

Memory Exercise - Story Method

Study the objects below. While you're looking at them, create a story which will link and list the objects. It doesn't matter if the story is nonsensical. When you're ready, fold the bottom of this paper up to cover the images.



Fold your paper from here

You can make notes of your story here if you like:

Now repeat the story to yourself and write down as many objects as you can remember!

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

This method of memory recall can be used for a variety of types of information, simply replace the images with others or even key words.