

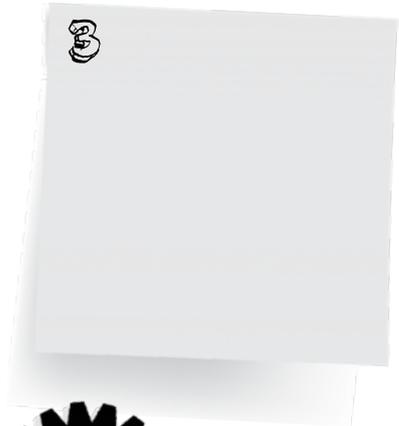


The keys to memory

PROCESS



List 3 key takeaways from this video



STORY

Imagine you are at the Centre Court at the Wimbledon tennis tournament on a hot SUNNY day. Freddie MERCURY (from the band Queen) picks up his tennis racket and serves a tennis ball to VENUS Williams. Venus smashes the ball down into the EARTH and then it flies up into the stand. The ball knocks a MARS bar out of JUSTIN Timberlake's hand. Justin is sitting beside the pop band the SATURDAYS. UNA from the Saturdays gets covered in chocolate. She jumps up and screams at Justin "You're NUTS!"

So what we have just done, is learned the planets in the solar system. In order from the sun they are:

1. Mercury
2. Venus
3. Earth
4. Mars
5. Jupiter
6. Saturn
7. Uranus
8. Neptune

STORY

The art of memory was discovered by the ancient Greeks. They discovered that mental performance could be greatly improved by using certain techniques. They developed mnemonics from their worship of the god of memory called Mnemosyne. The Romans also believed in the power of memory and Roman orators argued that the art of memory - the proper retention and ordering of knowledge, was vital for the invention of new ideas.

Devices such as acronyms and mnemonics helps us remember. An acronym is an abbreviation from the initial components in a phrase or word. These are used a lot in text messaging e.g. LOL is Laugh Out Loud) or parts of words (Benelux - Belgium, Netherlands and Luxemburg).

Mnemonics are used a lot by world memory champions. This is where we use a word, picture, a system or any other device that will help us recall a phrase, a name or a sequence of facts. For example, let's look at the planets. We can take the first letters:
M, V, E, M, J, S, U, N

Then we create a silly word or sentence:
My Very Excellent Mother Just Served us Nachos

To improve your Memory think of the acronym ALI:
A: Association

The brain works best by creating associations or linking things together.

L: Location

This is also called the "Roman Room" method or the "Memory Journey". This is where we place memories in a location or on a mental journey or story in your minds.

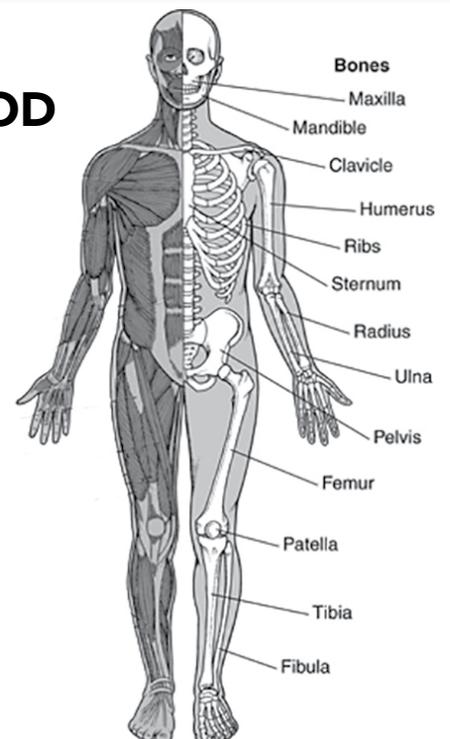
I: Image

Images and pictures are a lot easier to remember than words or phrases.

Game 1

THE STORY METHOD

Create a story to remember 8 bones in the body.





PROCESS

Game 2

MAD MNEMONICS

Create your own mnemonic to help in Science. For example, we used the first letters to remember the planets (as in the story earlier in this chapter): M, V, E, M, J, S, U, N. So we created a mad mnemonic:

My Very Excellent Mother Just Served Us Nachos.

Create your own mad mnemonic for this word-equation for photosynthesis

Carbon dioxide + Water (+ sunlight and chlorophyll) → glucose + oxygen

Game 3

ACE ACRONYMS

Examples of acronyms include FIFA, GAA, FBI, NASA, CIA, LOL, NMS, TTYL and ASAP.

1. With your buddy can you write down what each of the acronyms above stand for?
2. Create your own acronyms to help you remember these items from Science.

A tropism is the response of a plant to a stimulus _____

Geotropism is the growth response of a plant to gravity _____

Carbon dioxide + Water (+ sunlight and chlorophyll) → glucose + oxygen _____

Phototropism is the growth response of a plant to light _____



Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

1. I enjoyed today's story

5. I worked well with others

4. I got involved in the class and the games

3. I asked questions when I didn't understand

2. I understood the goal of today's lesson