

Improve your memory for 3 words, step-by-step

Here are the words to remember:

1. Owl

2. Drum

3. Hammer

Step 1: Write the words. Pay attention to how they are spelled.

1. _____

2. _____

3. _____

Step 2: Say the words aloud. Notice how your mouth moves. Notice how the words sound.

Step 3: Make an association. What do the words make you think of? Can you link them together in a story? Try to make it funny or strange.

Write (or draw) your associations here:

Step 4: Picture the words in your head. You don't have to really see them, just try to imagine them.

Step 5: Test yourself. Cover the rest of this page, then write the words from memory. To make it harder, do something else for a couple of minutes first.

1. _____

2. _____

3. _____

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1. _____ 2. _____ 3. _____

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1. _____ 2. _____ 3. _____

Improve your memory for 4 words, step-by-step

Here are the words to remember:

1. tennis

2. hotel

3. apron

4. ladybug

Step 1: Write the words. Pay attention to how they are spelled.

1. _____ 2. _____ 3. _____ 4. _____

Step 2: Say the words aloud. Notice how your mouth moves. Notice how the words sound.

Step 3: Make an association. What do the words make you think of? Can you link them together in a story? Try to make it funny or strange.

Write (or draw) your associations here:

Step 4: Picture the words in your head. You don't have to really see them, just try to imagine them.

Step 5: Test yourself. Cover the rest of this page, then write the words from memory. To make it harder, do something else for a couple of minutes first.

1. _____ 2. _____ 3. _____ 4. _____

Improve your memory for 4 words, step-by-step

Here are the words to remember:

1. _____ 2. _____ 3. _____ 4. _____

Step 1: Write the words. Pay attention to how they are spelled.

1. _____ 2. _____ 3. _____ 4. _____

Step 2: Say the words aloud. Notice how your mouth moves. Notice how the words sound.

Step 3: Make an association. What do the words make you think of? Can you link them together in a story? Try to make it funny or strange.

Write (or draw) your associations here:

Step 4: Picture the words in your head. You don't have to really see them, just try to imagine them.

Step 5: Test yourself. Cover the rest of this page, then write the words from memory. To make it harder, do something else for a couple of minutes first.

1. _____ 2. _____ 3. _____ 4. _____

Improve your memory, step-by-step

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