



Activity Four : Remembering words through stories

Another way to remember words, **particularly if you need to remember them in order** is to link them into a story and to visualise the story. Try this one as a way to remember a shopping list, next time you have to fetch something from the shops try to go without a list and exercise your memory!

The shopping list is:

Milk
 Tomatoes
 Paper towels
 Jam
 Soap
 Cheese
 Matches
 Cornflakes
 Sausages
 Bin liners

Close your eyes and listen to this story. Try and visualise yourself doing these things:

One day I was thirsty and so I reached in the fridge for a carton of **milk**. I tried to pour the milk out of the carton but it wouldn't come out, I looked and the spout of the carton was blocked by an old squishy **tomato**. I put my finger into the spout and pulled out the tomato. I then had to find something to wipe my hand with and so I reached for a **paper towel**. As usual we had the towel with the little bears on. Suddenly one of the bears came alive, leapt off the towel and started to eat the **jam** straight from the jar. In no time at all it was sticky with sugary jam and I tried to clean its fur. I reached for the **soap** and rubbed and rubbed it but it seemed to get worse, in fact it got really smelly! I looked down and saw that instead of picking up the soap I had picked up a piece of **cheese**. This had made such a smell of cheese that a little mouse popped out of its mouse hole in the corner of the kitchen to have a look. It was such a sweet little mouse that I set to make it a little house. I made the walls out of **matches** and then squashed **cornflakes** on the roof to make it look like a straw roof. To give it a final touch I stuck a **sausage** on for a chimney. Unfortunately the sausage was too heavy, the whole lot collapsed. I swept the whole sorry mess into a **black bin liner** and went out to the shops. Now what did I need to buy?.....

Now invite students to rehearse the story and remember the words.

Explain why this works – the brain works like a string of beads, if it remembers one event, this triggers the next event and so on, if the events and the words are linked through a story this is using more of your brain to remember! The zanier the better!

Check: who can remember the words in order?
 Remember – lots of claps and cheers when they get it right!



Brain Friendly Revision My Amazing Memory

As a practice, imagine you have to remember the following list of words. The five words might be subject headings of a topic you want to revise or pass words for stages in a computer game or key words to remind you of parts of an essay.

The five words you have to remember are:
Walnut, History, Rusted, Ruler and Lion.

Step One: Build up a picture for each word, with as many memory jogging clues as possible. You might want to split the word into smaller words or use similar sounding ones. Don't forget to use all your senses to build up the picture; what does it look like, sound like, feel like? For example, **walnut** can be split into **Wall** and **nut**. The picture you create in your mind might be a wall at school covered in nuts.

Step Two: Put your story telling skills to the test by connecting all the pictures together. Have fun, make it funny or exaggerated if you want. Using yourself in the story is a great way of attaching emotion and it is easier to remember things about yourself!

Your story might begin like this:

When I walked into the English classroom, I was shocked to see the **wall** was covered in **walnuts!** Was I going **nuts**? I asked myself. Just as I was about to look closer.....