

VAK Memory Strategy

VAK = visual (can see it), auditory (can hear it), kinesthetic (has micro-movements)

Preparation: this will be prepared for students and in dry-erase packets

1. Divide the verse into 4 or 6 parts. (The brain remembers 3-7 chunks of information)
2. Write out the parts of the verse in a grid type format to focus on one section at a time.

How to: visual

3. Focus on one section at a time. Discuss a picture, symbol, code for 1-3 parts of that section. You just want a visual to trigger your memory.
4. Each person must draw for him/herself the picture above the word(s) it represents. (no rulers, tracing, etc. Free-hand it!)
 - Silly or novel ideas help the brain remember
 - Use sound alike words for visuals (draw a needle and thread for “so” since “sew” sounds the same).
 - Use codes like “T4” for “therefore”
 - After practicing, many find a way to use the same visuals for repeated words (Example: rays of light coming out of J for Jesus, G for God, L for Lord or a crown above each letter)

How to: auditory

5. After completing all visuals, say the verse aloud while looking at the pictures. Repeat.

How to: kinesthetic

6. Add micro-movements (meaning tiny)
7. Discuss what will represent each section of the verse. It’s OK if not all sections have a movement. Ideas...
 - “strength” = tighten arm muscles
 - “build” = hands stacking invisible blocks
 - “peace” = two finger peace sign
 - “heaven” or “eternity” = look up
 - “God”, “Jesus”, “Lord” = bow in reverence, point heavenward
 - “lead” or “follow” = walking fingers
 - “love” = heart symbol with hands

Tie it together

8. Practice looking at the pictures, reading the verse, and making the micro-movements. Go slowly! Focus on the words.
9. Eventually try it with eyes closed. Can you see the pictures, as you say the verse, while you make the movements?
10. For the kids in RBfK, do it again next week. Practice makes permanent!
For you or your own kids at home, consider getting a notebook and keeping each verse on a page. You can flip back to the verse when reviewing it.

Memory Verse

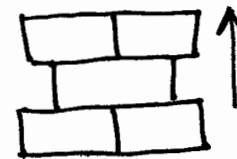


So let us do all we can

to live in peace.



And let us work hard



IA

to build up one another.

Romans 14:19 NIRV