

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

## Grocery Store Tricks

Sometimes it's hard to remember everything you'd like to. Want to know a secret way to remember lots of information easily? Play this game to find out how!

Get together in a circle. One person will start the game by saying, "I'm going to the store to buy some bread." The next person will add a grocery item to the list, saying "I'm going to the store to buy some bread and milk." Then the next person will add an item, and so the list will get longer and longer.

The trick to remembering the list is to make up bizarre visual images. Try picturing the item that each person in the circle names, and imagining them doing something funny with that item. Maybe you'll imagine that your friend who said "bread" is in the middle of a giant sandwich, or that the person who said "milk" is sitting in a big bowl of it. Now when you have to say the list, just look around the circle and remember the images you made up.

Using this technique, how long can your grocery list get?

Thanks to Dr. Eric Chudler for his website describing this experiment.