



Manual exercise

The students prepare a memory room model.

**How to make a classroom model – instructions for the students.**

**You will need** (for each pair):

- an A4 sheet of paper;
- a few smaller, preferably colored small sheets of paper or, optionally, one more A4 sheet;
- 10 paper clips or glue;
- scissors;
- crayons or a pencil.



**How to make a classroom model – instructions for the students.**

1. Bend all edges of the A4 sheet inwards (about 3 cm).



2. Glue or clip the corners of the sheet together with paper clips, as shown in the picture.



3. Cut out models of seven characteristic places/objects in your classroom (that are easy to distinguish and memorize) from the colored sheets of paper (or from the second A4 sheet). You can also draw relevant drawings on them.



4. Put the objects in the box representing the classroom and glue or clip them to the inside of the box.

5. Number the objects from 1 to 7.

Your model of the memory room is ready.



Talk

The teacher introduces the students to the issue of memory techniques.

**Principles of the memory room**

1. Select a place you know very well: a room, a classroom, your route to work, etc.

It is important that you know the place very well, so that you can recall it in your imagination.

2. Close your eyes and recall that place in your memory. Start from the entrance and, "walking" around the room, establish several (for example seven) fixed, characteristic points there for example the door, a table, a window, a lamp, a painting on the wall.

You should only choose points in the room that will not change their location.

3. Prepare the pieces of information you wish to memorize.

4. In your imagination, "place" these pieces of information subsequently in the areas of your room you have established previously.

5. In your memory, repeat several times the pieces of information arranged in your room.

**Once you become an old hand at this, you will observe that the process of memorizing things is efficient and fast.**



Discussion

The teacher summarizes the game with the students.

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