

To make a memory box from an index box and how to use it;

Requirements;

A medium sized card index box

a selection of file cards of a variety of colours

A set of highlighters,

a set of coloured fine line pens

a set of index cards, you will need 28 of them so you may need to make some extra ones.

Method

Get you index cards and number them 1 to 28

Select colour codes for each subject, use different coloured cards and combine them with decoration at the very top to provide enough colour ways for all the subjects.

Each slot in you index card matches one day of the month up to day 28 of any month. Some months will have 30 or 31 days and so you will have spare catch up days for illness or other events which may stop you using the box on a daily basis.

Go to your box every day once you have made it.

Make and add any cards for anything you have done new that day. Every card should be questions and answers, mind maps, diagrams to label with answers on the back or a set of bullet points. They should be full of colour and interest. **Child** should make them.

Every card you make will be put into the slot for the following day.

Look in today's slot and act on every card in it.

Add a tally mark to each card so you have a record of how many times you have looked at it.

Move each card on the number of days which correspond to the number of tally marks, or, if you know this card very well, you may transfer it to another file box until it is needed for exam or test revision.

Tally mark 

Number of days to 1 2 4 7 14 28 Leave where it is

move the card on for all tally marks after this
from current position

By the time s/he has looked and interacted with each card s/he will know the material on it.