TOPIC: HOW TO IMPROVE YOUR MEMORY

AIM: TO KNOW SOME STRATEGIES TO IMPROVE THE MEMORY IN ORDER TO BE A BETTER STUDENTS.



ACTIVITIES:

1. Let´s play!!

<http://www.eslgamesplus.com/body-parts-esl-vocabulary-memory-game/>

1. What strategies did you use to memorize the charts? Did it work?
2. Read the next article from the Healthy life style magazine and rewrite in a short phrase each paragraph.
3. Look at the underline words, how do you call them? When do you use them?

**SEVEN TIPS TO IMPROVE YOUR MEMORY**

[**By Mayo Clinic Staff**](http://www.mayoclinic.org/about-this-site/welcome)

**1. Stay mentally active**

Just as physical activity helps keep your body in shape, mentally stimulating activities help keep your brain in shape — and might keep memory loss at bay. Do crossword puzzles. Read a section of the newspaper that you normally skip. Take alternate routes when driving. Learn to play a musical instrument. Volunteer at a local school or community organization

**2. Socialize regularly**

Social interaction helps ward off depression and stress, both of which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and others especially if you live alone. When you're invited to share a meal or attend an event, go! In other cases when you see someone at the first time try to memorize his name.

**3. Get organized**

You're more likely to forget everything in everywhere? Write tasks, appointments and other events in a special notebook, calendar or electronic planner. You might even repeat each entry out loud as you jot it down to help cement it in your memory. Keep to-do lists current and check off items you've completed. Set aside a certain place for your wallet, keys and other essentials.

Limit distractions and don't try to do too everything at once. If you focus on the information that you're trying to remember, you'll be more likely to recall it later. It might also help to connect what you're trying to remember to a favorite song or another familiar concept.

**4. Sleep well**

Sleep plays an important role in helping you consolidate your memories, so you can recall them down the road. Make getting enough sleep a priority. Most adults need seven to eight hours of sleep a day

**5. Eat a healthy diet**

A healthy diet might be as good for your brain as it is for your heart. Eat fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. What you drink counts, too. Not enough water or too much alcohol can lead to confusion and memory loss.

**6. Include physical activity in your daily routine**

Physical activity increases blood flow to your whole body, including your brain. This might help keep your memory sharp. For most healthy adults, the Department of Health and Human Services recommends at least 150 minutes a week of moderate aerobic activity (think brisk walking) or 75 minutes a week of vigorous aerobic activity (such as jogging) — preferably spread throughout the week. If you don't have time for a full workout, squeeze in a few 10-minute walks throughout the day.

**7. Manage chronic conditions**

Follow your doctor's treatment recommendations for any chronic conditions, such as depression or kidney or thyroid problems. The better you take care of yourself, the better your memory is likely to be. In addition, review your medications with your doctor regularly. Various medications can impact memory.