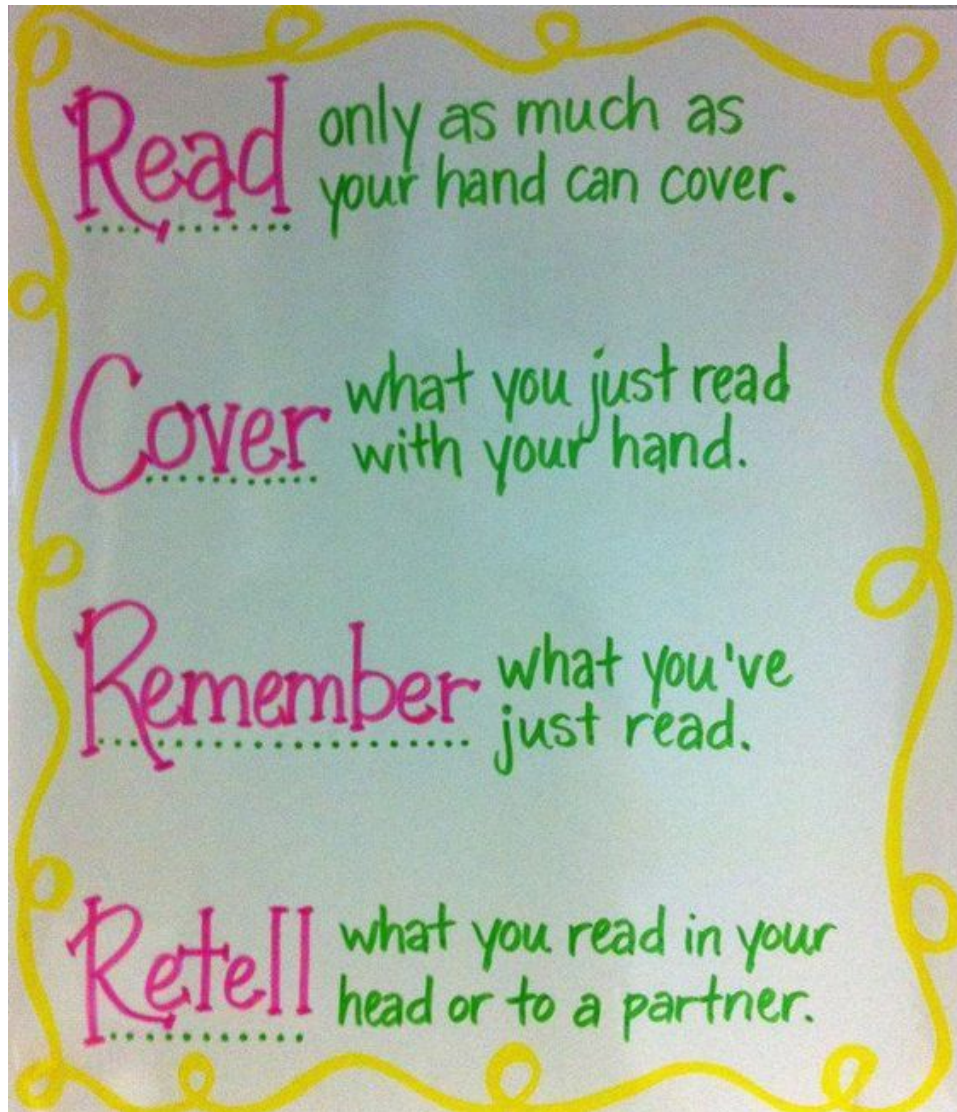


- Read the information you want to remember. Cover it up, write out what you remember. Check to see how much you forgot.
- Use it to test yourself on; Spellings, Lists, A sequence of simple events
- Short and snappy is key again, you can't remember whole paragraphs
- Try making your written section shorter each time, putting it in your own words

**Watch the video to hear an explanation of this technique.**





Watch the video to hear an explanation of of this technique.



Step 2

**Cover up the information** – making your brain work hard to retrieve the information from memories



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