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

Here are the words to	o remember:	
1. Owl	2. Drum	3. Hammer
Step 1: Write the wor	rds. Pay attention to how they are	spelled.
1.	2	3
Step 2: Say the word	s aloud. Notice how your mouth r	noves. Notice how the words sound.
=	ociation. What do the words make	e you think of? Can you link them together
Write (or draw) your a	associations here:	
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
Step 4: Picture the w them.	ords in your head. You don't have	e to really see them, just try to imagine
	Cover the rest of this page, then else for a couple of minutes first	write the words from memory. To make it
	_	_
1	2	3

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

Here are the words to remember:		
1	2	3
Step 1: Write the words. Pay attent	ion to how they are spelled.	
1	2	3
Step 2: Say the words aloud. Notice	e how your mouth moves. Notic	ce how the words sound.
Step 3: Make an association. What in a story? Try to make it funny or s		of? Can you link them together
Write (or draw) your associations h	ere:	
Step 4: Picture the words in your he them.	ead. You don't have to really se	ee them, just try to imagine
Step 5: Test yourself. Cover the resharder, do something else for a cou		ords from memory. To make it
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. P	ay a	ttention to how the	y are spelled.	
1.		2		3	4
Step 2	: Say the words alo	ud. N	lotice how your mo	uth moves. Notice hov	v the words sound.
_	: Make an associati ory? Try to make it f			make you think of? Ca	n you link them together
Write (	(or draw) your assoc	iatio	ns here:		
Step 4 them.	: Picture the words	in yo	ur head. You don't	have to really see the	n, just try to imagine
	: Test yourself. Cover, do something else				rom memory. To make it
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 the	y are spelled.	
1 2	3	4
Step 2: Say the words aloud. Notice how your mo	outh moves. Notice ho	w the words sound.
Step 3: Make an association. What do the words in a story? Try to make it funny or strange.	make you think of? Ca	an you link them together
Write (or draw) your associations here:		
Step 4: Picture the words in your head. You don't them.	have to really see the	em, just try to imagine
Step 5: Test yourself. Cover the rest of this page, harder, do something else for a couple of minutes		from memory. To make it
1 2	3	4

## Improve your memory, step-by-step

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