

# 6 Memory Tricks for Students with ADHD

Children with Attention Deficit Hyperactivity Disorder (ADHD) often struggle to remember information taught in class. Below are some strategies that have proven effective to help children with ADHD improve memory and learn new information taught:

## 1. Draw or Create Vivid Pictures

Memory is often enhanced when the content is exaggerated, full of emotion, action, and color. For example, to help a child with ADHD remember the meaning of the word felon (which sounds like melon), you could draw a picture of melons dressed in prison clothing marching off to jail.

## 2. Try Melody and Rhythm to Teach

There are raps, rhymes, and songs to help children with ADHD memorize multiplication tables, days of the week, presidents of the United States, and so on. One common example is the ABC song used to help children remember the alphabet.

## 3. Use Acrostics, Sentences, and Acronyms

Instead of having to memorize and recall complex material without aid, it may be helpful to use acrostics, memorable sentences, and acronyms. Examples include:

- ROY G BIV for the colors of the rainbow (Red, Orange, Yellow, Green, Blue, Indigo, Violet)
- HOMES for the Great Lakes (Huron, Ontario, Michigan, Erie, Superior).
- Dead Monsters Smell Bad for the steps to long division (Divide, Multiply, Subtract, and Bring down).

## 4. Creative Phrases

Use creative phrases to engage children with ADHD. Humor or catchy phrases may help improve memory. One example is "i before e except after c or when sounding like a in neighbor and weigh".



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## 5. Repeat and Make Lists

After the lesson, have children with ADHD list the things they remember. Ask them to repeat it back as fast as they can. This competitive aspect makes it fun and helps to increase memory recall.

## 6. Engage the Senses

Students with ADHD learn with their entire body. Use the five senses to help increase recall. For example, students learning to read could integrate sight, sound, and touch by looking at the word while tracing with their finger and sounding it out.



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