

Memory Workout

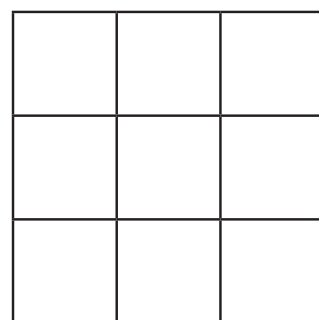
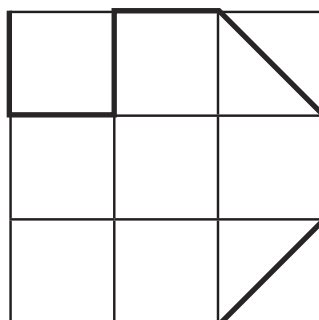
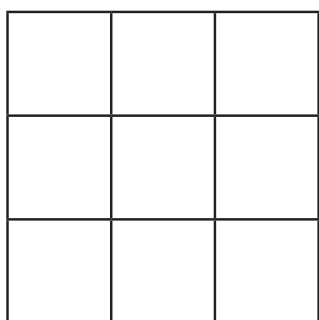
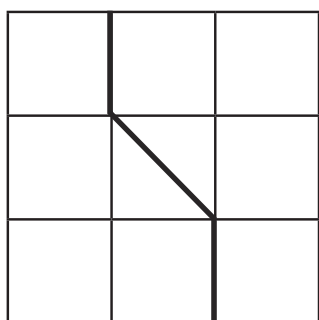
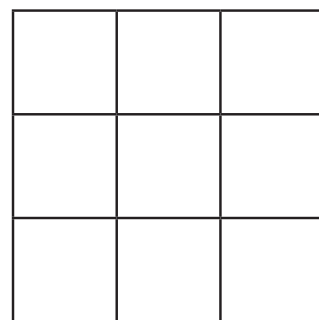
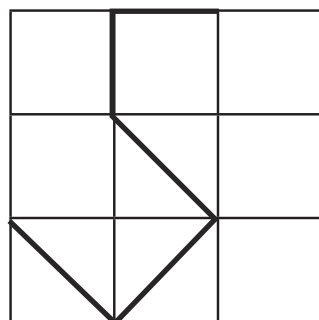
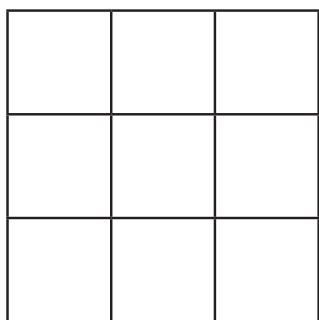
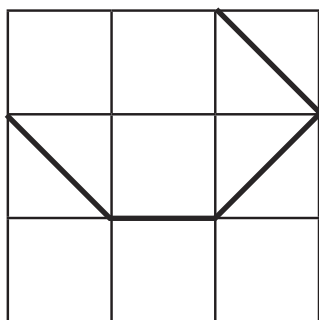
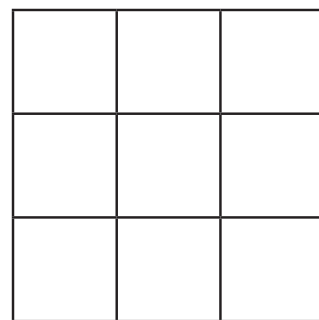
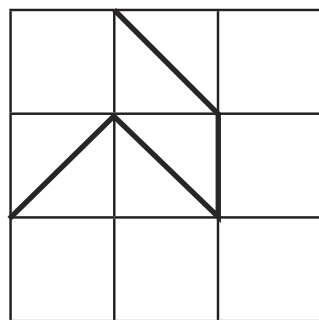
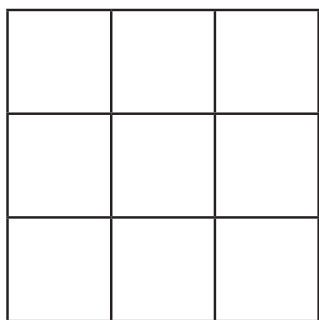
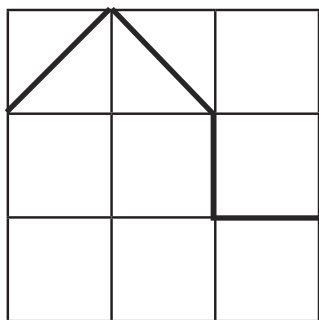
Amazing Fact

Scientists have discovered that you remember things better if your body is in the same position as it was when you first learned or experienced the thing you are trying to remember.

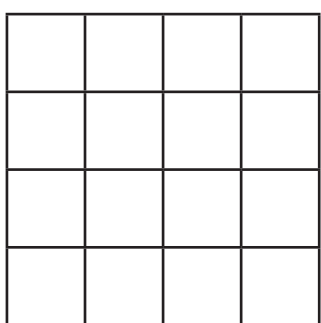
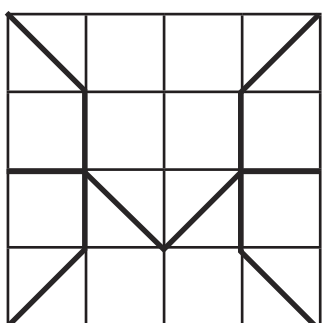
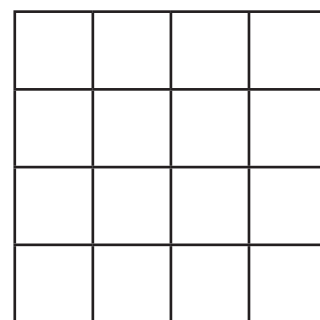
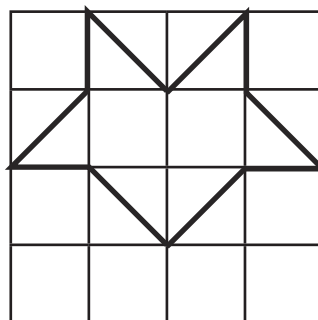
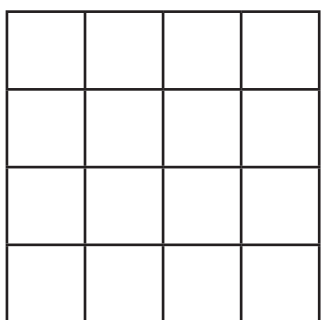
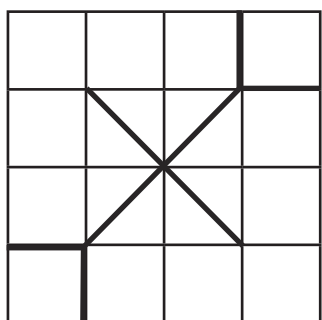
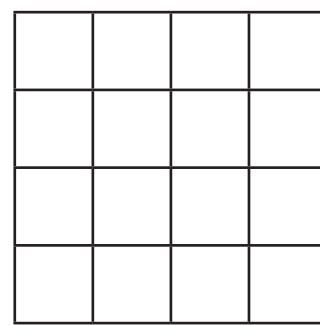
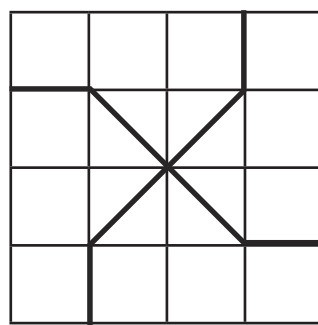
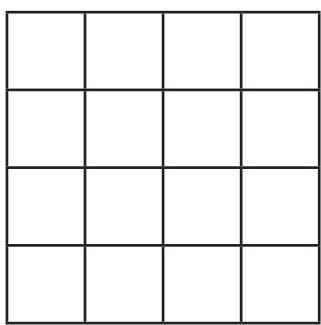
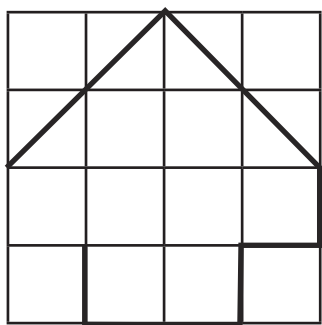
Challenge

Try the memory challenges below to give your memory a good workout!

1. Look carefully at the designs in the boxes on the left then cover them up.
2. Copy and complete the design as accurately as you can into the box on the right.
3. Once you have copied the design, uncover the original design and see how accurate you were.



Memory Workout



You could also try to find out:

- if this works – try to learn some facts while in an unusual position and then see if you can remember them in the same position a week later;
- about the links between memories.