsenal of educational apps and interactive platforms that turn learning into an adventure.

Imagine a classroom where students eagerly engage in memory-building exercises that feel more like games than traditional drills. It's not a dream but a reality made possible by the integration of technology. With the right apps and platforms, learning can become fun and inviting.

Imagine students collaborating on a history project through a virtual platform, immersing themselves in a past era. These educational tools captivate attention, ignite curiosity, and make knowledge retention in working memory more likely.

In this dynamic educational landscape, teachers take on a new role as guides, steering students through a maze of possibilities. They can tailor lessons to individual needs, providing instant feedback and tracking progress in real-time. The result? A classroom where learning is not a chore but an adventure.

18. Note Taking

Improve student engagement by actively building their note-taking skills. The key to achieving this lies in demonstrating and teaching your students how to take effective notes during lessons. Let's explore some tips on what this may look like and how this teaching principle supports students' working memories. First off, teach your students to embrace an active mindset.

Encourage students as they step into your classroom, to be prepared to participate and engage with new material. Instruct them to actively listen to the lesson and their fellow students as they respond to instructions. Foster your students' confidence to respond to your questions and ask questions of their own and share their insights.

Teach your students (for middle school students and older) to write down their thoughts and responses. When students are truly engaged with your lesson, then their notes become a reflection of their active involvement in the learning process.



Organization: teach students to keep their notes structured and easy to follow. Teach and model how to use headings, bullet points, and numbering to break down new and complex content into digestible bits. Visual cues like arrows and stars can also help highlight important information.

Colour coding is another visual tool worth considering. Demonstrate how to assign different colours to key concepts, definitions, and examples. This not only makes your students' notes visually appealing but also helps them to quickly locate important information. Demonstrate to your students how to review and revise their notes regularly. This reinforces your students' understanding and ensures the information stays fresh in their minds.

So, there you have it, the recipe for successful note-taking. Active, engaged, and colourful – that's how your students will be best placed to make the most of future lessons while learning the vital skill of being an independent learner.

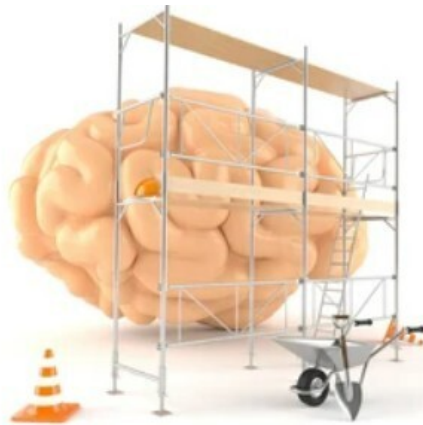
19. Scaffold Learning

Scaffolding learning is a great way to ensure your students success as they tackle new and difficult concepts and has the added benefit of supporting students' limited working memory capacities.

Scaffolded learning is like building a sturdy bridge to success, one step at a time. You begin this process by offering plenty of support, just like training wheels on a bicycle. As you introduce each new topic or concept, break it down into manageable chunks. Think of scaffolded instruction as laying stepping stones one in front of the other to successfully cross a swiftly flowing river without falling in.

Gradually, as your students become more proficient, it's time to remove a few of the scaffolds. Encourage your students to take more ownership of their own learning, to ask more questions, and to explore topics more independently. Like a garden blooming in spring, you'll witness your students confidence growing.

Keep the classroom environment inviting and optimistic. Offer praise, celebrate small victories, and maintain an open dialogue with your students. It's like cultivating a garden of knowledge, where each student's unique blossom contributes to the beauty of the whole.



Your active role as the guide in this journey is crucial. Speak directly to your students and adapt to their needs. You're the captain of this educational adventure, steering the ship forward.

In the classroom environment, scaffolded learning is one of the most valuable tools a teacher can use and is a key to unlocking your students' learning potential. Start building those rock pool bridges, nurture student growth, and set sail towards a horizon filled with boundless possibilities.

20. Set Clear Goals

In setting goals, the first thing to keep in mind is to keep goals simple and achievable. Goals should be crystal clear and easy to understand. Use plain language and avoid jargon. Remember, the clearer the goal, the easier it is for you to implement successfully and the better outcomes for your students.

Next, make your goals very specific. The SMART formula is a guiding light in this space. S. specific, M. measurable, A. attainable, R. relevant, T. time bound or timely. When writing a SMART goal, be as detailed as possible.

Instead of writing as a short-term goal, "Students will do better with their spelling of CVCC words", produce instead Year 3 students to learn how to read and write 20 target CVCC words by end of term to a 90% accuracy. This specific target gives you and others a clear roadmap to follow.

But setting clear goals isn't just about the what, it's also about the why. Connect your classroom goals to what you would like your students to achieve in both the short and long term.



Moreover, make sure all goals are achievable and realistic. Setting objectives that are within reach will boost your confidence to guide your students to success and keep them on the right track.

Also, when you break bigger academic goals into smaller, manageable steps, you create the template for your students' academic success by not overwhelming their working memory limits.

21. Quiet Workspace

Dedicate a specific space for focused work. It could be a cozy corner, a desk, or even a section of the classroom. By having a designated area, students can mentally prepare themselves for any task at hand. This one adjustment can work wonders with a focus of not overloading students' working memory systems.

Make workspaces comfortable and inviting. Provide comfy chairs, soft lighting, and perhaps a few motivational posters to create an atmosphere that promotes positivity and relaxation. This is particularly important for children who are at risk of emotional dysregulation. Consider the use of headphones or quiet, relaxing music. Sometimes, a bit of white noise can help drown out distractions and keep students in a calm zone.

Teach your students the value of a quiet workspace. Encourage students to use the workspace as a quiet and predictable retreat when they need to concentrate. Remind students that this workspace should be seen as a personal launchpad for success. In a balanced and relaxed classroom, a peaceful workspace can enhance student engagement. By putting some thought into how we create a serene haven for our students, particularly our neurodiverse kids, we help to alleviate the pressures on kids' emotional regulation.

22. Peer Support

Encourage your students to explain concepts to each other. It's like having a mini-expert team right in your classroom. When a student grasps a topic, they can share it with their peers, making it easier for everyone to understand a new concept or topic.

This creates a cooperative, supportive learning environment where everyone in the classroom has the opportunity to thrive and working memory limits are not breached. In a lively classroom such as this, students can become both teachers and learners simultaneously. This active exchange of knowledge fosters confidence and helps students develop a deeper understanding of the subject matter.

Pair up students with different strengths and weaknesses, so they complement each other. Think of it as building a squad with unique powers – together, they can conquer any challenge.



Use the power of group discussions. Engage your students in meaningful conversations about what they have learned. This in many ways similar to a brainstorming session where each student contributes their piece of the puzzle, thus creating a buzzing hive of ideas. In this exciting, knowledge-sharing haven, the possibilities have the potential to be endless.

Peer teaching support not only enhances academic performance but also builds teamwork, communication skills, and a passion for learning. So, ignite the fire of peer teaching in your classroom and watch it flourish into an educational arena where students empower each other to succeed.



23. Repetition

Unlock the power of repetition to aid your students' working memory limits. In the dynamic world of education, employing repetition is a tried-and-true technique that can make a profound impact on your teaching style. When applied effectively, repetition can enhance the learning experience for students, making lessons more engaging and memorable.

To harness the potential of repetition, here are three key elements to consider: style, tone, and voice.

Style: When weaving repetition into your lessons, keep your delivery style relaxed and engaging. This style creates an environment where students feel comfortable and eager to participate. By using familiar, approachable language, you're building bridges to understanding and making the information feel accessible and relatable.



Tone: The tone of your teaching materials should be inviting. An enthusiastic tone is infectious, and it motivates students to remain attentive and engaged, making the learning process a joyful journey.

Voice: To make repetition effective, adopt an active voice. Speak directly to your students as if you're having a one-on-one conversation. Engage them in the learning process, encouraging their active participation. An active voice fosters a sense of connection, making students more receptive to the repeated information.

By incorporating these elements into your teaching, repetition holds the promise of transforming your lessons into a more immersive and memorable experience, where students are not only educated but inspired.

24. Music

Have you ever noticed how a catchy tune can stick in your head for days? Well, that's precisely the kind of working memory boost we can give our students. By weaving music into our lessons, we can make learning more engaging and memorable.

First, let's set the stage. Imagine your classroom coming alive with the sweet sounds of music. Whether it's a classical piece, a popular song, or even a bit of hip-hop, the choice is yours. Start your lesson with some background tunes that match the topic at hand. This will set a positive mood and pique your students' curiosity.

Now, let's add some rhythm to the mix. Try creating catchy chants or rhythmic rhymes that summarize key concepts. Think of it as your class's secret language. When students chant or sing these phrases, they'll recall the information more efficiently.

Take it a step further and encourage students to create their songs related to the lesson. This hands-on approach will not only engage them but also has the potential to deepen your students' understanding of a particular topic.

Include a bit of movement – get those bodies grooving and tapping to the beat. Active participation will energize your classroom, making learning a memorable experience. Incorporating music into your lessons can turn your classroom into a place where creativity and enthusiasm can soar, and learning becomes a more enjoyable journey.

So, let's hit play, embrace the power of music, and make our classrooms come alive with the rhythm of knowledge.



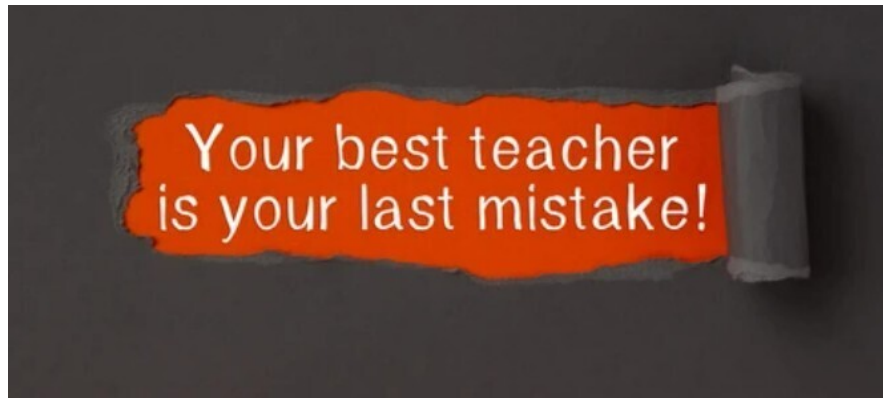
25. Growth Mindset

Developing a growth mindset is all about encouraging your students to see the retention of new information as a skill they can sharpen, rather than a fixed trait and has value in not overwhelming limited memory capacities. Here are some friendly tips to get the growth mindset started.

Positive Reinforcement: Start by celebrating small victories. When students remember a newly learned fact, praise their effort and highlight that their hard work has paid off. This builds your students' confidence in their learning capabilities abilities.

Embrace Mistakes: Teach your students that making mistakes is a natural part of the learning process. When they stumble, encourage them to try again and learn from their errors. Student errors should always be seen as teachable moments and opportunities for growth.

Teach Memory Techniques: Equip your students with memory-enhancing strategies like mnemonic devices, visualization, and chunking.



Set Realistic Goals: Help students set achievable goals retaining new information. As students reach particular milestones, they'll gain a sense of accomplishment and confidence in their own abilities.

By nurturing a growth mindset in your classroom, you're not only building better academic skills but also creating a culture of enthusiasm for learning. Remember, it's all about the journey, the more students believe in their own academic potential, the more they will engage in learning.

26. Interactive Learning

Give interactive learning a try. Imagine a classroom where students aren't just absorbing facts; they're actively participating, experimenting, and experiencing the potential of learning. That can be the magic of interactive learning.

Interactive learning is mostly about getting your hands dirty, both literally and figuratively. Whether it's a science experiment, a group project, or a lively debate, it's all about engaging your students directly in the learning process. Why does it work so well? Well, because it's immersive.

When students actively participate, they're not just memorizing facts; they're grasping concepts, problem-solving, and retaining knowledge in a way that sticks. To embrace interactive learning, start by incorporating hands-on activities and experiments into your lessons. Encourage your students to collaborate, ask questions, and explore.

Make your classroom a place where learning is an adventure while paying attention to your students' cognitive load.

27. Structured Environment

The key to crafting a structured environment is to establish clear rules and routines.

Set expectations and boundaries, and ensure that everyone is on the same page. This isn't about stifling creativity; it's about providing a safe and predictable environment for students to engage in learning.

Structured environments reduce confusion and create a space where learning can take place with minimal effort. When students know the rules and routines, they can focus on discovery of new materials, preventing uncertainty and not overloading working memory.

Keep classroom rules simple and the routines consistent. These simple adjustments will create a sense of security in your students.

28. Promote Critical Thinking

How can we encourage students to question and analyze information, while igniting curiosity and thoughtful reflection, without overloading students' memory capacities? First and foremost, we should invite our students to respond to our questions, lots of questions and also be good at asking questions.

When students feel empowered to inquire further about a subject, they potentially unlock the door to deeper understanding. Encourage your students to wonder aloud, to be curious about new concepts, and to be unafraid of asking, "Why?" or "How?"



Next, we should promote a culture of open-mindedness. Embrace diverse perspectives, and let your students know that there is more than one way to look at a problem. Teach your students to respect differing opinions and engage in respectful debates.

Critical thinking thrives in an atmosphere where every voice is valued. In this type of classroom, we celebrate mistakes. Mistakes are stepping stones to growth, and by learning from them, students refine their critical thinking skills. Encourage students to analyse their errors, understand their thought processes, and make improvements.

Finally, provide real-world scenarios that challenge students' analytical abilities. Connect lessons to current events, dilemmas, and exciting projects. This active, dynamic approach keeps students engaged and excited about critical thinking. In the end, critical thinking is about cultivating mindsets.

We want our students to be enthusiastic investigators of the world, and by creating an inviting and active classroom environment, we are sowing the seeds for a lifetime of thinking critically and engaging with a world filled with endless questions.

29. Regular Review

Why regular review? Think of your brain as a garden. To keep it growing and healthy, you need to water and care for your plants regularly. In the same way, revisiting previous lessons helps reinforce your students' ability to remember new information. It's like a regular reunion with your knowledge garden, where you can nurture new ideas and concepts.

The key to successful regular review is to make this a habit - daily, weekly and monthly review can and should be entered into a teacher's scope and sequence planning. Set a schedule and stick to the process. Regular review turns information into knowledge, and knowledge into eventual mastery of a concept or topic by greatly reducing the strain on students' working memory.

Embrace regular review as a necessary part of teaching. It enables you to have a keen sense of your students' progress, and, importantly, allows you to modify instruction or change direction entirely if needed.

30. Simplify Instructions

Clear and concise instructions are of paramount importance in supporting student' working memory limits. Picture this - you're guiding a friend to a favourite restaurant. You wouldn't give them a long-winded, confusing route, right? You'd say, "It's just around the corner, you can't miss it!"

Well, teaching is kind of like that. Use simple, everyday language. Avoid jargon or complex terms that might leave your students scratching their heads. Break tasks into easy-to-follow steps. Much like giving your students bite-sized pieces of a delicious pie rather than the whole thing at once.

And, remember to check for understanding.



Offer examples. Visual aids, demonstrations, or real-life scenarios help students connect the dots. And always be ready to provide support when needed. By keeping it instruction simple and to the point, you are creating an engaging environment and classroom where students can confidently tackle any challenge.

Working Memory Classroom Strategies

The adjustments and strategies listed in these pages are a way to engage students in your classroom using time tested teaching principles.

Working memory limits and cognitive overload are burdens that children with learning difficulties face daily. Children with learning difficulties, and all children, can be supported by making simple changes to your daily classroom routines and environment.

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