

FAMILY DISCUSSION GUIDE

WORKING MEMORY

The Brain's Mental Notepad

A child with a smaller mental workspace is not less smart. They simply have a smaller desk to work on.

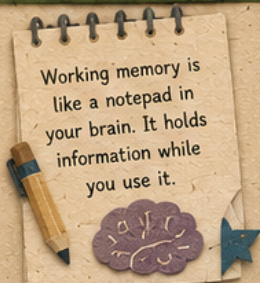


REMEMBER
That tiny gap between feeling and doing is where good choices happen.

START THE CONVERSATION

- What does working memory mean?
- What are some times it's hard to keep things in your mind?
- How does it feel when you forget part of what someone asked you to do?
- What helps your brain remember better?

OUR BRAIN'S NOTEPAD



Working memory is like a notepad in your brain. It holds information while you use it.

BRAIN TOOLS WE CAN USE



SAY IT BACK
Repeat instructions before starting.



WRITE IT DOWN
Lists and notes help free up brain space.



TAKE IT STEP BY STEP
One step at a time.



VISUAL REMINDERS
Pictures and checklists help us remember.

REFLECTION QUESTIONS

- 1 What is one strategy that helps you remember things?
- 2 When did you use your "mental notepad" today?
- 3 How can we help our brains when the notepad feels full?

SCENARIO: WHAT WOULD YOU DO?



You're asked to get your backpack, homework, and a water bottle. You get the backpack but forget the other two.

What could help?



You start to go upstairs to do something, but halfway up, you forget what it was.

What could help?



You're reading and forget what the first part of the sentence was.

What could help?

MAKE A PLAN TOGETHER

We will practice our working memory by...

- _____
- _____
- _____

CELEBRATE PROGRESS



Every time you practice using your brain tools, you're building a stronger mental notepad for a brighter tomorrow!



DR. MICHAEL ZAKALIK, PSY.D.
Psychologist for Parenting | Z Psychology



Understanding minds.



Strengthening connections.