

Advanced Skills

Nessy's Christmas list (Visualisation)

Nessy will be spending Christmas with Kipper at Penguin Mountains.
Kipper has asked Nessy to bring a few things for the celebration.
Look at the list or listen carefully as someone reads out the 15 items.

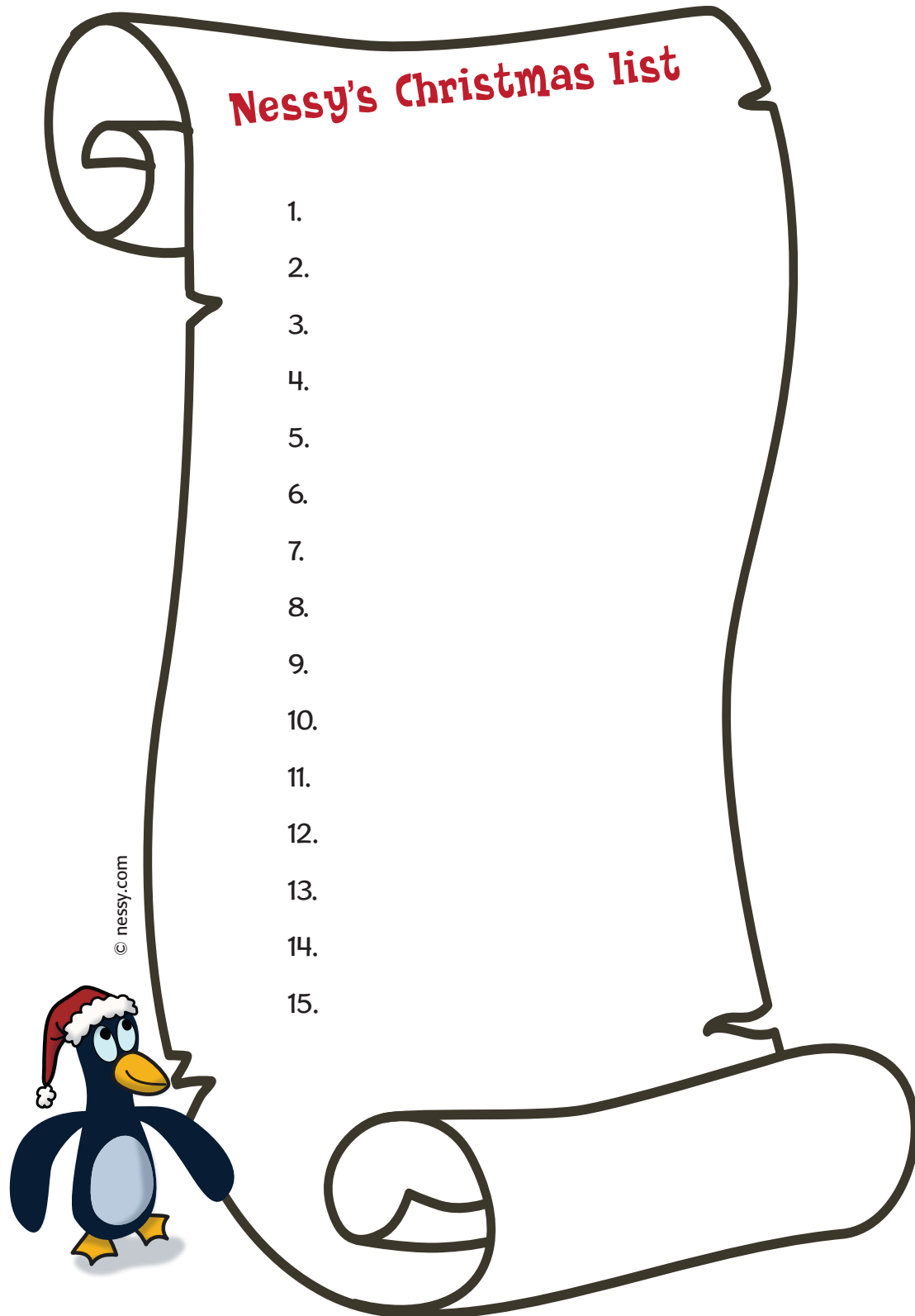


When you are ready, you have three minutes to write down as many as you can remember.

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Nessy's Christmas list (Visualisation)

Can you remember the 15 things Nessy needs to take to Kipper for Christmas?
Write as many as you can below.



Nessy's Christmas list

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

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Most people with dyslexia have difficulty recalling what is said to them, especially if it has to be remembered in an order. This is called **auditory sequential memory**.

memory strategy

Remembering pictures is usually easier for dyslexics. If you drew a picture next to each item on the list they would become more memorable but where there are a lot of pictures, combine them into one or two images.

A reindeer is eating a **Christmas pudding**.

Around its neck is a **bell** and it is wearing a **Santa hat** on its head.

It carries a **spotty present** on its back.

Its wearing a **stocking** and **fluffy slippers**.



It is usually more effective to think of your own picture.

Visualise the picture in your head.

A **snowman** is tied to the **Christmas tree** by the string of **lights**.

A **candle** is burning the **tinsel**, which is melting him.

On top of the tree is an **angel** with some **holly** in one hand and **mistletoe** in the other.



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Now try again and see how many you get right!



Nessy Tip

To remember the order of the list, link the items into a story.