

## How to exercise and improve your memory

11-15  
15-18

1h30

### LEARNING OBJECTIVES

- Learn how memory works
- Learn how to train your memory

### MATERIALS NEEDED

- A specific social media account for school (to respect privacy) or videos from social media.

### LEARNING SCENARIO AND ACTIVITIES PROPOSED

#### 1) Introduction (10 minutes)

Ask your students to play a little game: ask them to see [this TikTok video “from memoycoahc Josh McCartney account”](#) and do the test.

#### 2) Presentation (30 minutes)

You can explain to your students the existing memory, how memory works, or any information that could introduce them to the topic.

#### 3) Practice (30 minutes)

Now you must teach them some techniques to improve their memory. You can present the famous Sherlock Holmes case with the Mind Palace. The article “[Sherlock’s Mind Palace: How to Memorise Like Sherlock Holmes](#)” from [The Mind Collection](#) or the article “[How to Build a Memory Palace](#)” from [Art of Memory](#) can help you. There are a lot of

techniques you can teach, but this one is the most famous. You can see other propositions in additional information.

#### 4) Production (20 minutes)

Now, ask your students to scroll on your social media account made for school for 10 seconds or watch a video on social media and give you the most information they can.

### EXPECTED DIFFICULTIES AND PROPOSED SOLUTIONS

- Pay attention to students who have real difficulties with their memory. It can happen in certain SLDs. You can do easier exercises for them with a shorter series. Ensure they don't feel anxious to participate and that other students don't mock them.

### ASSESSMENT

- You can provide your student with a series of numbers, letters or words. They have 10 minutes to memorise them with the technique you teach them. After 10 minutes, you can ask them to repeat the series without any mistakes.
- You can provide your students with a lesson to learn at home and warn them that next course, you will ask them questions on the course. Then create a quiz or a Kahoot to see if they memorise the lesson (with dates, facts, concepts or numbers).

### ADDITIONAL INFORMATION

These articles propose other memory training techniques or tips:

- "7 ways to keep your memory sharp at any age" from [Harvard Medical School](#) (more tips than techniques)
- "36 Best Memory Techniques for Studying" from [Art of Memory Website](#)

You can propose [this little memory card game from Europa Website on Kid's Corner](#) to see their level of memory.

**BIBLIOGRAPHY**

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