



**Why Can't I Remember? (🧠 A Cognitive Health Story)**  
**(3<sup>rd</sup> Grade – 8-9 yrs.)**  
**Worksheet: Making Sense at School**



**STORY CONNECTION – SLIDE 16 (Approx Time: 25-30 mins)**

School is about figuring out how YOU learn how to do things so that you can understand and store the information. If something is not working, there are lots of other ways for you to try. You may like to read about some subjects, listen to others, watch videos to help make the information make sense, or play games to help you learn. You have LOTS of senses – use them to have fun learning.

**Materials needed:**

- Making Sense at School worksheet (included below)
- Making Sense at School sample sheet (included below)
- Pencils

**Preparation needed:**

- Go over and discuss the sample below or you can use your own sample that is relevant to your student(s).
  - Determine if you will display sample or recreate as you complete it as a class
- Print Making Sense at School Worksheet (1 per student)

**Instructions:**

1. In this activity, student(s) will choose an aspect of school that they have a tough time with or do not enjoy. They will then think about how they can use their senses to make this task easier and more fun for them.
2. Remind the student(s) that in the last activity, they learned strategies for making hard or boring activities or tasks better for them so that they could learn and remember them better. Sometimes these strategies just made the activity more bearable, like having to babysit a little brother or sister.
3. Review some of the strategies they used. They are:
  - **Reward Yourself**-give yourself a little reward after working on the task for a certain amount of time. For example, study your spelling words for 20 minutes, play your video game for 5 minutes.
  - **Accountability Friend**-find a friend who you can count on to remind you to do your tasks. For example, have your older sister ask you at dinner if you studied your spelling words yet.
  - **Break it Up**-work on the task you do not like, do something else, then finish the task. For example, study your spelling words for 10 minutes, read for 10 minutes, go back, and finish your spelling words.
  - **Add Music**-turn on the music to help motivate you to do the task you do not like. For example, listen to music while cleaning your room and try to organize all your games before the song is over.

- **Add Movement**-make up movements for the tasks you must do. For example, when studying your spelling words clap the vowels and jump up for each consonant.
  - **Chunk It Up**-break huge tasks down into smaller ones over time. For example, you must make a book poster and do an oral report on it. Start by looking at your timeline and when it is due. First, read the book. Next, work on the poster pictures, Then, work on the poster writing. After that, start working on your oral report notes. Lastly, practice your report and put final changes on your poster.
  - **Race the Clock**-set a timer and try to get the task finished before the time goes off. For example, you are good at math but must do three pages of math fact worksheets a week. Try to get the facts worksheet finished before the timer goes off. Remember, do not sacrifice accuracy for speed!
  - **Work With a Friend**-work with someone who can help you stay motivated and help when needed. For example, do your homework with your classmate at afterschool care before you choose games to play.
  - **Nature**-go outside. For example, take your homework, book, or project outside and work on it. Sometimes a change in scenery does a brain good!
  - **Listen to a Story**-listen to an audio book. For example, reading is difficult for you, but you really want to read Harry Potter. Download the audio book and listen to it while you clean your room, walk around the track, or relax before bed.
4. Explain that today, they are going to focus on using their senses to make learning more fun.
  5. Start by discussing the task and then decide how each sense could be used to make the task more fun. Remind them to think about the strategies they learned in the previous lesson.  
*\*\*NOTE: See sample below to guide discussion.\*\**
  6. Ask student(s) if they have any questions or need any clarification. Clear up any misunderstandings.
  7. Give them each a worksheet to complete independently during an allotted amount of time.
  8. When time is over or everyone has completed their sheet, allow several student(s) to share the task they chose and how they could use their senses to make it more fun for them.
  9. In closing, remind the student(s) that school is about figuring out how they learn how to do things so that they can understand and store the information. If something is not working, there are lots of other ways for them to try. They may like to read about some subjects, listen to others, watch videos to help make the information make sense, or play games to help them learn. They have LOTS of senses – use them to have fun learning.

## Making Sense at School

Name:

Task That is Difficult or Boring for You:

Give an example of how you could use each of your senses to make this task more fun.

Touch

Hearing

Sight

Smell

Taste

## Making Sense at School Sample

Name:

Task That is Difficult or Boring for You: I am reading a book that I must read that is science fiction and I do NOT like reading this genre.

Give an example of how you could use each of your senses to make this task more fun. Answers will vary when student(s) respond. These are adult ideas for reading a young adult science fiction book. 😊

Touch

I will use a physical book and not a device to read this book. This way, I will not be tempted to go to other sites or apps that will keep me from reading.

Hearing

I can make sure I am in a place that is incredibly quiet with no distractions so I can focus on what I am supposed to be reading.

Sight

I can put my bookmark in the place that I need to read to for that day. This way, I can see how much further I must read for that day.

Smell

I can read until I can smell dinner cooking, so I know that it is almost time to eat, and my reading time is almost finished. I will try to finish at least one more chapter before dinner.

Taste

I can suck on a mint or piece of candy as I read. Each time a piece of candy is gone, I can take a five-minute break. No biting/chewing the candy allowed.

I can also sip on a cup of coffee as I read, since this makes me happy!