

READING:

Reading

4 A way to remember. Read the instructions and follow them.

1 Every day we have to remember something — what to take to school, a shopping list, words for a spelling test, important dates for a history project or a website address. We usually store this information in our 'working' or short-term memory.

2 But what if you have to remember a lot of information? One way to hold more information in our working memory and transfer it into our long-term memory is a storytelling technique. Let's go back to the words and pictures in the first activity. How did you do? Which activity did you find easier? For the purposes of this exercise go back to the activity you found harder and follow these instructions.

3 First, look at the words or pictures. Then make up a story using those words or pictures. The story doesn't have to be true or sensible — you can make up quite a silly story. The first example below uses the words; the second one, the pictures:

Example 1: This is Bob the Brain. He has a good attitude towards memory and uses a lot of energy thinking ... etc.

Example 2: Fatima was very forgetful. Every day she forgot to put everything she needed in her school bag. So she decided to write a story about herself. She imagined the rubber bouncing on the table and jumping into her backpack. The pencil drew a line from the table to the bag. Then she imagined painting the bag blue, etc.

Have a go!

Read the text and answer the questions:

What is the reading about?

- How to keep the brain active.
- How to remember things
- A Story About How People Forget Things

What advice does the reading give about how to remember a lot of information?

- Look at the words and pictures and try to remember as much as you can
- Relax you mind and you will remember everything.
- Storytelling- Make up a story about the pictures and words you are trying to remember