

UPDATED fall 2017

O&M Mnemonics: Using Music, Rhymes, and More

Julie Holland's workshop, CAOMS Conference, Monterey, November 2017

Goal:

Discuss and generate devices to aid memory (for both teachers and students), to help make lessons fun and productive.

Some devices we use to aid memory:

Acronyms (DEAR, KISS)

Songs (original or familiar tunes)

Rhymes

Physical motions (to remember "b" vs. "d": 2 thumbs, fists together, make "bed")

Actions (every time you say the "B" word—"bored"—everybody make a face)

Story (multiplication: 2 sevens went to a party, mom said be back be-"4-9")

Repetition, chanting...

Kinds of O&M info that these devices could help with:

(Possibilities are truly endless!)

Street names in order

Basic cane use (back and forth, cane in front)

NSEW

Environmental concepts (sidewalk, curb, street...)

Directional concepts (front, back, up, down...)

Negotiating doors with a cane

Stairs (up or down)

Human guide

Protective techniques (UHF, LHF, foot probe)...

Make your devices SAFE:

Short

Age-appropriate

Fun

Easy

Games

Name memory game:

“I’m [Name]. I like [alliterative food].” Go around, adding on.

Intro game:

Pair up, talk for 2 min., then each person introduces 2-3 non-work-related things about their partner. (Does the group remember their name from the first game?)

In Common

Get into new groups of 2-4 and come up with 5 things you all have in common.

Present to big group if time. No school- or work-related items.

(#12 on <http://faculty.virginia.edu/schoolhouse/WP/icebreakers.html>)

What Have You Done That’s Unique?

Request each person introduce herself by stating something she’s done that she thinks no one else in the class has. If someone else has done it, the person has to try again to find something unique!

(on list at bottom: <https://www.thoughtco.com/ice-breaker-the-name-game-31381>)

One-Word Story

We tell a story as a group, each adding a word. First person might say “Once,” second person “upon,” third “a,” fourth “time,” and so on.

(<http://www.bbbpress.com/2013/01/one-word-story/>)

Original O&M Mnemonics*

Orientation

- “Landmark Song” (rough draft, original tune)

To find a place, use a landmark. (Primary! Secondary!)

Find a place, use a landmark. (Primary! Secondary!)

Primaries are detectable; they’re not easy to miss.

Secondaries can be helpful, too, but they might be easy to miss. (Watch out!)

- Street Sequence: #1 is the best; it goes east to west. Spell out with your mouth; letters go north and south. (for downtown Sacramento orientation)

- Cardinal directions: Simon Says (“Simon says point north.”)

- Parallel vs. perpendicular: Pick a route and lay lines elegantly:

Pair of arms

Pair of legs

Parallel we

March ahead.

Hope your fingers one parallel, thumb goes perpendicular.

- Cardinal directions:

Never Eat Slimy Worms

Never Eat Soggy Waffles

Not Everyone Seems Well

Not Everyone Sips Wine

Mobility

- “Always hold the rail. Always hold the rail. Always hold the rail, please. Always hold the rail.” (tune “Farmer in the Dell”)

- “Cane in front, cane in front, can you walk with your cane in front?” (repeat as desired; original tune)

- “Stand up, look forward, walk tall...” (repeat as needed; tune https://www.youtube.com/watch?v=r11Gmdq__-8 beginning only)

- “Top to bottom, left to right. Scanning with our sight. Top to bottom, left to right. Bum badabumbum. Bumbum.” (original tune)

- In Step: Kick the cane.

- “Left/Right” Song: Louie on the left, Roscoe on the right. Cane visits left, cane visits right.

- Arc width: Keep it “clean” (c-shape).
- Stair travel:
 - “Arm extended” song.
 - “Throw the cane” at top of the stairs.
 - Hand on the rail to protect your tail.
 - Where’s your light saber to protect your cane?
 - Pose with your cane when going up the stairs.
 - Height of the riser (high pitch), depth of the tread (low pitch).

O&M

- Intersection Analysis: Sam Can See Dragons Vomiting Spaghetti
 - Shape
 - Controls
 - Size
 - Direction of Traffic
 - Visibility
- Rural travel: Upper Protective Technique Song for Kids (lyrics forthcoming)
- Answer to a trivia question is an acronym for a sequence of landmarks along a route.
- Street-crossing info:
 - “Don’t be LEFT behind. It’s RIGHT ahead.”
 - “Wall of protection”
 - “Flow with syrup cars, not the pancakes.”
 - “Clear the gutter” (make your letter w/ cane)
 - “Make a rainbow and cut it in half.”
 - “Track the crack.”
- Bus travel:
 1. Ask the bus driver if this is the right bus.
 2. Once you’re on the bus, tell the bus driver where you want to stop.
 3. Next thing you need (x2): Ask the bus driver to help you find a seat.
 4. Once you find a seat (x2): Don’t fall asleep, and listen for your street!

- “Street-Crossing Chart Song” (original tune)

Upon arrival, verify two streets are here,
You are aligned, and your path is clear
Analysis: stop signs, traffic lights, or no?
Visibility: shape, volume, width, and flow?
Is it a safe or unsafe place to cross here, man?
If safe, tell me your two-part crossing plan.

[bridge]

Timing: all-clear, near-parallel?
Scanning: basic or lane-by-lane? Do tell.

And then we cross: extra arc, step off, scan as you go
Adjust the pace or line of travel if you need to, though.
Be sure to clear...
Verify orientation, and we're here.

- “Low Vision 4 Steps of Safer Crossing” (original tune)

I'm on [Blank] Street, crossing [Blank] Street.
Control is stop sign, stoplight, or nothing?
Crossing's safer because no cars, I see the “walk” signal, or a grownup's with me.

- Scanning Plan:

Hickory Dickory Dock, you're scanning like a clock.
Look left before you walk, or you may see the doc.

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