

Remembering What Comes Next

Tim never seemed to get things completely done. Sometimes, he forgot about finishing them when he was halfway through. Like the time he was cleaning his room, but he got bored and went to play a video game. He thought he would finish cleaning later, but he didn't, and his mom was mad at him.

Sometimes, Tim would forget certain parts of what he was supposed to do. One morning, when he was getting ready for school, he put his books and computer in his backpack, but he forgot to pack the lunch his mom had made for him. His mom had to come to school and bring his lunch. She wasn't too happy about that either.

Sometimes, Tim would forget things completely! One Monday, as he was eating breakfast, he said, "I think I was supposed to be working on a science project about the weather." "When were you supposed to be doing that?" his mother asked with a frown. "I think it was last week. Maybe. I'm not sure." What do you think his mother said about that?

Many kids have trouble remembering things. This makes it harder for them to get things done on time and to follow the rules at home and at school. But even if you have a hard time remembering things, you can work on developing a better memory.

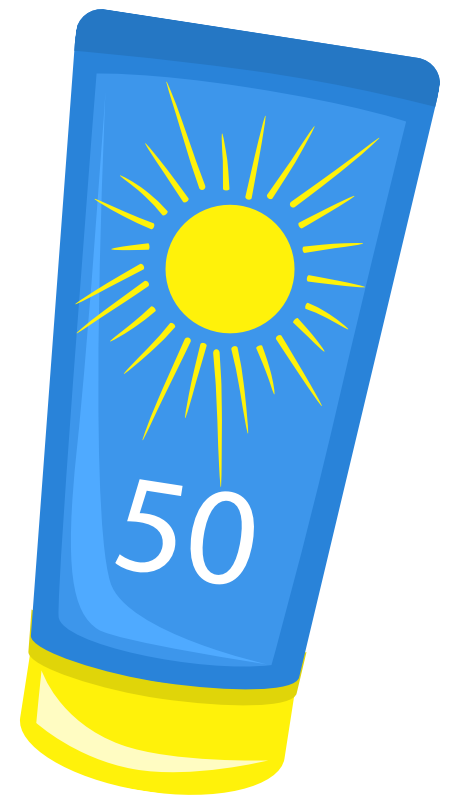
On the next page, take a look at the 12 things that Tim had to remember. Then, on the page after that, see how many you can remember by drawing them in the boxes. If you have to go back and look at the pictures once or twice, that's okay, but see if you can try to do it with just one or two looks.



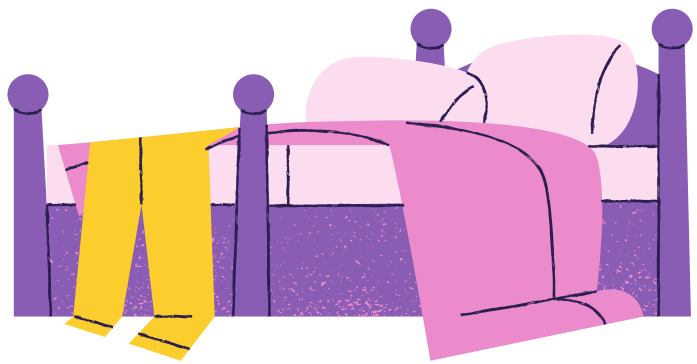
Do the dishes



Be on time for dinner



Put on sunscreen



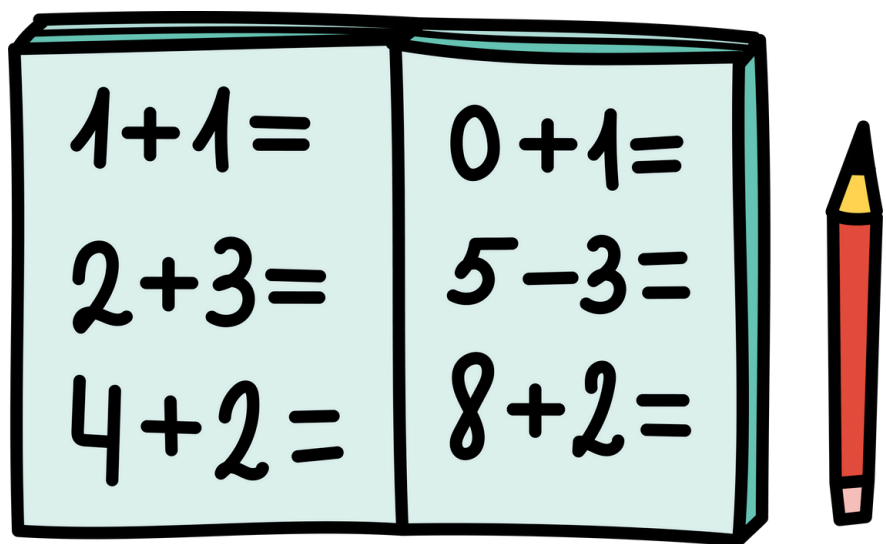
Make the bed



Set the table



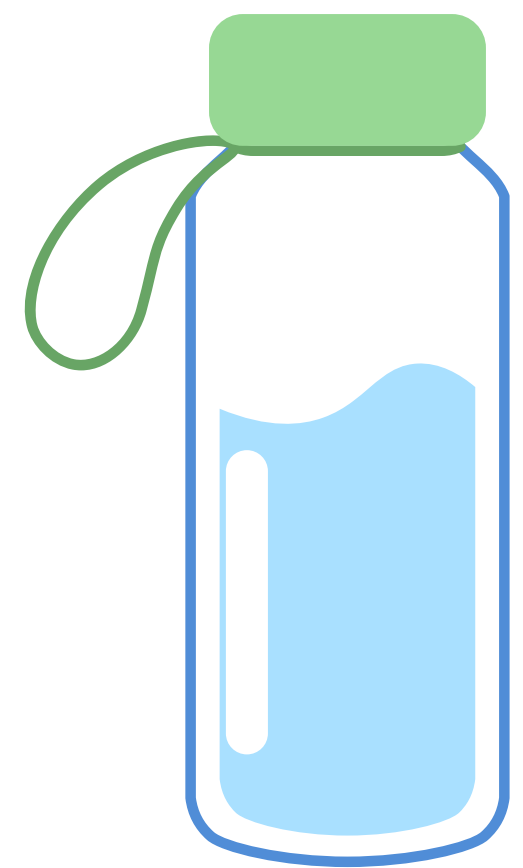
Pack the backpack



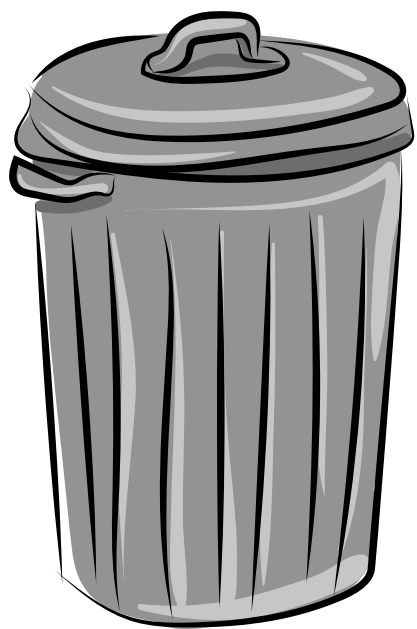
Do homework



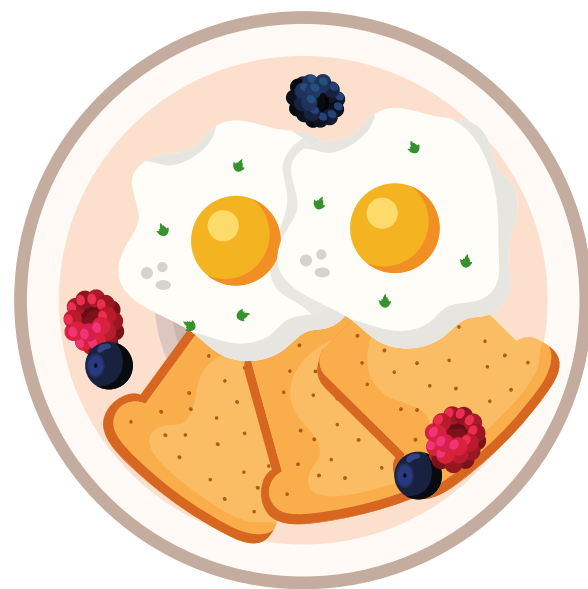
Pick up toys



Drink water



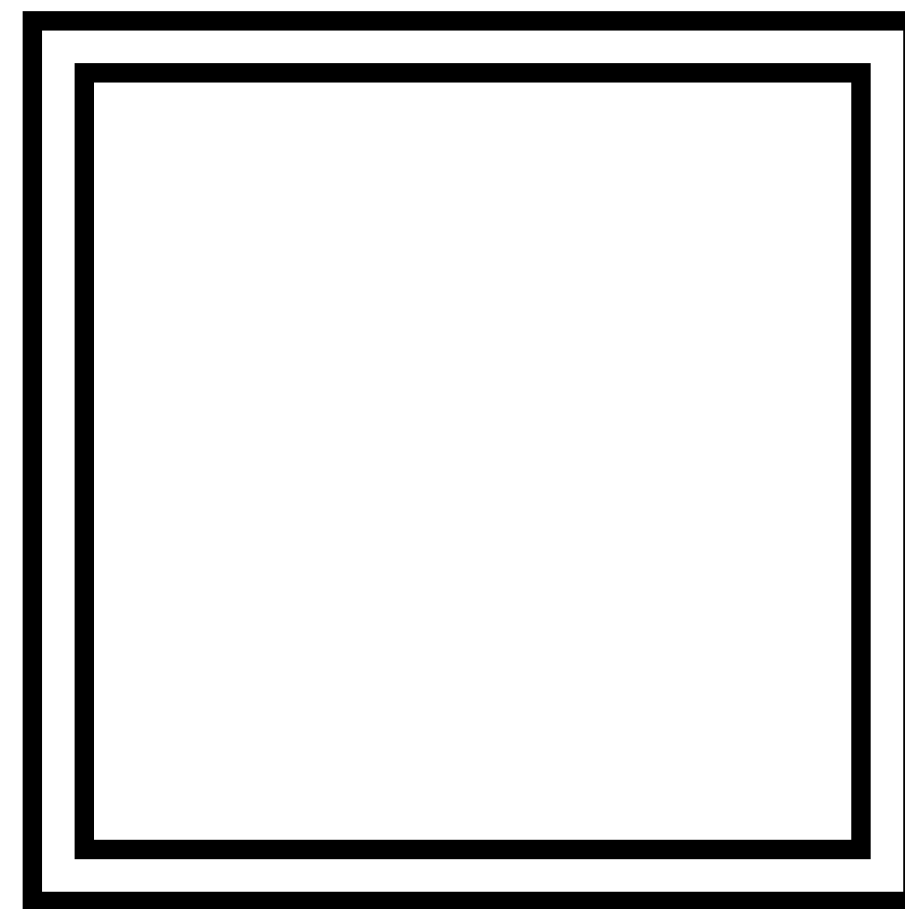
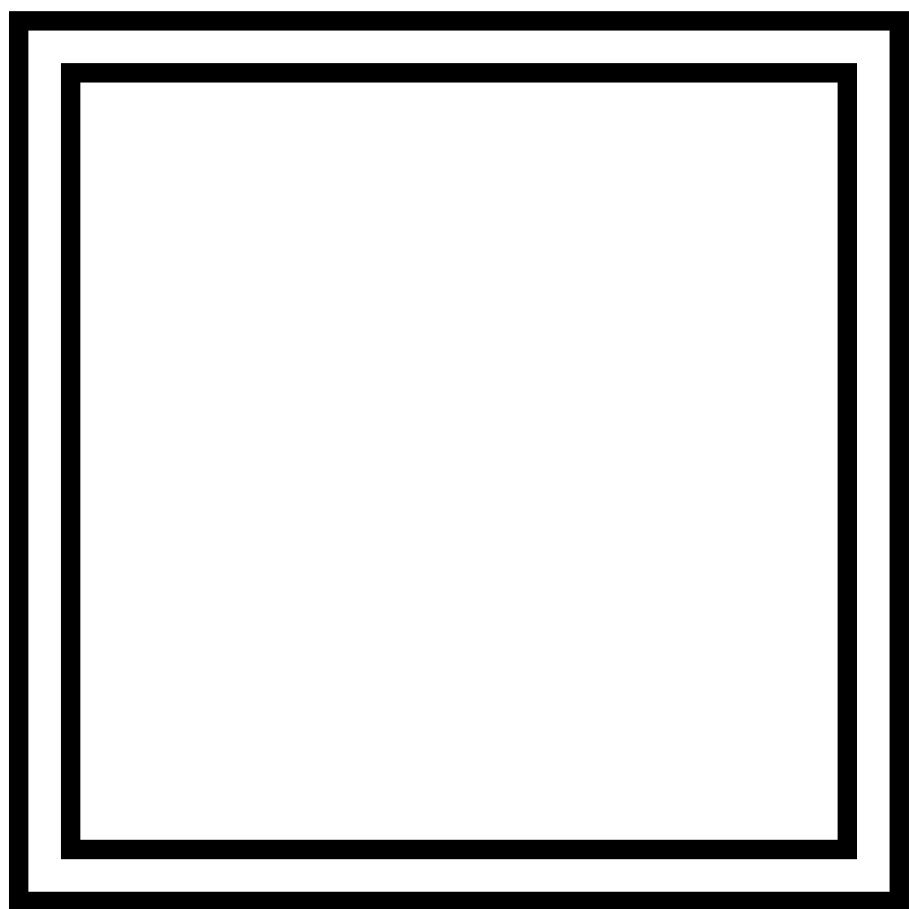
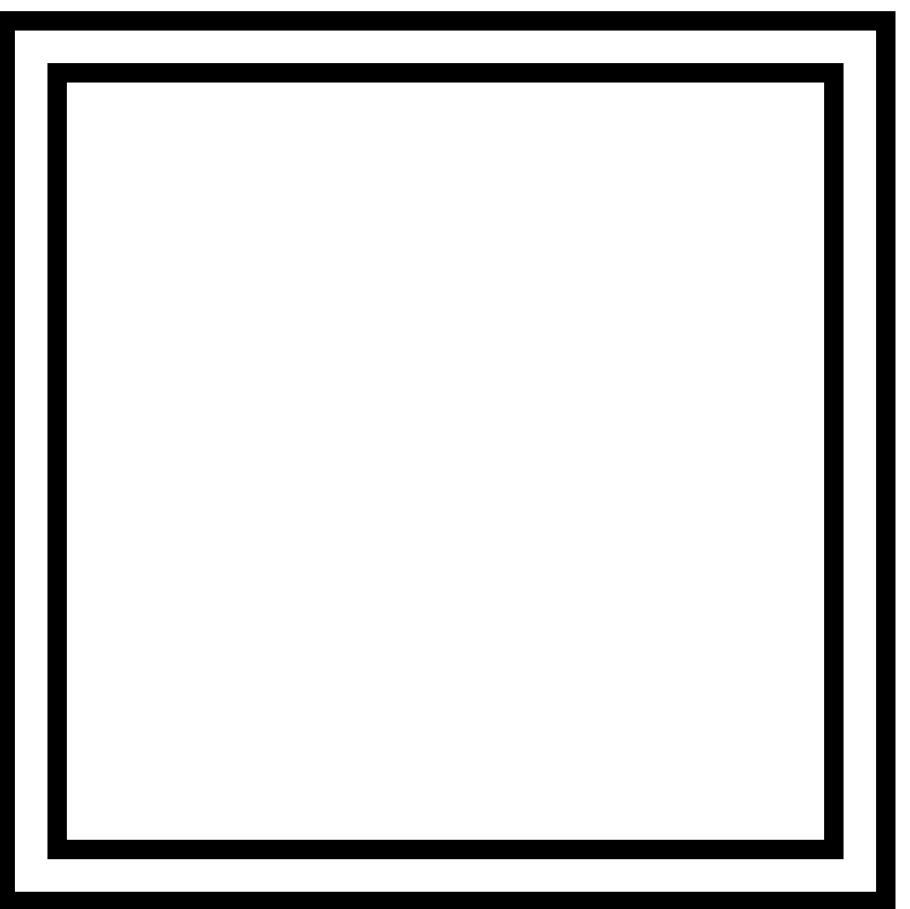
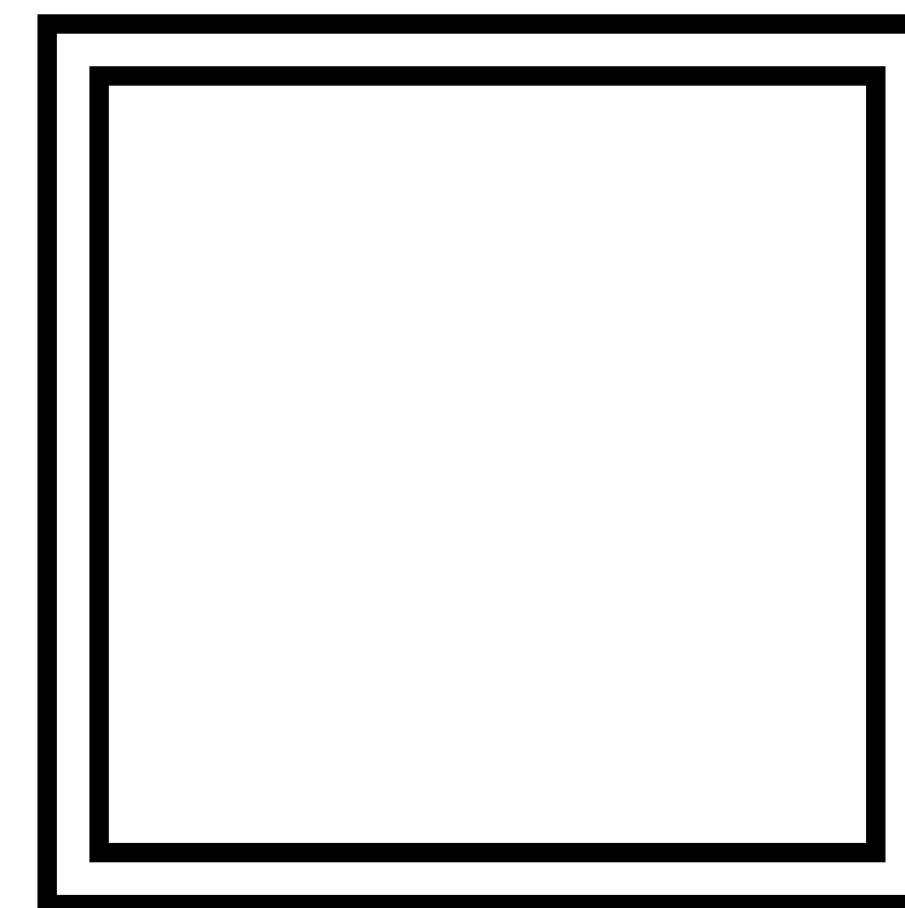
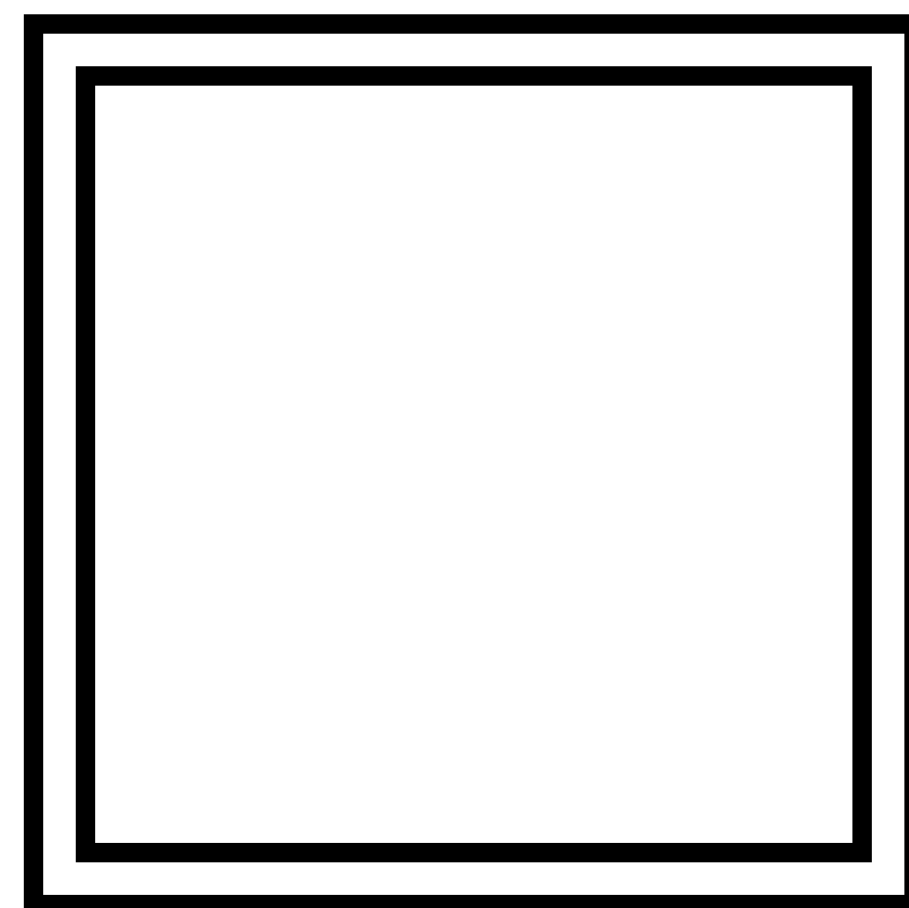
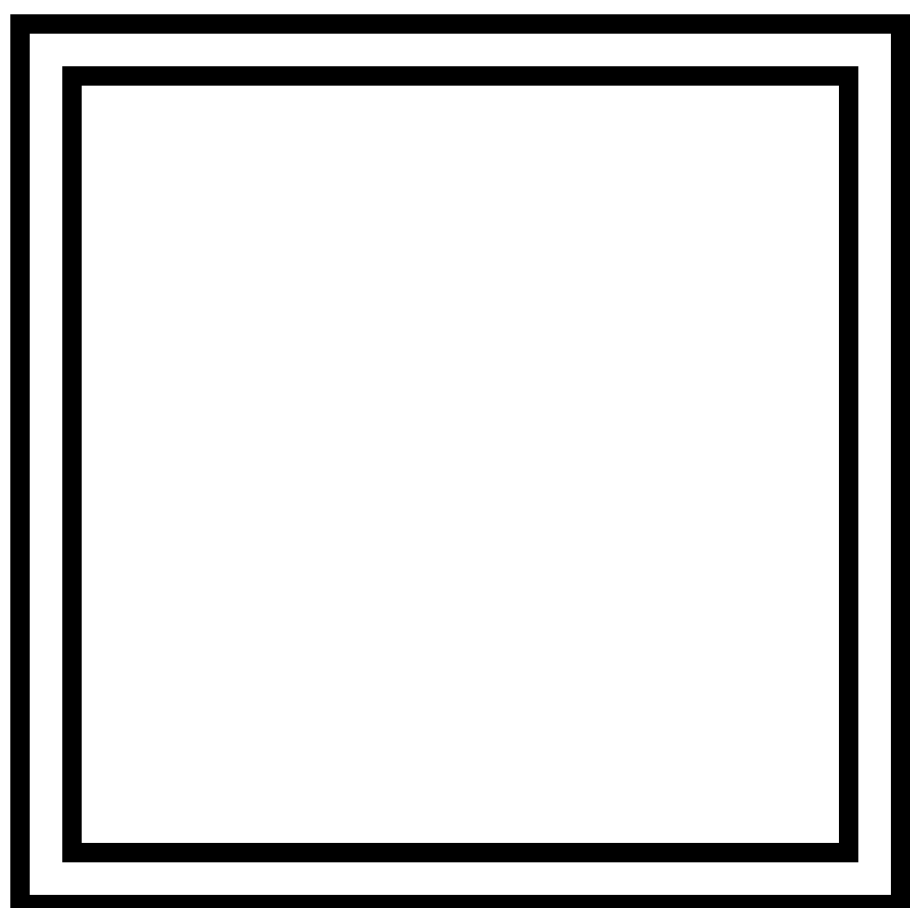
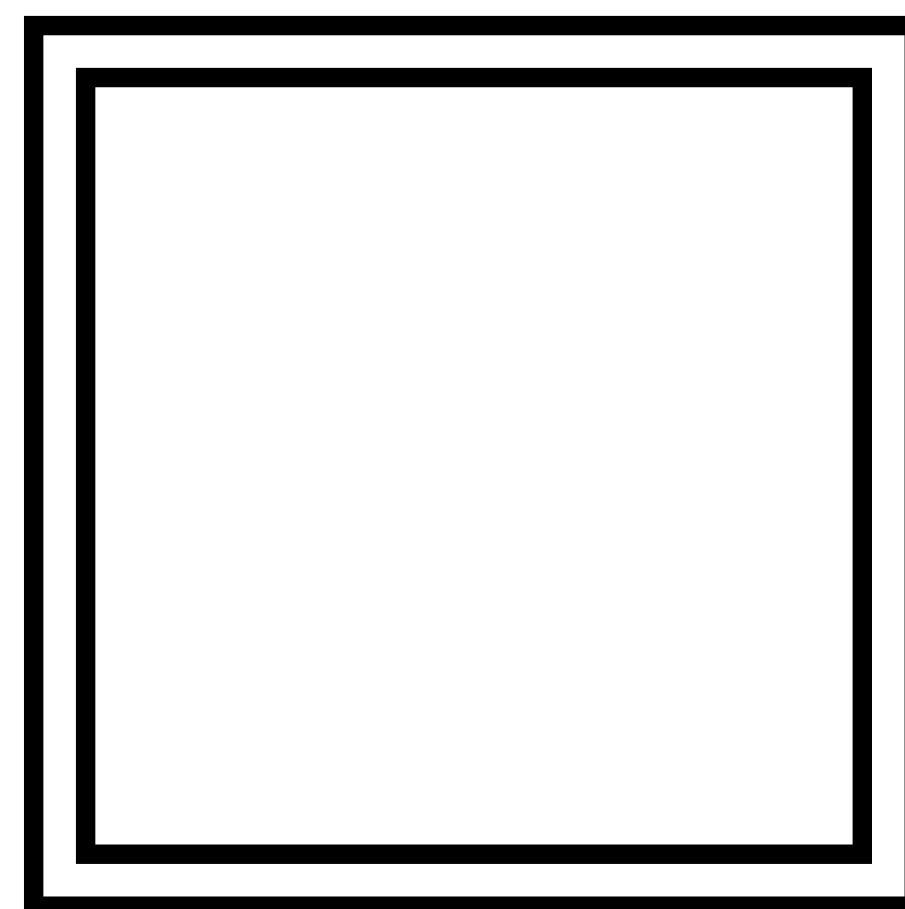
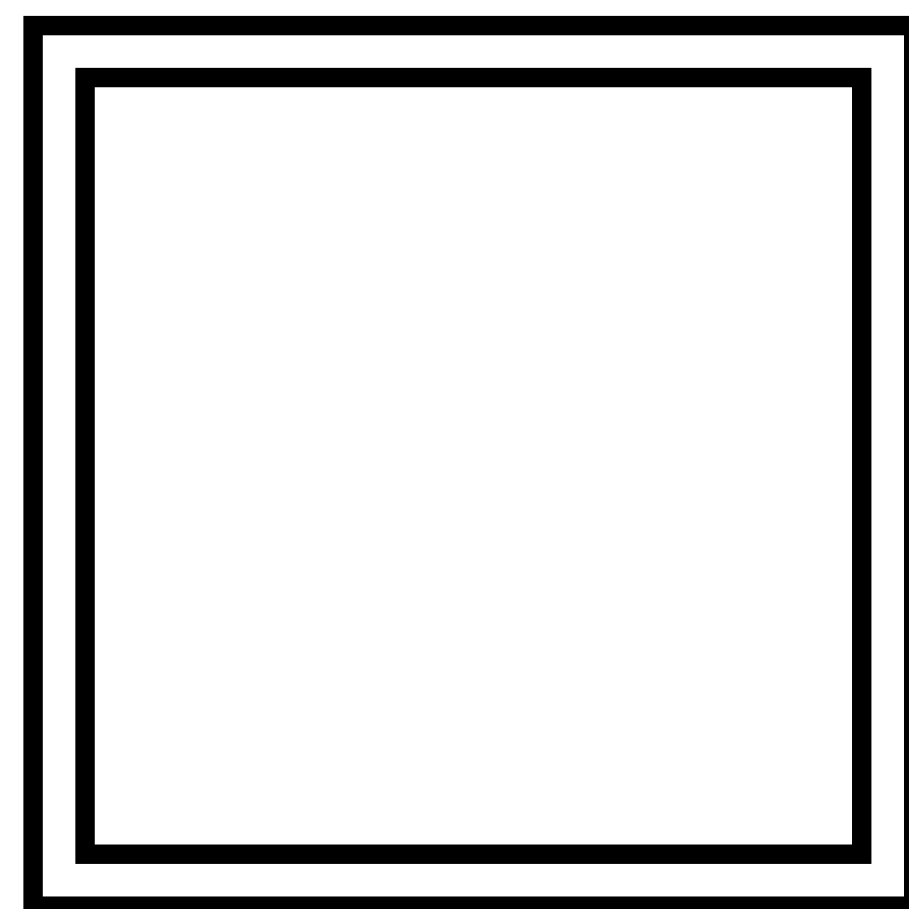
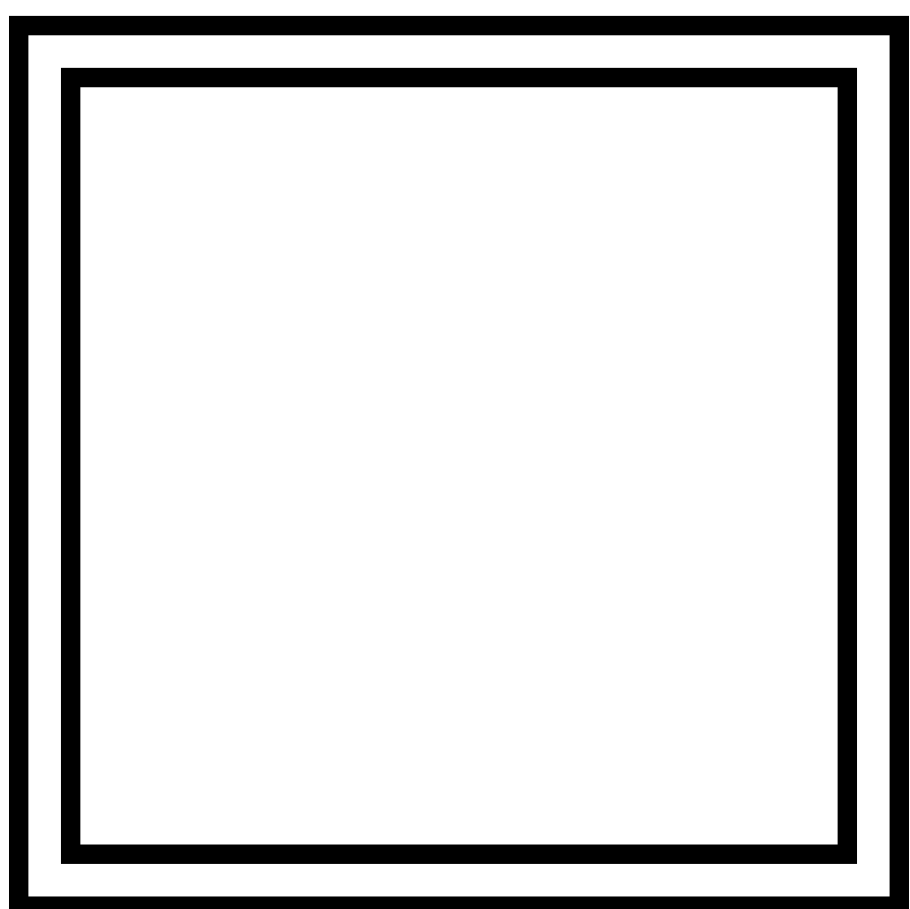
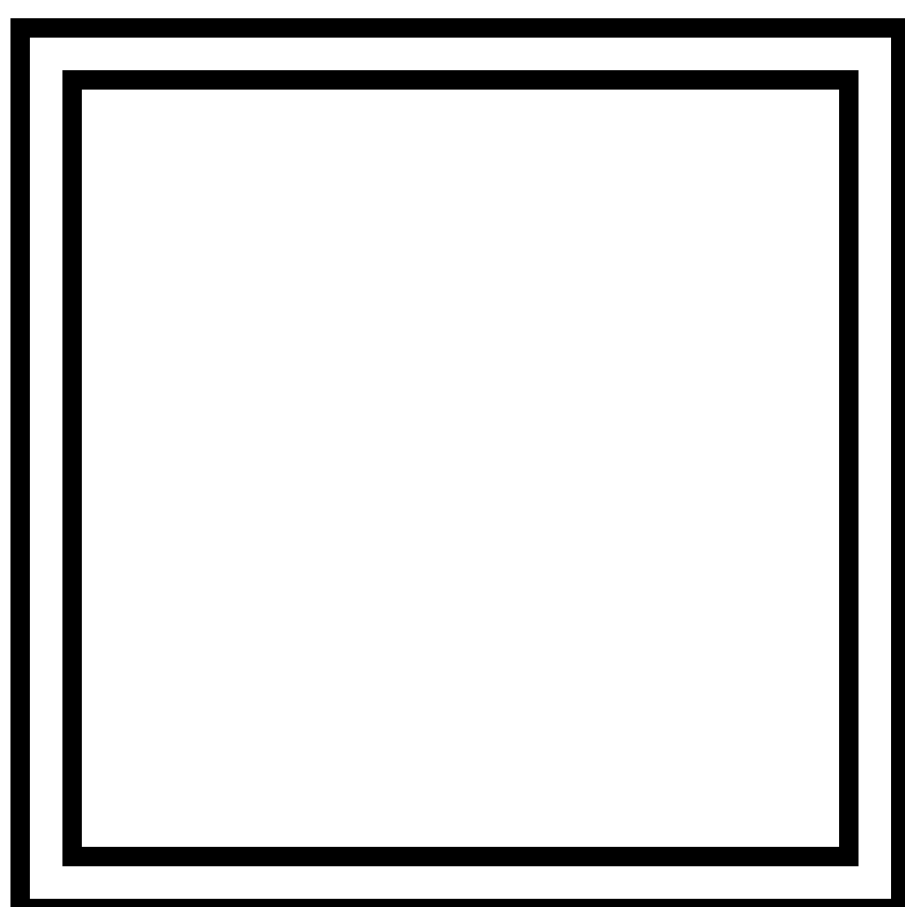
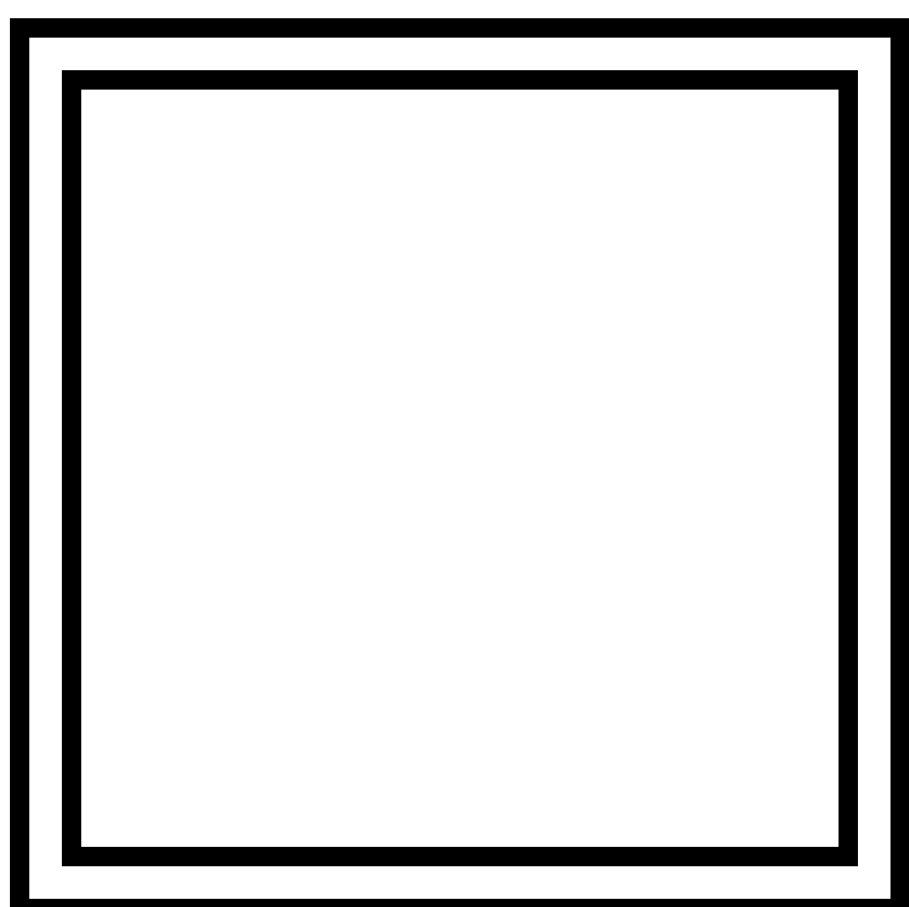
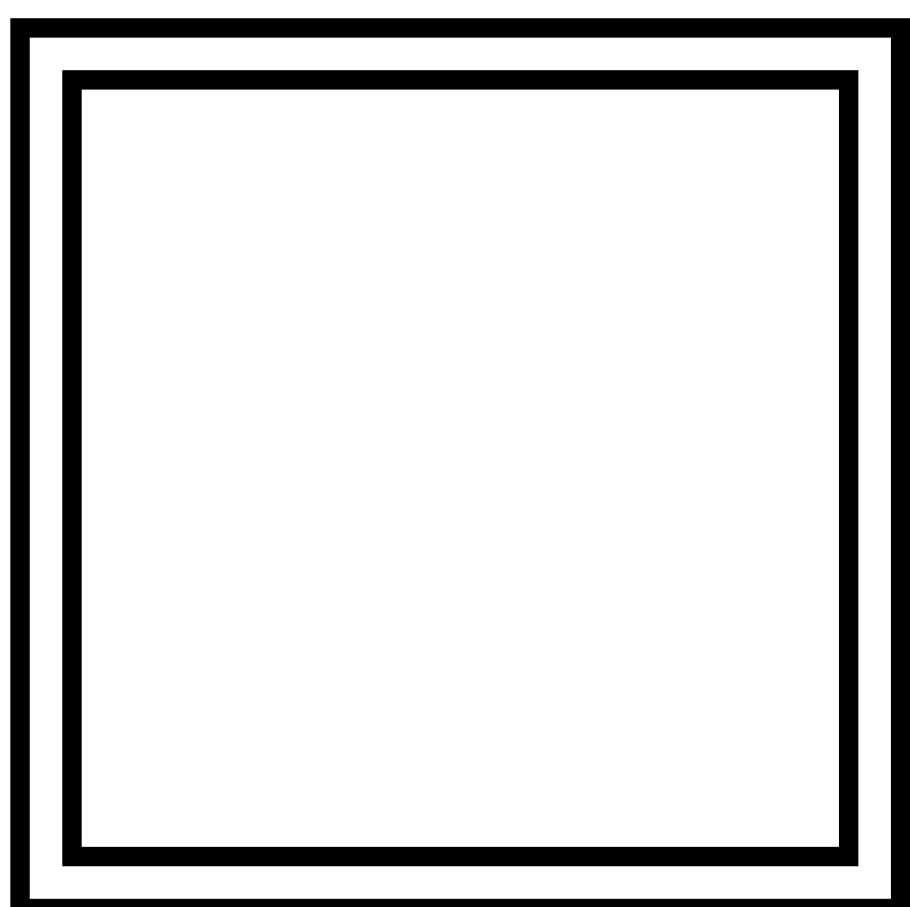
Take out the trash



Be on time for breakfast



Feed the dog



What Can Help You Remember?

If you have a difficult time remembering things, there are several things that can help. Circle the ones that you think would be helpful to you and give them a try!

A Notebook



Use a notebook to keep track of things you have to remember.

Sticky Notes



Put a sticky note by the places where you have to remember important things.

A Calendar



Use a calendar to keep track of important events.

Numbering



Think about how many steps you have to take when doing a task and remember that number to make sure you do them all.