



# BIG MEMORY

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WELCOME!

MANY PEOPLE THINK THEY HAVE A "BAD" MEMORY BECAUSE THEY FORGET THINGS.

BUT GUESS WHAT? EVERYONE FORGETS!

AND YOU CAN DO THINGS TO HELP GROW YOUR MEMORY INTO SOMETHING BIGGER!

ARE YOU READY TO GROW **BIG MEMORY?**





# BIG MEMORY



## CONTRACT

PLEASE ADD A CHECKMARK IN EACH BOX WHERE YOU AGREE TO THE TERMS:

<input type="checkbox"/>	I am ready to learn more about my brain and how memory works.
<input type="checkbox"/>	I will try my best to exercise my brain in ways that grow Big Memory.
<input type="checkbox"/>	I will keep trying, even if some activities need hard work.
<input type="checkbox"/>	I will start thinking more about how I can remember things.
<input type="checkbox"/>	I will remember to have fun while I learn more about memory!



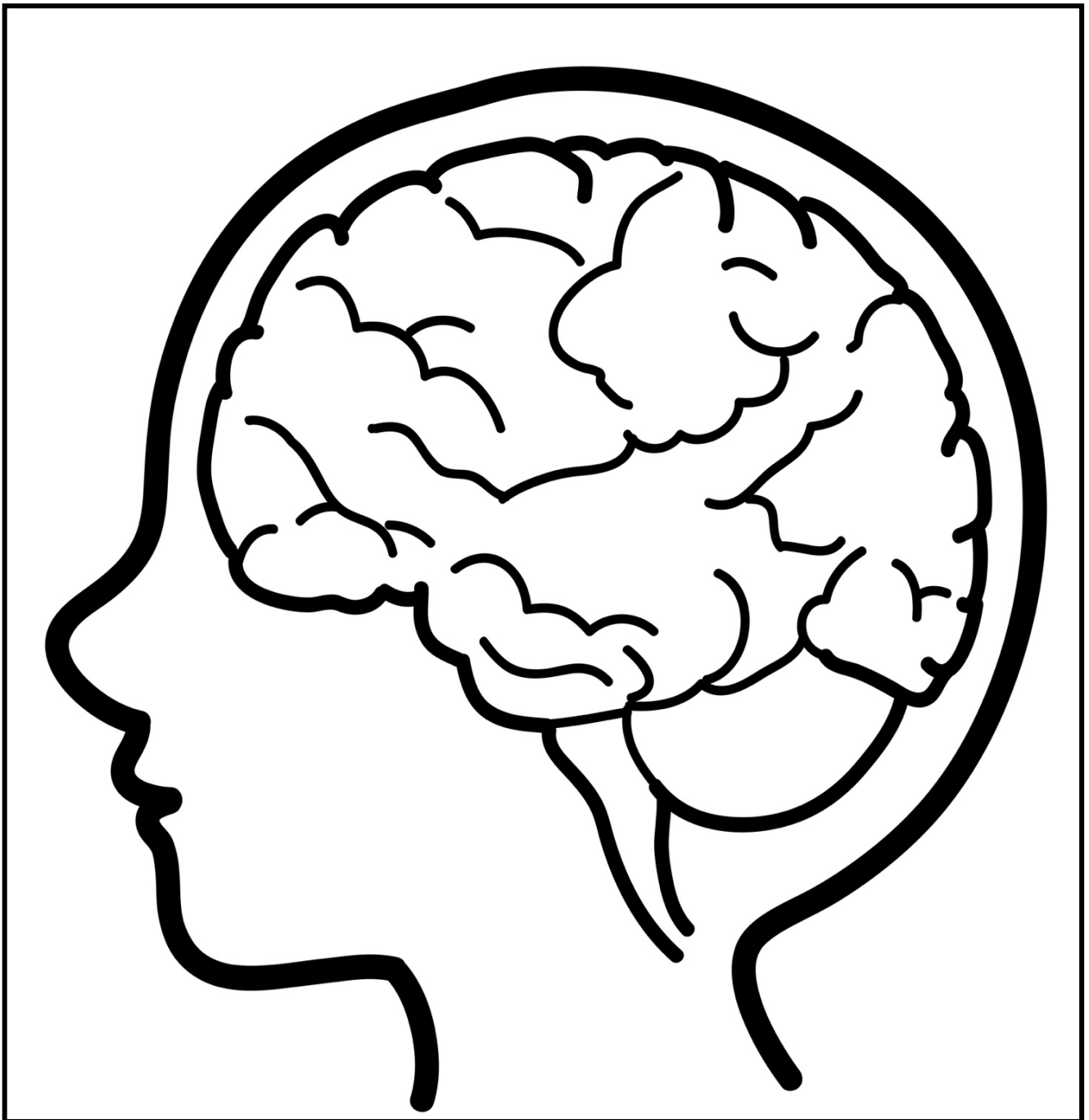
NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

YOUR BRAIN SITS INSIDE YOUR SKULL.

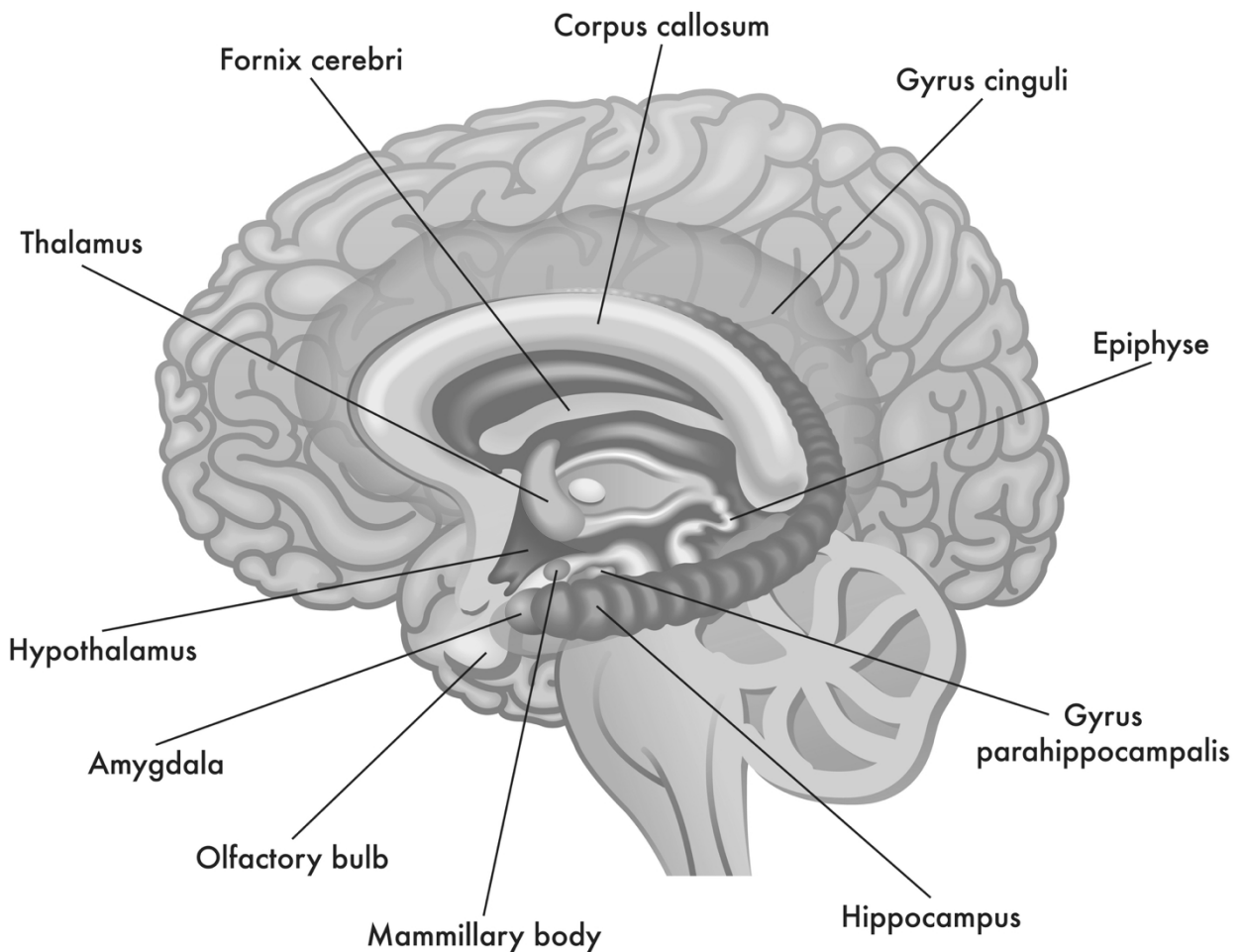
THE TWISTY, BUMPY SURFACE IS CALLED THE CORTEX.

YOUR CORTEX IS A PINKISH COLOR, BUT YOU CAN ADD ANY COLOUR YOU LIKE!



DEEP INSIDE YOUR CORTEX THERE ARE MANY BRAIN PARTS.  
A CURVED STRUCTURE CALLED THE "HIPPOCAMPUS" HELPS MAKE MEMORIES.  
CAN YOU FIND IT ON THIS SCIENTIFIC DIAGRAM OF INSIDE THE BRAIN?

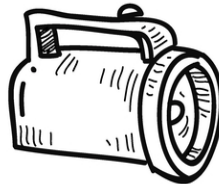
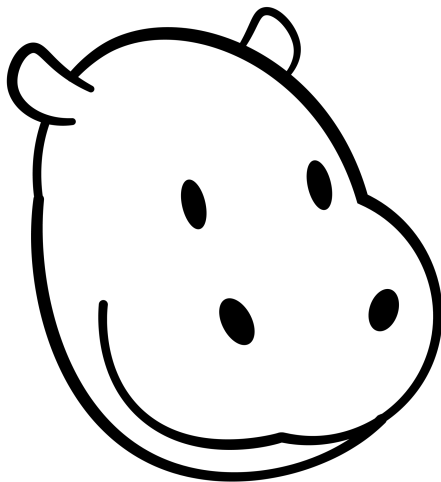
## THE LIMBIC SYSTEM



THE HIPPOCAMPUS KIND OF LOOKS LIKE A HORN WITH BUMPS.  
YOU HAVE ONE ON THE LEFT SIDE OF YOUR BRAIN AND ONE ON THE RIGHT.  
DRAW AN OUTLINE AROUND THE HIPPOCAMPUS SO YOU REMEMBER IT!

"HIPPOCAMPUS" IS A VERY SCIENTIFIC WORD.  
THINK OF A "HIPPO" AT "CAMP" WITH ALL OF "US" TO HELP YOU REMEMBER IT!

DRAW SOME CAMPING  
STUFF AROUND THE HIPPO  
TO HELP YOU REMEMBER  
"HIPPO" + "CAMP"



+ "US"

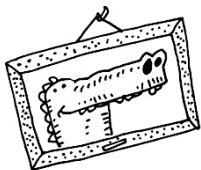
HIPPO + CAMP + US  
= HIPPOCAMPUS!

ANYTHING YOU ARE THINKING ABOUT THAT ISN'T HAPPENING RIGHT NOW  
IS A MEMORY!

\*SO, IF YOU ARE LOOKING AT SOMEONE YOU KNOW AND THEY HAVEN'T SAID THEIR NAME,  
YOU ARE REMEMBERING THEIR NAME, INSTEAD OF LEARNING OR HEARING IT.

DRAW SOME PEOPLE AND PETS WHOSE NAMES YOU KNOW.  
PRINT THE NAME YOUR BRAIN REMEMBERS UNDER EACH PICTURE.







NAME MY BRAIN REMEMBERS:	NAME MY BRAIN REMEMBERS:	NAME MY BRAIN REMEMBERS:
NAME MY BRAIN REMEMBERS:	NAME MY BRAIN REMEMBERS:	NAME MY BRAIN REMEMBERS:



THANK YOUR BRAIN FOR REMEMBERING NAMES FROM ONE DAY TO  
THE NEXT SO YOU DON'T HAVE TO RELEARN THEM EVERY DAY!

**YOUR HIPPOCAMPUS MAKES MEMORIES  
BY EXPERIENCING THE WORLD ALL AROUND YOU WITH YOUR SENSES!**

DRAW SOMETHING YOUR BRAIN REMEMBERS FOR EACH SENSE.  
MAYBE YOU REMEMBER THE SMELL OF FRESHLY BAKED COOKIES  
OR THE FEELING OF A SOFT, WARM SWEATER.

<p>SEE</p> 	<p>HEAR</p> 	<p>SMELL</p> 
<p>MY BRAIN REMEMBERS:</p>	<p>MY BRAIN REMEMBERS:</p>	<p>MY BRAIN REMEMBERS:</p>
<p>TASTE</p> 	<p>FEEL / TOUCH</p> 	
<p>MY BRAIN REMEMBERS:</p>	<p>MY BRAIN REMEMBERS:</p>	





MEMORIES ARE A WONDERFUL  
GIFT YOU CAN GIVE YOURSELF!

USE YOUR SENSES AND MAKE A  
NEW MEMORY.



HERE ARE SOME IDEAS:

- LOOK AT THE SKY AND  
REMEMBER THE CLOUDS
- SMELL A FLOWER
- KICK A SOCCER BALL
- SING A SONG LIKE YOU'RE A  
MUSIC STAR!

DRAW OR WRITE DOWN DETAILS OF YOUR NEW MEMORY!

MEMORIES AREN'T EXACT, LIKE PHOTOGRAPHS.  
BRAINS CAN FOCUS ON DIFFERENT PARTS OF AN EVENT,  
MAKING TWO PEOPLE'S MEMORIES OF THE SAME EVENT DIFFERENT!

PICK SOMEONE WHO EXPERIENCED THE SAME EVENT AS YOU DID.  
IT COULD BE A TRIP, OR RECESS, OR GYM CLASS, OR SOMETHING ELSE.  
WHAT DO YOU REMEMBER MOST ABOUT THE EVENT.  
ASK WHAT THEY REMEMBER MOST ABOUT THE EVENT.

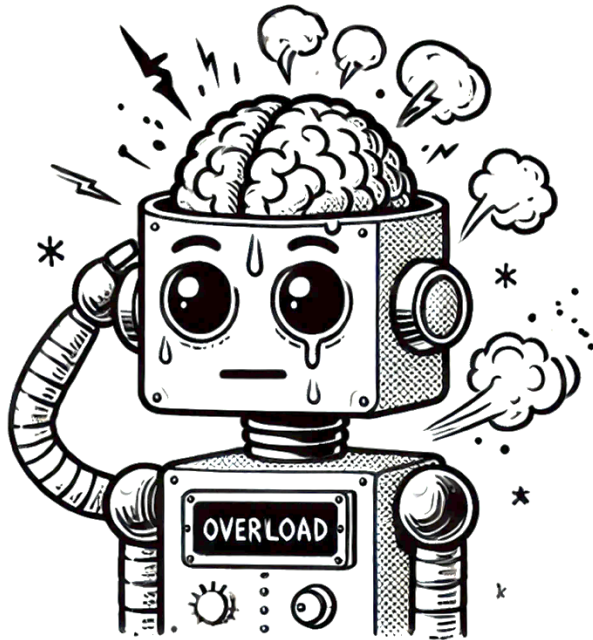
DRAW OR WRITE DOWN WHAT YOU REMEMBER MOST ABOUT AN EVENT:

DRAW OR WRITE DOWN WHAT SOMEONE ELSE REMEMBERS MOST ABOUT THE SAME EVENT:



ARE YOUR MEMORIES OF THE EVENT THE SAME OR DIFFERENT?





BRAINS ARE DESIGNED TO REMEMBER  
AND TO FORGET!

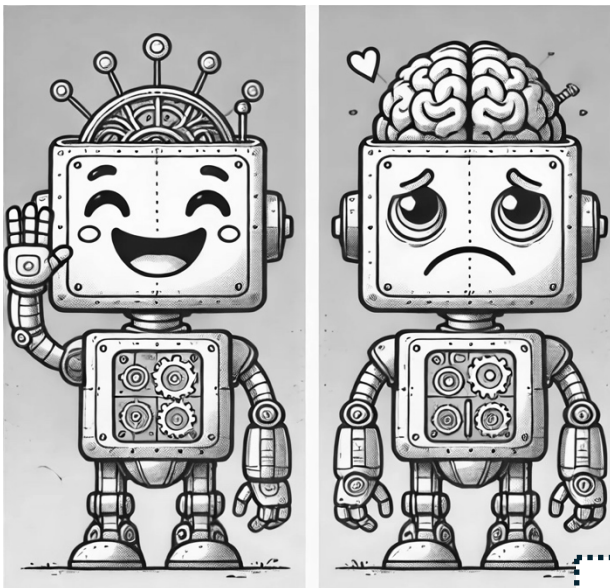
FORGETTING HELPS THE BRAIN FOCUS  
ON SOME THINGS AND NOT GET  
DISTRACTED BY TOO MUCH STUFF.

YOUR BRAIN WOULD FEEL OVERLOADED  
IF YOU REMEMBERED EVERYTHING  
FROM EVERY SINGLE DAY!

EVERYONE FORGETS. THAT'S HOW THE  
BRAIN WORKS BEST!

HAVE YOU EVER FORGOTTEN TO TAKE YOUR LUNCH TO SCHOOL?

DRAW OR WRITE ABOUT SOME THINGS YOU HAVE FORGOTTEN IN THE PAST.



MEMORIES AND FEELINGS  
OFTEN GO TOGETHER.

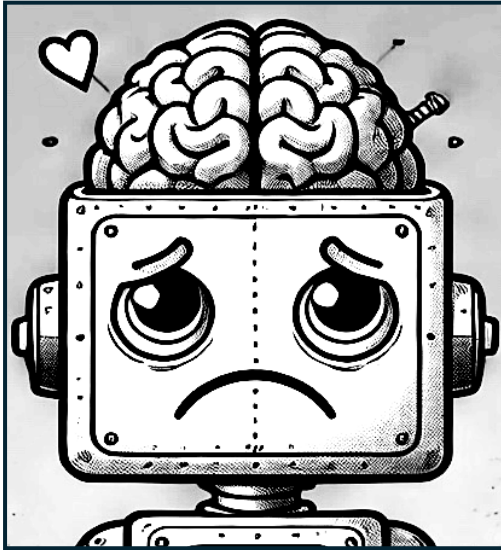
SOME MEMORIES CAN MAKE YOU FEEL  
HAPPY.

SOME MEMORIES CAN MAKE YOU FEEL  
SAD.

SOME MEMORIES DON'T MAKE YOU FEEL  
ANY BIG FEELINGS AT ALL, LIKE,  
"HEY, I REMEMBER THAT THING IS A  
SPOON!"



**DRAW A HAPPY MEMORY!**



FORGETTING HAPPENS.  
THAT'S HOW BRAINS ARE WIRED!

BUT YOU CAN FEEL UPSET IF YOU  
FORGET SOMETHING IMPORTANT,  
LIKE A FRIEND'S BIG GAME THAT YOU  
PROMISED YOU WOULD GO TO.

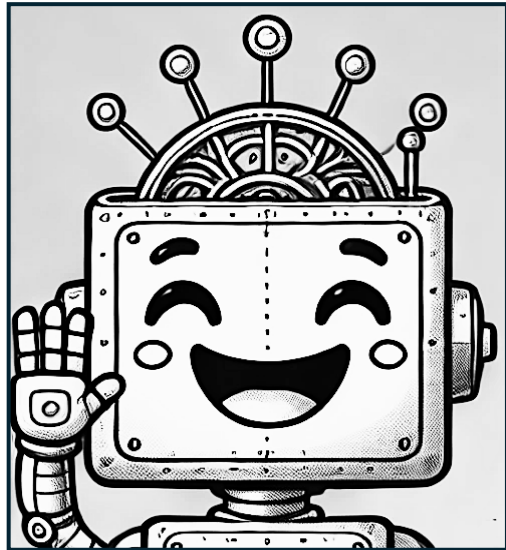
LOTS OF STUDENTS FEEL ANXIOUS WHEN  
THEY FORGET IMPORTANT DETAILS FOR  
A TEST, TOO.

BUT HERE IS SOME GOOD NEWS!

YOU CAN USE  
**SMART STRATEGIES**

TO HELP YOU REMEMBER  
IMPORTANT INFORMATION!

SOME STRATEGIES ARE OUTSIDE  
THE BRAIN AND SOME ARE INSIDE.









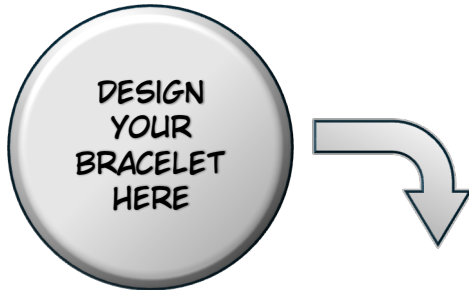
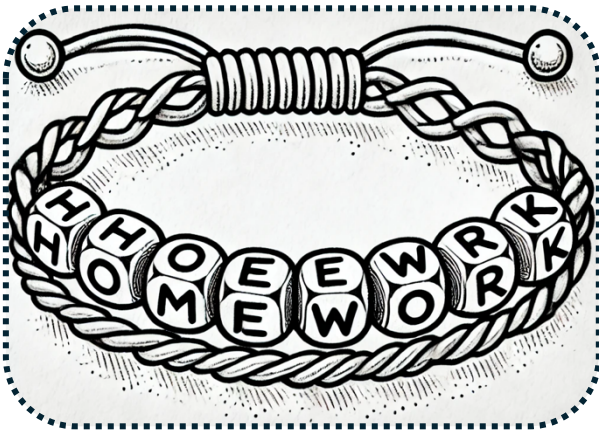
## OUTSIDE-THE-BRAIN MEMORY STRATEGIES

A BIG WAY TO BUILD BIG MEMORY IS TO USE CLUES IN THE WORLD AROUND YOU. CLUES OUTSIDE YOUR BRAIN CAN HELP YOU REMEMBER TO DO THINGS WITHOUT YOU HOLDING EVERYTHING YOU NEED TO REMEMBER INSIDE YOUR BRAIN.

WHAT OUTSIDE-THE-BRAIN MEMORY STRATEGIES DO YOU USE?

ADD A CHECKMARK FOR THE ONES YOU USE--AND THINK ABOUT TRYING SOME YOU DON'T!

<p><b>SAME SPOT</b></p> 	<p>YOU ALWAYS PUT SPECIFIC ITEMS IN THE SAME SPOT, SO YOU REMEMBER WHERE TO FIND THEM.</p> <p>FOR EXAMPLE, YOU PUT YOUR BUILDING BLOCKS OR ART SUPPLIES IN CLEAR OR LABELLED BINS IN YOUR ROOM, OR ON A CERTAIN SHELF.</p>	
<p><b>STICKY NOTES</b></p> 	<p>YOU WRITE OR DRAW INFORMATION YOU NEED TO REMEMBER ON STICKY NOTES AND PUT THOSE NOTES IN PLACES YOU WILL SEE THEM.</p> <p>FOR EXAMPLE, YOU PUT NOTES ON YOUR DESK OR MIRROR.</p>	
<p><b>AT THE DOOR</b></p> 	<p>YOU PUT SOMETHING IMPORTANT BY THE FRONT DOOR, SO YOU REMEMBER TO TAKE IT WITH YOU WHEN YOU LEAVE YOUR HOME.</p> <p>FOR EXAMPLE, YOU PUT YOUR EQUIPMENT BAG BY THE DOOR THE NIGHT BEFORE THE BIG GAME OR RECITAL.</p>	
<p><b>CHECKLISTS</b></p> 	<p>YOU DRAW OR WRITE DOWN ALL THE STEPS IN A TASK, SO YOU REMEMBER TO DO EACH STEP.</p> <p>FOR EXAMPLE, YOU CHECK OFF STEPS ON A LIST AS YOU COMPLETE YOUR CHORES OR BEDTIME ROUTINE.</p>	
<p><b>CALENDAR</b></p> 	<p>YOU WRITE DOWN OR DRAW WHAT YOU NEED TO REMEMBER ON A CALENDAR.</p> <p>FOR EXAMPLE, YOU WRITE WHEN A PROJECT IS DUE ON THE FAMILY CALENDAR.</p>	
<p><b>ALARMS</b></p> 	<p>YOU SET AN ALARM TO REMEMBER TO DO SOMETHING.</p> <p>FOR EXAMPLE, YOU SET AN ALARM ON A CLOCK OR A PHONE TO REMIND YOU TO LEAVE FOR AN APPOINTMENT OR EVENT, SO YOU WON'T BE LATE.</p>	



### MAKE A MEMORY BRACELET!

GET CREATIVE AND MAKE A BRACELET TO REMIND YOU TO DO SOMETHING.

ONCE THE TASK IS DONE, YOU CAN TAKE THE BRACELET OFF.

IMAGINE YOU ARE DESIGNING A BRACELET. WHAT WORDS WOULD YOU PUT ON THE BEADS?

MAYBE "BRUSH" TO REMIND YOU TO BRUSH YOUR TEETH, OR "CHORES" TO HELP YOU REMEMBER WEEKLY TASKS?

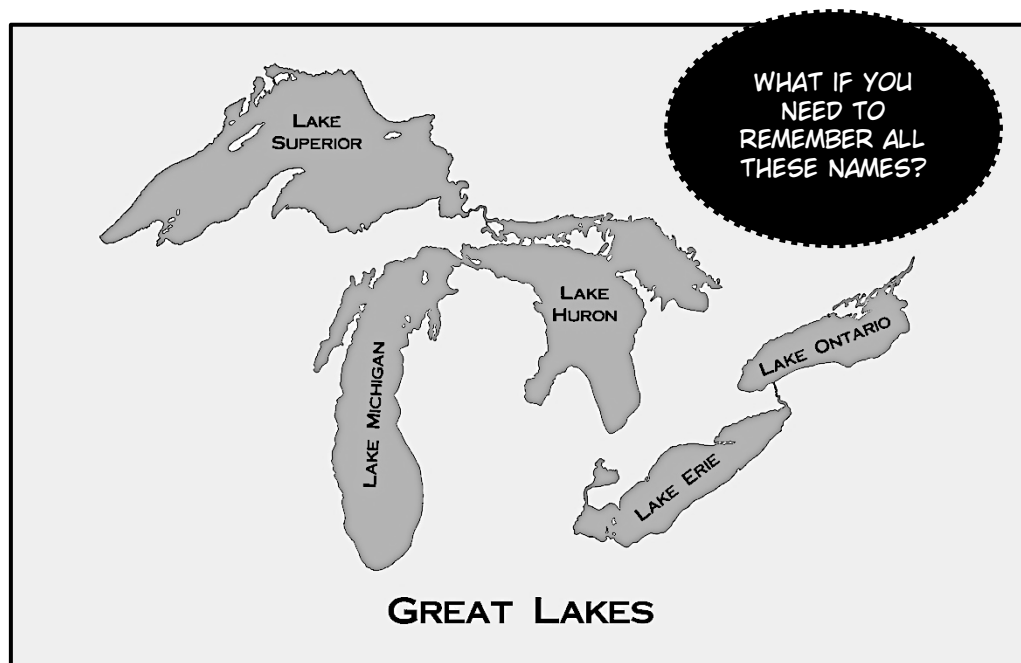
## INSIDE-THE-BRAIN MEMORY STRATEGIES

WHEN YOU NEED TO REMEMBER SOMETHING IMPORTANT, AND YOU CAN'T USE OUTSIDE-THE-BRAIN CLUES, THEN YOU NEED TO USE INSIDE-THE-BRAIN STRATEGIES.

THAT MEANS YOU NEED TO HOLD CERTAIN DETAILS IN YOUR MIND FOR A WHILE.

THAT CAN BE HARD, BECAUSE THE BRAIN IS DESIGNED TO FORGET!

SO, YOU MUST DO SOME EXTRA WORK TO HELP MAKE MEMORIES STICK.



IMAGINE YOU MUST REMEMBER THE NAMES OF THE GREAT LAKES FOR A QUIZ.

STAY CALM AND USE A SMART BRAIN STRATEGY!

ONE GREAT STRATEGY TO USE IS... **ACRONYMS**







**ACRONYMS**  
 ARE MADE BY TAKING  
 THE FIRST LETTER OF  
 ALL THE INFORMATION  
 YOU NEED TO  
 REMEMBER AND  
 PUTTING THOSE  
 LETTERS TOGETHER  
 TO FORM A WORD.

**"HOMES" IS A GREAT ACRONYM TO REMEMBER THE GREAT LAKES!**  
 SEE HOW "HOMES" IS MADE FROM THE FIRST LETTER OF EACH LAKE?  
 ADD THE GREAT LAKE NAMES BELOW:

<b>H</b>	
<b>O</b>	
<b>M</b>	
<b>E</b>	
<b>S</b>	








IMAGINE YOU WORK AT PIZZA 4 YOU.  
EACH PIZZA HAS EXACTLY 4 TOPPINGS.



USE THE FIRST LETTER OF EACH TOPPING TO FIND AN ACRONYM THAT WILL HELP  
YOU REMEMBER WHAT GOES ON EACH TYPE OF PIZZA!

\*CIRCLE THE FIRST LETTER OF EACH TOPPING TO HELP YOU FOCUS.  
THEN MOVE THE FIRST LETTERS AROUND UNTIL YOU FIND A WORD YOU'LL REMEMBER.  
FOR SOME TOPPINGS, THERE COULD BE MORE THAN ONE WORD THAT WILL WORK!\*

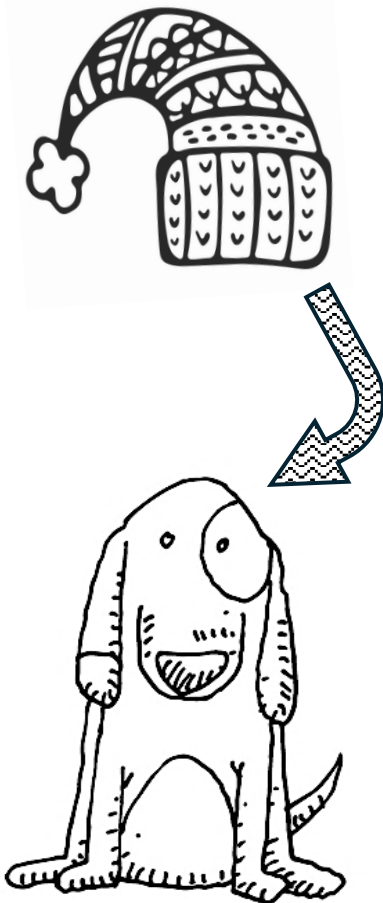
TOPPINGS	ACRONYM	HINT
Nuts, Artichokes, Eggplant, Basil		
Tomatoes, Artichokes, Cheese, Olives		
Spinach, Artichokes, Peppers, Eggplant		
Cheese, Artichokes, Eggplant, Peppers		
Broccoli, Lettuce, Olives, Tomato		

## STICK STUFF TOGETHER

ANOTHER INSIDE-THE-BRAIN STRATEGY FOR REMEMBERING!



IF YOU NEED TO REMEMBER LOTS OF SEPARATE THINGS, TRY PUTTING THEM TOGETHER IN YOUR MIND IN INTERESTING, SURPRISING, AND FUNNY WAYS TO HELP THEM STICK IN YOUR MEMORY!

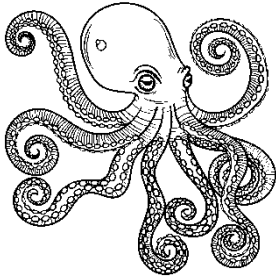


SO, IF YOU NEED TO REMEMBER A HAT AND DOG, IMAGINE THEM TOGETHER INSTEAD OF APART. FOR EXAMPLE, IMAGINE A DOG WEARING A HAT.

DRAW THAT PICTURE HERE:

\*WHEN YOU HAVE FINISHED THE DRAWING, TURN OVER THE PAGE.  
DO YOU REMEMBER THE 2 THINGS?

**DRAW MORE ITEMS TOGETHER TO HELP YOU REMEMBER THEM!**



MAYBE DRAW AN OCTOPUS EATING NOODLES OR ALL TANGLED IN NOODLES. JUST MAKE SURE YOUR PICTURE IS FUNNY OR STRANGE TO HELP YOU REMEMBER THE 2 THINGS!

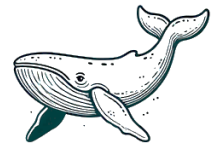
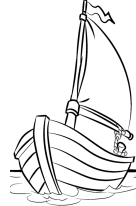


CAN YOU THINK OF A FUN WAY TO PUT THESE 3 THINGS TOGETHER?  
DRAW THE PICTURE YOU IMAGINE IN YOUR MIND.

\*WHEN YOU HAVE FINISHED THE DRAWINGS, TURN OVER THE PAGE.  
DO YOU REMEMBER ALL 5 THINGS?

## CAN YOU REMEMBER 10 THINGS?

DRAW A BIG PICTURE WITH ALL THESE ITEMS TOGETHER IN WAYS YOU'LL REMEMBER THEM.



\*WHEN YOU HAVE FINISHED YOUR DRAWING, TURN OVER THE PAGE.  
DO YOU REMEMBER ALL 10 THINGS?

**STICKING STUFF TOGETHER CAN HELP YOU IN REAL LIFE!**

HAS ANYONE EVER ASKED YOU TO DO A BUNCH OF THINGS ALL AT ONCE?

IT CAN BE HARD TO REMEMBER EVERYTHING, SO TRY THIS!

IF SOMEONE ASKS YOU TO...

“Brush your teeth,”

“put on your socks,”

“get your hat,”

“and get your knapsack.”

**1**

TAKE SOME TIME TO BUILD AN  
IMAGE IN YOUR MIND WITH  
EVERYTHING IN IT.

**2**

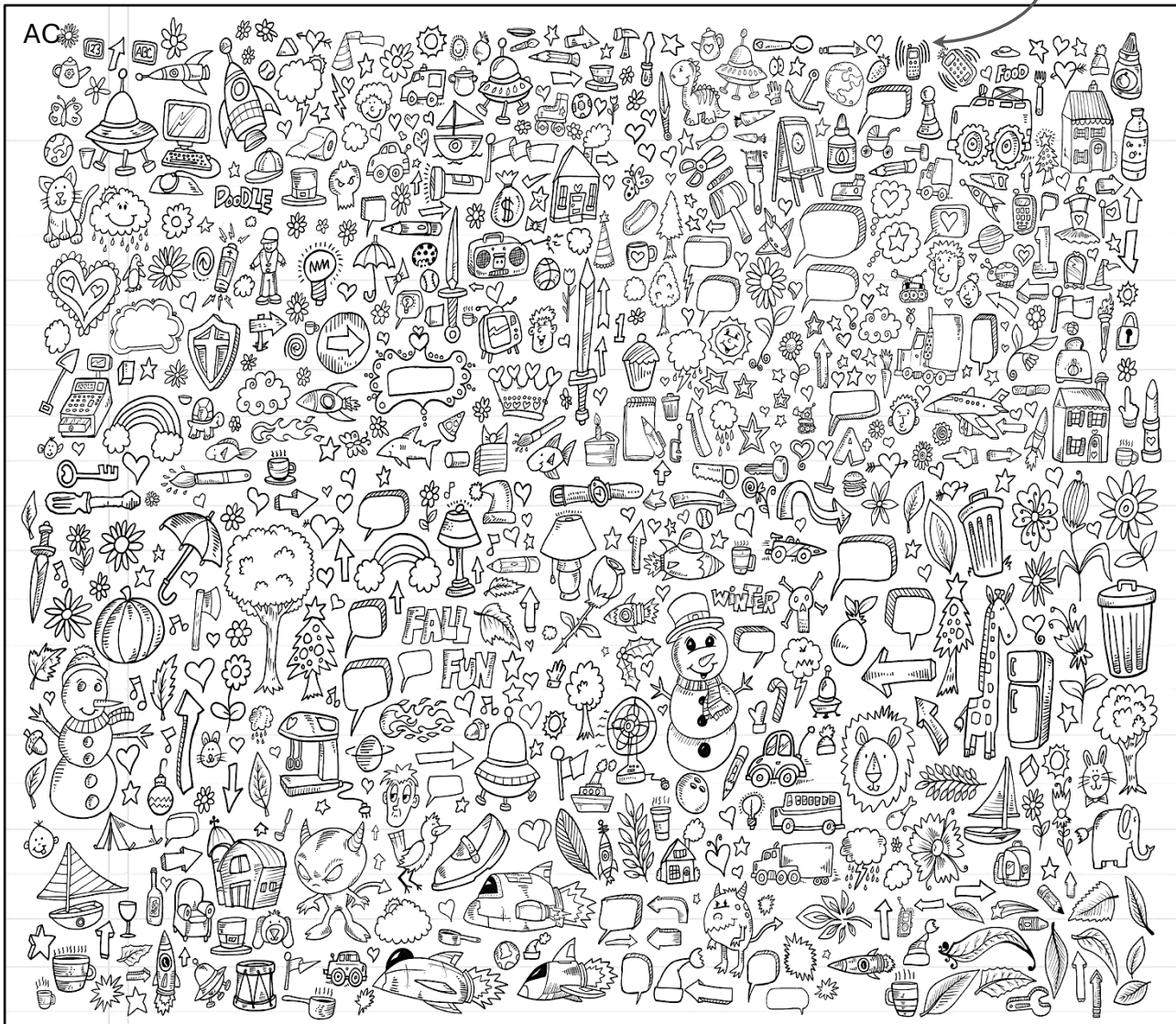
THEN START TO DO WHAT YOU'VE  
BEEN ASKED WITH THE MENTAL  
IMAGE HELPING YOU REMEMBER.

WHAT PICTURE COULD YOU IMAGINE TO HELP YOU REMEMBER ALL THESE INSTRUCTIONS?

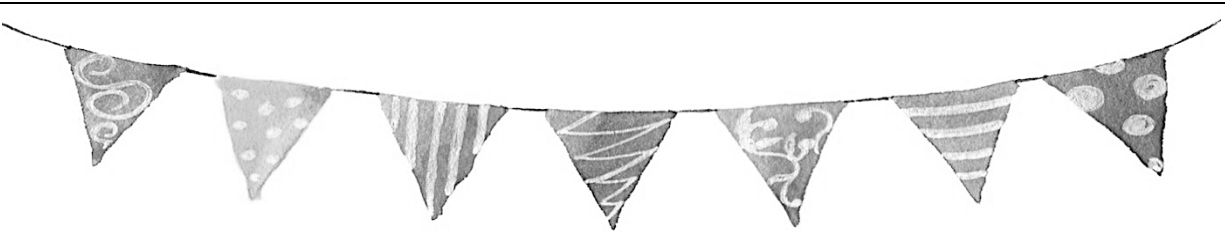
\*MAYBE YOU IMAGINE A DOG BRUSHING HIS TEETH, WEARING FLOPPY SOCKS, A BIG HAT, AND A KNAPSACK!

YOUR MEMORY IS AMAZING AND FILLED WITH MANY THINGS!

HAVE SOME FUN AND COLOR THESE TINY DOODLES



WHAT ELSE IS IN YOUR MEMORY? DRAW YOUR OWN TINY DOODLES!



**CONGRATULATIONS ON COMPLETING THIS ACTIVITY BOOK!**  
**THINGS TO REMEMBER AS YOU LEARN MORE ABOUT MEMORY**

1. IMPROVING YOUR MEMORY TAKES PRACTICE, SO BE PATIENT.
2. ALL BRAINS FORGET, AND THAT'S OKAY!
3. IF A STRATEGY FOR REMEMBERING DOESN'T WORK, MAKE SOME CHANGES AND SEE IF THE ADJUSTMENTS HELP YOU REMEMBER BETTER.
4. OUTSIDE-THE-BRAIN STRATEGIES ARE JUST AS IMPORTANT AS INSIDE-THE-BRAIN STRATEGIES (SO YOU DON'T NEED TO KEEP EVERYTHING INSIDE YOUR BRAIN TO REMEMBER IT!)
5. MEMORY IS FASCINATING, SO KEEP HAVING FUN WHILE YOU LEARN MORE!

