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Remember More, Stress Less

A Student's Guide to a Stronger Memory

Elementary Edition • Grades 3 to 6

Fun games and strategies to strengthen your memory!

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About This Resource

Remember More, Stress Less: A Student's Guide to a Stronger Memory

Elementary Edition (Grades 3 to 6) • Digital Download • Printable PDF

Created by **Lord Rivas Alcomendras, M.Ed.**

HALFMOSTSIRE Educational Resources, Product #003

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Memory strategies are learning aids. They support, but do not replace, understanding, practice, sleep, and good teaching.

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For Parents and Teachers

This short guide teaches children simple memory strategies through games. Each chapter takes 10 to 15 minutes. Read together with younger children, and let older children work on their own.

Memory tricks work best for lists, facts, and vocabulary. They do not replace understanding, so pair them with practice, sleep, and encouragement. Celebrate effort, not perfect scores.

Chapter 1: Meet Your Memory

 **Brain Buddy says:** Your brain is already amazing. Let us make it even stronger!

Your brain is like a backpack for ideas. When you learn something, you pack it in. Remembering means finding it again later.

Did you know forgetting is **normal**? Everybody forgets sometimes, even grown-ups. The good news is that memory is a skill, like riding a bike. The more you practice, the stronger it gets!

 **Try it! Baseline game.** Look at these 8 words (Set A) for 30 seconds: **mango, kite, spoon, drum, turtle, lamp, rain, shoe**. Cover them and write as many as you can.

Score: ____ / 8 (Save this score. On Day 7 you will play again with 8 new words, Set B.)

Memory Tools and Memory Habits

 **Brain Buddy says:** Tools help me hold information. Habits keep my brain ready to learn.

Memory Tools

Things I do with the information:

- Chunk it
- Picture it
- Story it
- Place it
- Sing it
- Quiz it

Memory Habits

Things I do every day:

- Sleep well
- Reduce distractions
- Stay calm
- Practice over several days
- Take breaks

 **Memory Tip:** You will find a tag at the top of each chapter that tells you which tool or habit you are learning.

Chapter 2: Calm Brain, Better Memory

Memory Habit

 **Brain Buddy says:** Calm and rest help me save and find ideas.

Worry can make it harder to focus and remember. Calming your body can help you get ready to learn. Before you study or take a test, try **Flower and Candle Breathing**:

1. Smell the flower: breathe in slowly through your nose (count to 4).
2. Blow out the candle: breathe out slowly through your mouth (count to 4).
3. Do it 3 times. Feel your shoulders relax.

 **Memory Habits:**  Sleep well (your brain saves what you learned while you sleep).  Drink water.  Eat a healthy breakfast.  Put away distractions when you study.

Chapter 3: Chunking, Small Bites

Memory Tool: Chunk It

 **Brain Buddy says:** Small chunks, big wins!

Big things can be hard to remember. Breaking information into smaller groups can make it easier. Compare these:



Which one is easier to remember? Breaking information into smaller groups is called **chunking**.

 **Try It!** Chunk this number into groups of 3:

582947316

Write your chunks: ____ · ____ · ____

Now cover the number and try to say it from memory.

Chunking Works with Words, Too!

You can also break longer words into smaller parts that help you remember them.

ex · cit · ing beau · ti · ful

 **Your Turn!** Try breaking this word into smaller parts:

remembering → _____

 **Brain Buddy Tip:** Make chunks that are meaningful and helpful to you.

Chapter 4: Silly Pictures and Stories

Memory Tools: Picture it · Story it

 **Brain Buddy says:** The sillier the picture, the better I remember it.

Your brain loves pictures, especially silly ones! Turn a list into a wild story in your mind.

List: **dog, book, banana, bicycle**

Story: *A giant dog is reading a book. He eats a banana and rides away on a bicycle, with the peel flying behind him!*

 **Try it!** Make a silly story to remember: **umbrella, pizza, cat, moon, socks**. The sillier, the better! Tell your story to someone.

 **Memory Tip:** Make it big, funny, moving, and colorful.

Chapter 5: The Memory Palace

Memory Tool: Place it

 **Brain Buddy says:** Every room is a place to store ideas.

Pick a place you know very well, like your home. Walk through it in your mind and leave things to remember in each spot.

Your route: **1. front door → 2. sofa → 3. TV → 4. kitchen table → 5. bed**

To remember **Sun, Moon, Earth, Mars, Jupiter**, imagine a shining sun stuck on the door, a moon sleeping on the sofa, a tiny Earth spinning on the TV, red Mars candy on the table, and giant Jupiter rolling in your bed. Now walk the route in your mind and see them all!

 **Try it!** Choose your own 5 spots and place these words: **seed, root, stem, leaf, flower.**

Chapter 6: Songs, Rhymes, and Acronyms

Memory Tool: Sing it



Brain Buddy says: If I can sing it, I can remember it!

Songs stick in our heads. That is why you know the ABC song! You can use music and rhymes to help remember many things.

Acronyms use the first letters of words. The colors of the rainbow are **ROY G BIV**: Red, Orange, Yellow, Green, Blue, Indigo, Violet.

Rhymes: "Thirty days hath September, April, June, and November..." is a famous helper for the months.



Try it! Make a short tune or rap to remember the 5 senses: **sight, hearing, smell, taste, touch**. Perform it for your class or family!

Chapter 7: Quiz Yourself and Come Back Again

Memory Tool: Quiz it • Memory Habit: Come back later

 **Brain Buddy says:** Quiz yourself, then come back later. That is how memory grows!

Two of the most powerful ways to strengthen memory are **quizzing yourself** and **reviewing again over time**. Cover your notes and try to say the answer before you peek. It feels harder, but it helps your memory grow stronger!

Quiz yourself + come back later = stronger remembering!

Do not learn everything in one night. **Come back again** and review a little on different days:

Day 1	Day 2	Day 4	Day 7
Learn it	Quiz yourself	Quiz again	Final check

 **Try it!** Make flashcards for your multiplication facts or spelling words. Put the ones you miss in a "Practice more" pile, and the ones you know in a "Got it!" pile.

Chapter 8: My 7-Day Memory Challenge

Do one small mission each day. Tick the box when you finish!

- ☐ **Day 1:** Play the Set A baseline game from Chapter 1. Do Flower and Candle Breathing.
- ☐ **Day 2:** Chunk a number or spelling word. Quiz yourself on Day 1's list.
- ☐ **Day 3:** Make a silly story for 5 new words.
- ☐ **Day 4:** Build a memory palace with 5 spots. Quiz yourself again.
- ☐ **Day 5:** Make a song or acronym for something from school.
- ☐ **Day 6:** Teach a family member one trick you learned.
- ☐ **Day 7:** Final Challenge! Ask a parent or teacher for the 8 Set B words (they are in the Teacher's and Parent's Guide). Same rules as Day 1: look at the words for 30 seconds, cover them, and write what you remember. Compare your scores!

My scores

Day 1 (Set A): ____ / 8 Day 7 (Set B): ____ / 8

My improvement: ____ words

My favorite trick was: _____

Practice Pages A: Word Lists

How to use each list: (1) Look for 30 seconds. (2) Use a trick: a story, a palace, or chunks. (3) Cover the list and write what you remember. (4) Check and record your score.

List	Theme	Words
1	Animals	turtle, eagle, monkey, shark, rabbit, spider, whale, goat
2	Food	rice, banana, egg, bread, soup, carrot, mango, milk
3	Science	magnet, planet, cloud, seed, rock, light, water, sound
4	Places	school, market, beach, church, library, farm, park, hospital
5	Action words	jump, climb, whisper, spin, carry, splash, march, tiptoe
6	Challenge (mixed)	lantern, ribbon, volcano, pencil, ladder, bridge, feather, compass

My list scores

List 1: __/8 List 2: __/8 List 3: __/8

List 4: __/8 List 5: __/8 List 6: __/8

The trick that worked best for me: _____

Practice Pages B: Memory Games

1. What's Missing? (2 or more players)

Put 8 small things on a tray (pencil, eraser, coin, key, etc.). Look for 20 seconds. Close your eyes while a friend hides one. Open your eyes and name the missing item. Then hide two!

2. Story Chain (group)

The first person says a sentence, like "I went to the market and bought a **mango**." The next person repeats it and adds a new thing. See how long your chain can grow before someone forgets!

3. Category Sort

Read these 12 words, then cover them and sort them into groups: **apple, hammer, lion, saw, grapes, tiger, nails, banana, zebra, drill, orange, monkey**.

Fruits: _____ Tools: _____ Animals: _____

Sorting into groups is another kind of chunking!

4. Number Chunk Race

A helper says a long number aloud in chunks of 3 (like "482... 917... 356..."). Repeat it back. Add one more chunk each round. How many chunks can you hold?

5. Palace Walk

Have a helper read 6 new words. Place each one in a spot in your home. Then "walk" through your palace and say each word out loud in order.

6. Copycat Pattern

A helper claps or taps a pattern (clap, clap, stomp, snap). Copy it exactly. Make it longer each round, then take a turn as the leader!

Memory Games Scoreboard

Record your result for each game. Color the star when you beat your best!

Memory Game	Try 1	Try 2	Best	★
1. What's Missing?				★
2. Story Chain				★
3. Category Sort				★
4. Number Chunk Race				★
5. Palace Walk				★
6. Copycat Pattern				★
7. Draw It, Then Say It				★
8. Memory Card Match				★
9. Rewrite the Story				★

Practice Pages C: My Full Tracker

Fill in one row each day. Use the space to write a word, a score, or draw a face.

Day	What I practiced	Trick I used	Score	How I felt
1			___/8	   
2			___/8	   
3			___/8	   
4			___/8	   
5			___/8	   
6			___/8	   
7			___/8	   

Games I played

- ☐ What's Missing? ☐ Story Chain ☐ Category Sort
☐ Number Chunk Race ☐ Palace Walk ☐ Copycat Pattern

Reflection

The easiest trick for me: _____

The trick I want to practice more: _____

Something I remembered that surprised me: _____

My goal for next week: _____

Parent or teacher notes

More Word Lists

List	Theme	Words
7	Spelling stars	because, friend, island, thought, believe, favorite, together, different
8	Math words	add, subtract, product, factor, equal, total, half, double
9	Feelings	happy, brave, proud, nervous, excited, calm, curious, grateful
10	Nature	river, mountain, volcano, forest, coral, island, rainbow, thunder
11	Community helpers	nurse, farmer, driver, teacher, fisher, baker, builder, firefighter
12	Super challenge	telescope, butterfly, treasure, lighthouse, elephant, adventure, mystery, journey

Scores for Lists 7 to 12: use the same steps as before and record them in your tracker.

More Memory Games

7. Draw It, Then Say It

Look at 6 words. Draw a quick picture for each in the box below. Cover the words and use only your pictures to say them back.



8. Memory Card Match

Make 8 pairs of cards (a word and its picture, or a math fact and its answer). Turn them face down and take turns finding matches. The player with the most pairs wins.

9. Rewrite the Story

A helper reads a 4-sentence story aloud once. Retell it in your own words. Give yourself 1 point for each sentence you remember.

Draw My Memory Palace

Sketch your 5 spots and where you put each word.



My 4-Week Memory Program

Practice 10 minutes a day, 5 days a week. Tick the boxes as you go.

Week	Focus	Mini-challenge	M	T	W	Th	F
1	Calm brain + chunking	Chunk 3 numbers and 5 spelling words	☐	☐	☐	☐	☐
2	Stories + memory palace	Remember a 10-word list in order	☐	☐	☐	☐	☐
3	Songs, acronyms, quizzing	Make 1 song and 10 flashcards	☐	☐	☐	☐	☐
4	Spaced review	Quiz on Week 1 to 3 items, then teach a friend	☐	☐	☐	☐	☐

Week	My best result	My favorite trick	Goal for next week
1			
2			
3			
4			

Teacher's and Parent's Guide

Tips for guiding children

- Model each trick aloud first ("Watch me turn this list into a story").
- Keep sessions short (10 to 15 minutes) and playful.
- Praise strategies ("You made a great picture!"), not only scores.
- Let children choose their own silly images, since personal ones stick best.
- Connect tricks to real schoolwork: spelling, multiplication facts, science words.

Pre-test and post-test

Use the **Memory Check A** page before training and the **Memory Check B** page after the 4-week program. Each uses 10 different but similar words, with the same time, delay, and scoring, so the results can be compared fairly.

Pupil	Pre-test /10	Post-test /10	Change

Scores vary with attention and mood, so treat the results as a guide. Look at strategy use and confidence too.

Answer key

- **Chapter 1 words:** mango, kite, spoon, drum, turtle, lamp, rain, shoe
- **Chunking (Ch. 3):** 582 · 947 · 316. Word chunks vary (for example, re · mem · ber · ing).
- **Category Sort (Game 3):** Fruits: apple, grapes, banana, orange. Tools: hammer, saw, nails, drill. Animals: lion, tiger, zebra, monkey.

- **Memory palace (Ch. 5):** answers vary. Order: seed, root, stem, leaf, flower.
- **Five senses (Ch. 6):** sight, hearing, smell, taste, touch

Which Strategy Should I Use?

Learning need	Strategy to try
Vocabulary	Picture + silly story
Spelling	Chunking + retrieval (quiz yourself)
Multiplication facts	Flashcards + spaced practice
Ordered information	Memory palace
Lists	Chunking or a story
Science terms	Pictures + retrieval
Sequences	Song, rhyme, or acronym

Day 7 Final Challenge: Set B (helpers only)

Helper Box: Keep these words hidden until Day 7. Use the same time and scoring as Day 1.

apple, boat, clock, flute, whale, chair, snow, sock

Safety and consent

If you run this program outside class hours, get permission from parents or the school.

Memory Check A: Before Training

Helper box (cover after 30 seconds). Do not practice these words before the test.

bread, ladder, tiger, button, cloud, pencil, guitar, orange, bridge, candle

1. Look at the 10 words for 30 seconds.
2. Cover them and wait 1 minute. Count backward from 50 by 5s, quietly.
3. Write all the words you remember. Spelling does not matter.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

My score: ____ / 10 **Name:** _____ **Date:** _____

Memory Check B: After Training

Helper box (cover after 30 seconds). Do not practice these words before the test.

window, rabbit, basket, mirror, blanket, hammer, pillow, cookie, rocket, lemon

1. Look at the 10 words for 30 seconds.
2. Cover them and wait 1 minute. Count backward from 50 by 5s, quietly.
3. Write all the words you remember. Spelling does not matter.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

My score: ____ / 10 **Name:** _____ **Date:** _____

My improvement

Memory Check A: ____ / 10 Memory Check B: ____ / 10

My improvement: ____ words

I think I improved because: _____

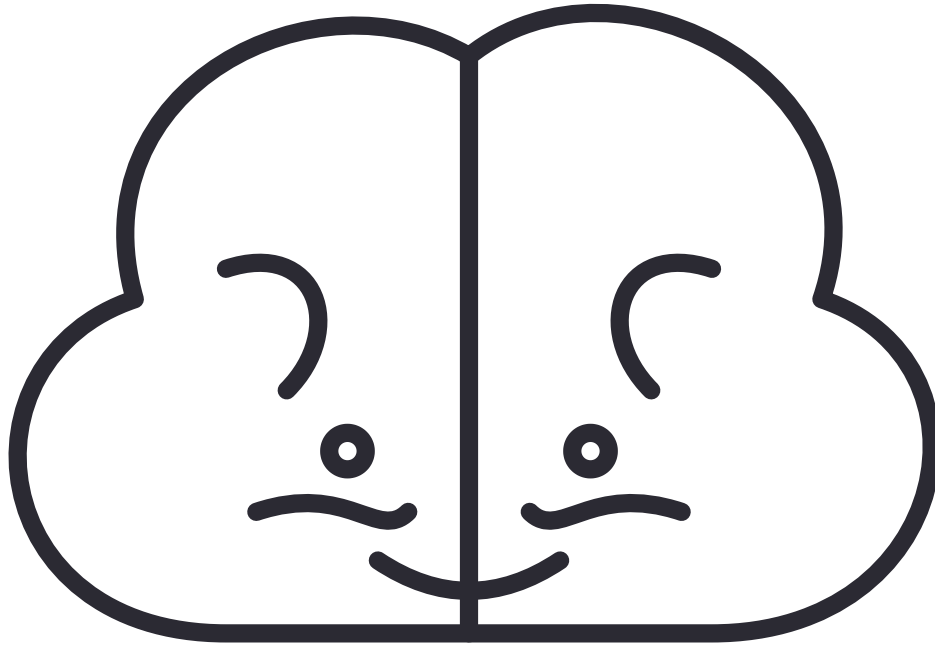
Brain Breaks & Memory Missions

The next 6 pages are **print-ready**: one big picture per page. Color it, then complete the memory mission. Parents, teachers, and students can print just these pages and copy them for the class.

How to print: choose "Letter" or "A4", keep the margins on default, and print only these pages. Crayons, colored pencils, and markers all work well.

Ideas for teachers: use a picture as a quiet-time activity, a warm-up before a lesson, or a reward. Ask children to explain their picture to a partner. Talking about it is another way to practice memory!

My Super Brain



Memory mission: Color the brain, then draw 3 things you want your brain to remember this week.

Name: _____ Date: _____

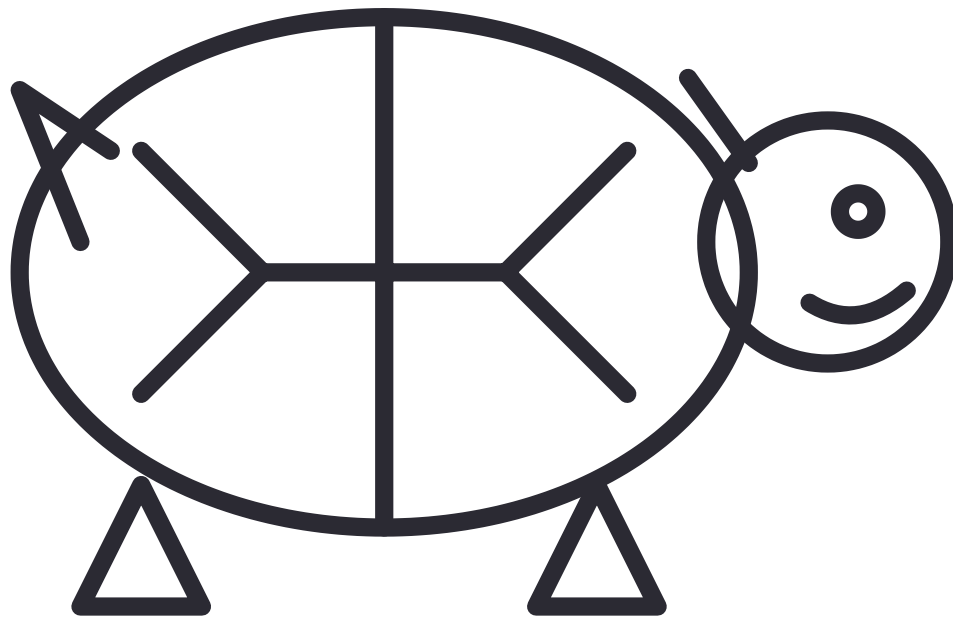
My Memory Palace



Memory mission: Color the house. Draw 5 things you want to remember inside it, one in each spot, then walk through them in your mind.

Name: _____ Date: _____

Slow and Steady Turtle



Memory mission: Color the turtle. Then tell a friend why practicing a little every day helps your memory grow.

Name: _____ Date: _____

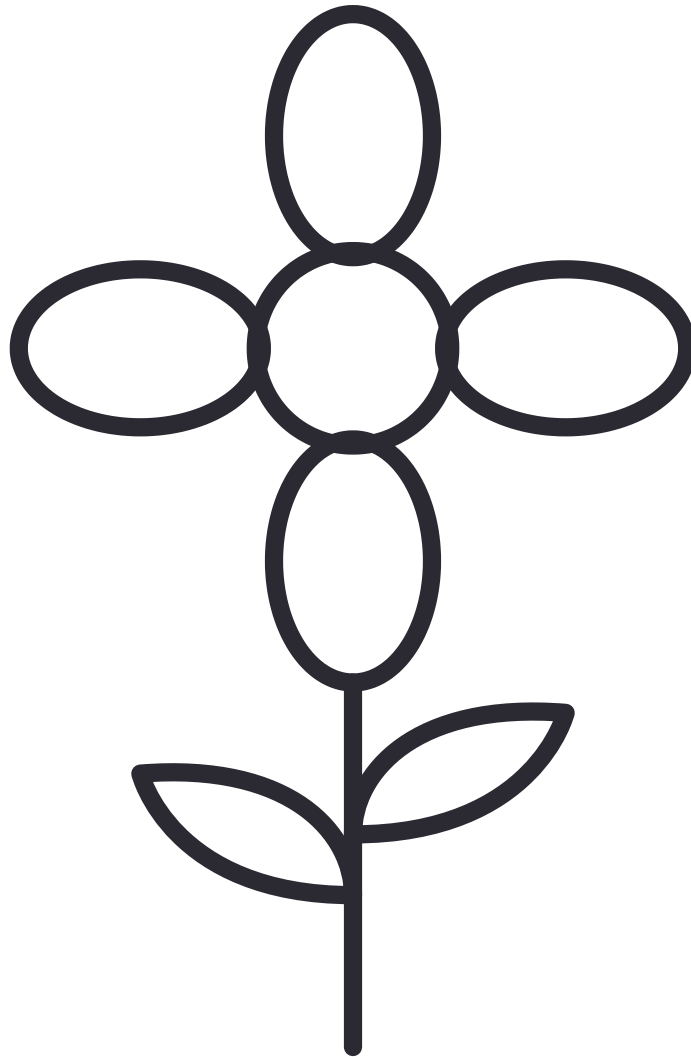
Rainbow: ROY G BIV



Memory mission: Color the bands from the outside in: Red, Orange, Yellow, Green, Blue, Indigo, Violet. Cover the picture and say the colors in order.

Name: _____ Date: _____

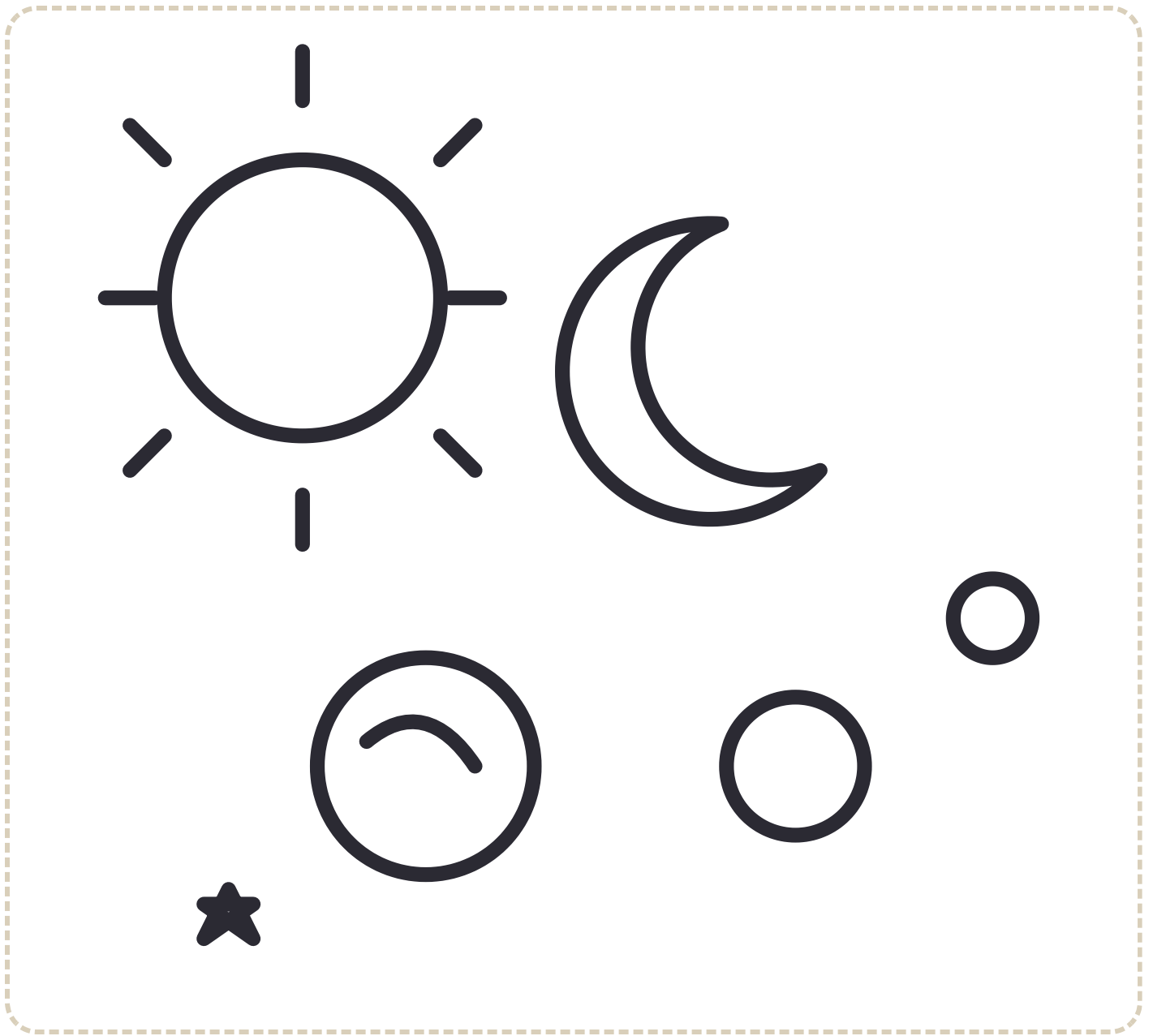
Plant Parts



Memory mission: Color the plant. Then write the labels: seed, root, stem, leaf, flower. Cover them and try to name each part.

Name: _____ Date: _____

Sun, Moon, Earth, and Friends



Memory mission: Color the sky. Name the planets you know and make a silly story to remember their order.

Name: _____ Date: _____

My Memory Toolkit

When I need to remember something, I can:

- ☐ Chunk it
- ☐ Make a picture
- ☐ Make a silly story
- ☐ Put it in my memory palace
- ☐ Make a song or acronym
- ☐ Quiz myself
- ☐ Come back and practice later

The strategy that works best for me is: _____

Something I can use it for at school: _____



Memory Habits to keep: sleep well, stay calm, reduce distractions, practice over several days, and take breaks.



Memory Champion Certificate

This certifies that

completed the 7-Day Memory Challenge and practiced strategies for stronger remembering!

Remember: mistakes help your brain grow. Keep practicing!

About the Author

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Lord is an educator with more than 21 years of experience in education in the Philippines and the United States, with a Master in Education (Educational Leadership). He creates practical learning resources for teachers, parents, and learners.

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