A) Introduction:
What things are easy for you to remember?
Tick one or more from the options below.

dates	faces
car plates	names
phone number	addresses

others: _____



B)Vocabulary.
Match the words on the left to the definitions on the right.

memorise jog vivid photographic sieve
reminds distant terrible elephant

1. I can remember a lot about my childhood really clearly. For example, I have a lot of _____ memories of my schooldays.
2. Some people seem to have a _____ memory. They can remember all the details of what they read or what they see without fail.
3. I have a _____ memory for names. It's embarrassing sometimes.
4. My husband has a memory like a _____. It doesn't matter how many times I tell him something, he still forgets.
5. My friend's got a memory like an _____. She never forgets anything.
6. When you learn something off by heart, you _____ it.
7. I can't remember very much about the first time I was in love. It was so long ago that the events in our relationship are just _____ memories now.
8. The police issued a picture of the suspect, to help _____ potential witnesses' memories.
9. That woman on the news _____ me of my mother.

2. Look at the passage. Put the words ***memory*** and ***memories*** in the correct place.

Look at the sentences below. Put the words 'memory' and 'memories' in the correct places.
Your (1) _____ allows you to store things in your brain. (2) _____ are the things you remember. You use your (3) _____ to recall or remember things, so your (4) _____ remembers your (5) _____!

C) Game!
Look at the following video and test your memory under stress.

According to the video, what factors made the situation stressful?
To what other stressful situation is the game being compared?

LIVEWORKSHEETS

Human memory

FROM THE MOMENT we are born, our brains are bombarded by an immense amount of information about ourselves and the world around us. So, how do we hold on to everything we've learned and experienced? Memories.

Humans retain different types of memories for different lengths of time. Short-term memories last seconds to hours, while long-term memories last for years. We also have a working memory, which lets us keep something in our minds for a limited time by repeating it. Whenever you say a phone number to yourself over and over to remember it, you're using your working memory.

Another way to categorize memories is by the subject of the memory itself, and whether you are consciously aware of it. Declarative memory, also called explicit memory, consists of the sorts of memories you experience consciously. Some of these memories are facts or "common knowledge": things like the capital of Portugal (Lisbon), or the number of cards in a standard deck of playing cards (52). Others consist of past events you've experienced, such as a childhood birthday.

Nondeclarative memory, also called implicit memory, unconsciously builds up. These include procedural memories, which your body uses to remember the skills you've learned. Do you play an instrument or ride a bicycle? Those are your procedural memories at work. Nondeclarative memories also can shape your body's unthinking responses, like salivating at the sight of your favorite food or tensing up when you see something you fear.

In general, declarative memories are easier to form than nondeclarative memories. It takes less time to memorize a country's capital than it does to learn how to play the violin. But nondeclarative memories stick around more easily. Once you've learned to ride a bicycle, you're not likely to forget.



D) Reading.
Say if the sentences are true or false

a. Working memory allows us to hold information for a long period of time.
b. Explicit memory and declarative memory are the same.
c. Our common background knowledge is part of our declarative memory.
d. Nondeclarative memories consists of memories we experience consciously.
e. Skills and learnt abilities are a type of nondeclarative memories.
f. memorizing written words and developing a skill take about the same time.

E) Verb Patterns: Some verbs are followed by a gerund and others by an infinitive, and some can be followed by either one or the other but the meaning sometimes change.

Remember/forget + gerund: to (not) recall an action.	Remember/forget + In nitive: to (not) do an action you must do.
I remember taking my kid for his rst day of school	She remembered to lock all the doors before leaving.
I'll never forget winning that competition.	I forgot to turn the tv off this morning.

Complete the sentences with the correct form of the verb in brackets
a. I remember _____ (look) at my daughter's eyes for the first time.
b. Did you remember _____ (tell) your mum you were here?
c. Don't tell me you forgot _____ (bring) your wallet again!
d. The fire started because she forgot _____ (blow)out the candles.
e. I won't forget _____ (get) married to my husband. It was the happiest day of my life.

LIVEWORKSHEETS