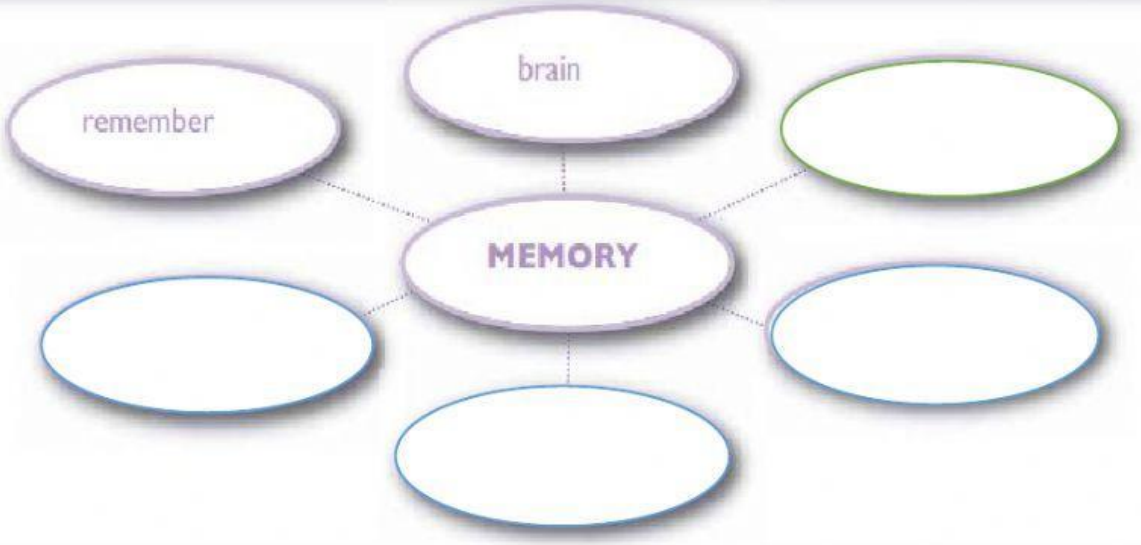
1 **Look at the word 'Memory' in the centre of the diagram below. What words and phrases do you associate with it? Look at the two examples given. Think of other words and write them into your diagram, then compare your words with your group. Your words can be nouns, verbs or adjectives.**



2 **Read the list of ideas below. They are all suggested ways to improve the memory. Discuss the ideas with your group. Which ones do you think would be most helpful? Then listen to the recording, and note down the letters of the ideas that are mentioned.**

a reading the Holy Quran
b taking exercise
c playing games
d finding a memorisation technique
e doing crossword puzzles
f repeating things you want to learn
g reading aloud
h telling stories
i eating foods good for your brain
j getting a good night's sleep

3 **Look at the four verbs below. They are all related to memory. Circle the correct verb in the sentences 1-4. Then write four sentences of your own, using one of the verbs in each sentence. Compare your sentences with a partner.**

(a) remember **(b) forget** **(c) remind** **(d) lose**

1. Please **remember/remind** me to phone the doctor.
2. Do you **remember / remind** the days when we were young?
3. My friend is upset because I **forgot / lost** her birthday.
4. I am **forgetting / remembering** a lot of things these days. I am afraid I am **losing / forgetting** my memory.

LIVEWORKSHEETS