

Reading Exercise

Help your Memory

Name:

1. When does your brain make memories?



2. What happens when you're tired?

3. How many hours must you sleep every night?



4. What kind of food must you eat to help your brain?



6. What is a journal?

7. How does a journal help your memory?

8. What did you eat yesterday?

9. What did you wear on Saturday?

12. How is your memory?

