

I dedicate this book to my wife's grandmother, Alberta Vickerman.  
She certainly had a great memory when it came to remembering the time  
I got *Burger King* on the way to her Thanksgiving dinner!

**BOYS TOWN**  
Press

Boys Town, Nebraska

# How Do I Remember All That?

*A Story to Improve  
Working Memory*

Written by  
**Bryan Smith**

Illustrated by  
**Lisa M. Griffin**



## How Do I Remember All That?

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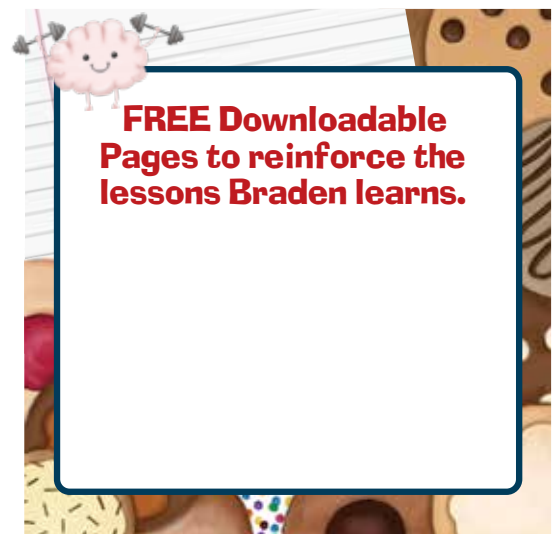
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**Hey everyone,**  
Braden here.


Does anyone else feel like  
school gets harder every year?  
Pretty soon it is going to be  
**impossible.**

I remember when reading just meant you read a few sentences and maybe answered one question. Now, we read long stories and need to remember everything about it! This happened just the other day.

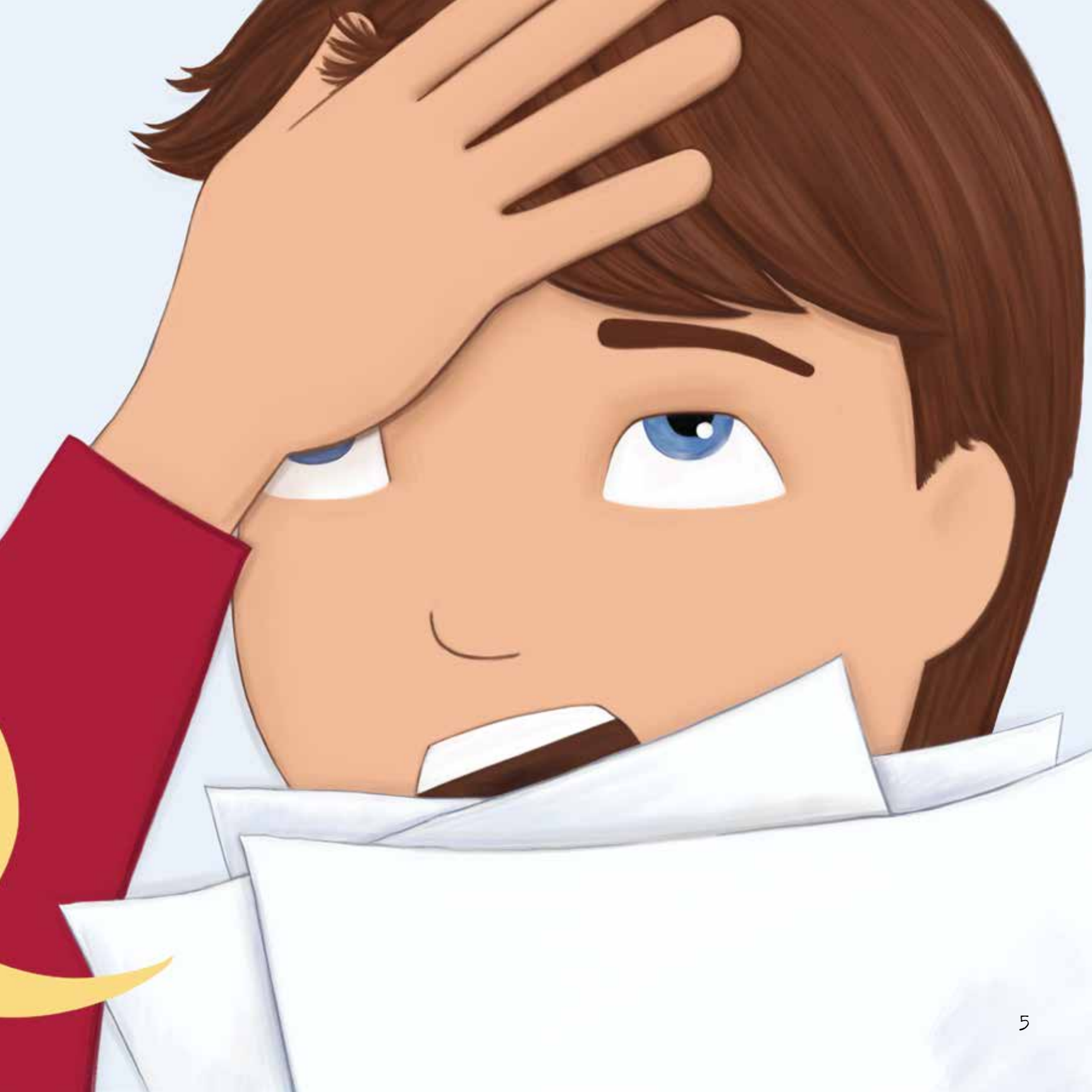
My teacher, Mrs. Brookshire, passed out a reading story that was **about a thousand pages long!** I was so happy once I finished it, but then I read the first question:

*1. How did Tim feel when he went to the park?*

I let out a groan so loud, the teacher heard me.



**Huh?!?**



Mrs. Brookshire could tell I was having a hard time. She walked over and asked what was wrong.

“This story is about a kid named Louis,” I said.  
“Who is Tim, and why do I need to know how he felt?”

READ



Mrs. Brookshire talked to me about all the details of the story and how they're important indicators, or clues. I asked her...

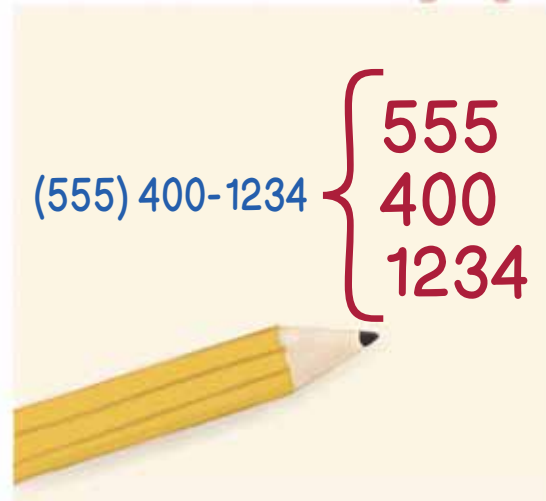
How do I remember *all that?*



Mrs. Brookshire talked to me about how breaking down assignments into smaller, more manageable tasks can help with something called “working memory.”

Then she asked if I knew my phone number? **“Sure,” I said.**  
**“That’s easy. But why did you ask me that?”**

*“Because phone numbers are broken down into three sets of numbers,”* she said.



*“It’s easier to remember things when you break them down. Now, tell me what you see when you look at this story?”*



**NOTHING.** It all blurs together and is a big jumbled mess.

Pages 10-31 are not included in this excerpt.



CHILDREN/LIFE SKILLS  
Ages 5-11



## Braden's schoolwork seems to be getting tougher.

Word problems are more complicated. Reading passages are longer. When he's quizzed on details, they seem to be getting lost in translation. And this is carrying over to home, too!

With help from a caring teacher and plenty of opportunities to practice at home, Braden starts to learn and **use strategies to improve his working memory!**

Author and school counselor Bryan Smith adds another funny and timely story to his popular *Executive FUNction* book series. Young readers (and adults!) will discover useful strategies to improve their working memory, including using mnemonic devices, practicing visualization, breaking down complex problems into smaller, more manageable tasks, and much more!

Great for K-6 children and the adults in their lives.



"In *How Do I Remember All That?*, author Bryan Smith shares effective and practical strategies for activating working memory. All readers, young and old, will surely relate to Braden's experiences. I can't wait to share this book with my students, children, and grandchildren!"

– Lynn Shambaugh, Reading Interventionist



BRYAN SMITH is an award-winning author who comes from a family of educators. Bryan began his career as an elementary school teacher before realizing he had a talent for helping children deal with difficult issues. He has since become a school counselor, where he flourishes teaching students life skills that will take them far and help them succeed. Bryan is married with two children.

LISA M. GRIFFIN holds a BFA in illustration and is an active member of the Society of Children's Book Writers and Illustrators. Lisa is married and has three children.



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