Creating Multi-Sensory Experiences to Improve Memory Retention
Resource Bundle

I. Creating Multi-Sensory Experiences Resource

II. References
## Why They Work

Multi-sensory experiences allow information to be encoded in multiple areas of the brain. Multiple brain connections lead to greater memory retention, accuracy in recall, and memory retrieval.

## Strategies for Create Multi-Sensory Experiences

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Explanation</th>
<th>Examples</th>
</tr>
</thead>
</table>
| Visualization     | Direct students to use all five senses while visualizing an experience directly related to the content. Using all five senses helps students encode information in multiple areas of the brain. | • Imagine yourself on a battlefield during the Revolutionary War. What do you see, smell, and hear?  
• Describe what it would be like to be a blood cell travelling through the circulatory system. What is going on all around you? What barriers might you encounter and what functions do these barriers serve? |
| Auditory Experiences | Incorporate music and other sound bites into your lessons. This strategy helps students to access the auditory cortex of their brains. | • Play songs from the Great Depression to support the themes from *The Grapes of Wrath*. Discuss with students how the tone of the songs, lyrics, and choice of musical instruments relate to the feelings of the time.  
• Teach students songs to learn content, such as the alphabet song. |
| Hands-on Experiences | Take students on a field trip and incorporate tactile experiences into your lessons. Let students encode information through touch, smell, taste, and other senses. | • Have students design extensions to the school to see how geometry is used in the real-world. Have students look for specific shapes and their measurements to understand how geometry can be used to construct the planned extensions.  
• Let students feel and describe water in its various states: liquid, gas, solid. Discuss how these three states of water feel different and how it feels during the transition from one state to another (ice melting). |
Creating Multi-Sensory Experiences to Improve Memory Retention

References


