



01. Working memory is like a mental “sticky note”.

It helps the brain hold information ‘in mind’ for short periods.

Some people have a smaller “sticky note”. This means information can be lost before it’s used, especially when there’s distraction, stress, or lots of demands all at once.



02.



This can look like:

- Forgetting instructions mid-task (“What was I meant to do again?”).
- Struggling to copy from the board.
- Forgetting what you were about to say while you wait for your turn.

03.

We hold things that we see and hear in our minds.



Sometimes, someone can be strong in one area, but not the other.

Helpful tips:

- Give one instruction at a time.
- Use visual checklists.
- Use verbal reminders.
- Allow extra time to process.

04.





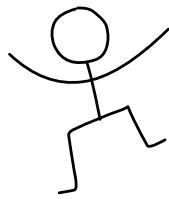
01. Break information into smaller chunks.

Give one instruction at a time, and allow time to complete it before moving on.

This helps the brain focus and stay on track without becoming overloaded.



02.



Use visual supports.

Pair spoken information with visuals, like checklists, diagrams, or written reminders.

Visuals act as memory supports, reducing the need to hold everything in mind.

03.



Use verbal reminders.

For example, repeating instructions back or jotting them down, encouraging questions and regular check-ins.

Create predictable routines.

When daily tasks become familiar, they put less load on working memory, which frees up 'space' for learning and problem-solving.

04.

