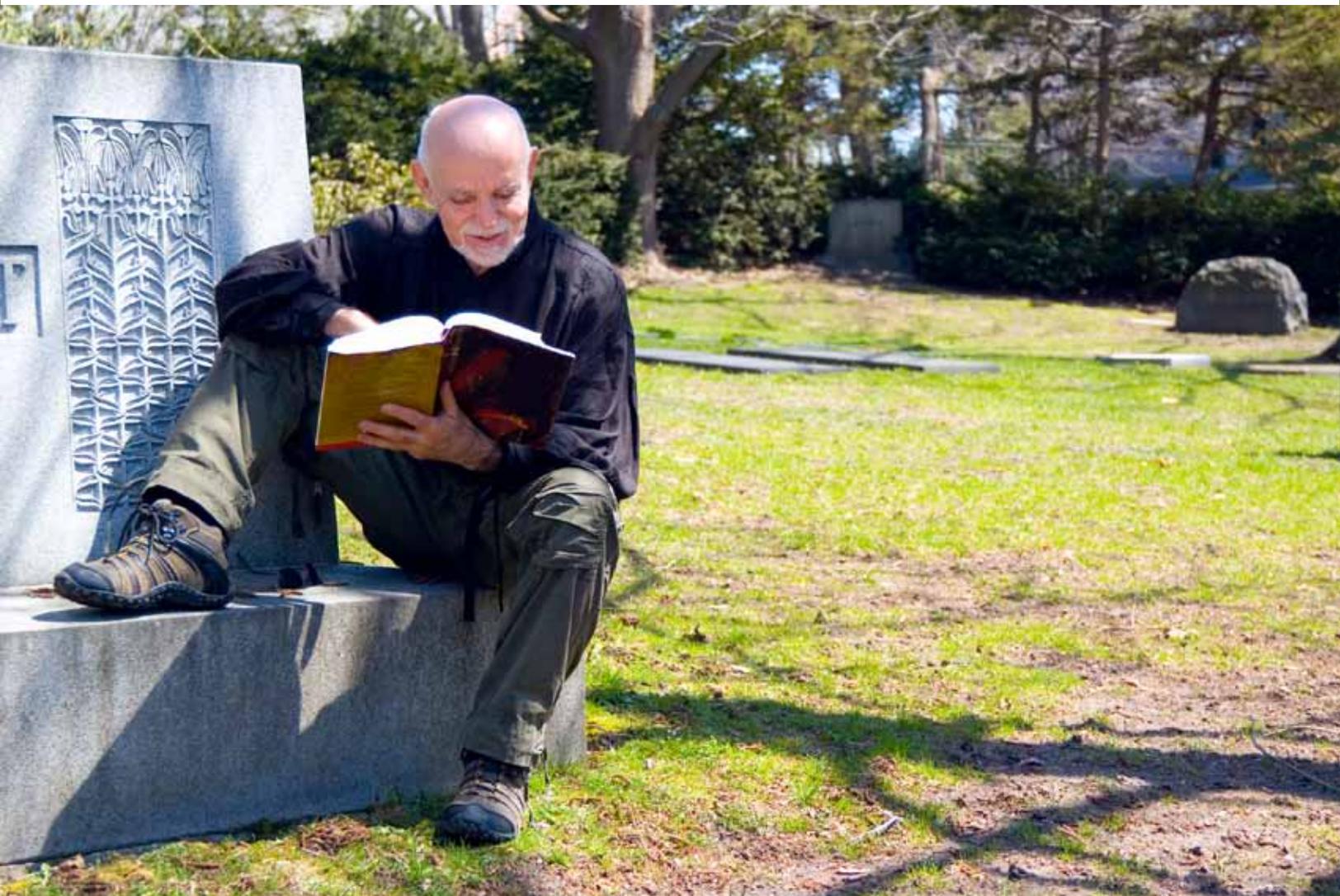


Memory Tune™ Course



Day Eight

Non-verbal memory – remembering shapes and objects

Our objective today: To practise important non-verbal memory techniques. Non-verbal memory is needed for recognizing objects, reading maps, understanding pictures and diagrams, remembering places you have been and recognizing differences. Types of flowers or trees, assessing how articles of different shapes fit together or learning a new route, are all examples of recognizing difference; most people don't even realize this is a memory skill.

But first, are you relaxed and calm?

Take a relaxation stretch, breathe in deeply and exhale. It is important to ease the tension from your muscles and to aerate your body. Do this several times until your body is relaxed and your mind is calm.



Now to wake up your brain!

The challenge: choose which numbers in each line add up to the Target total. *It is better practice if you can manage without pen and paper.*

Example: Target = 100.

18, 27, 69, 33, 6, 48, 19, 73, 25, 51.

The chosen numbers of $27 + 48 + 25$ equal the target number, 100.

Now try these. Solutions at the end of today's Memory Tune

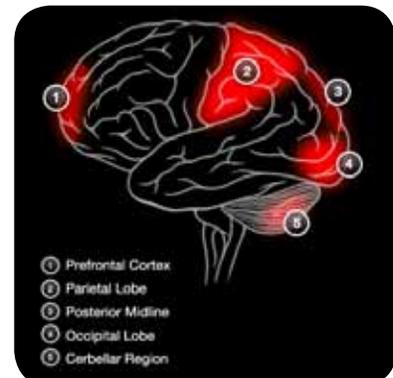
- | | | |
|----|---|---------------------|
| a. | 47, 72, 45, 18, 52, 60, 42, 67, 16, 61. | Target = 106 |
| b. | 32, 78, 75, 21, 12, 54, 45, 31, 13, 72. | Target = 179 |
| c. | 77, 60, 50, 44, 74, 25, 65, 39, 51, 52. | Target = 192 |

Activate your non-verbal memory for shapes.

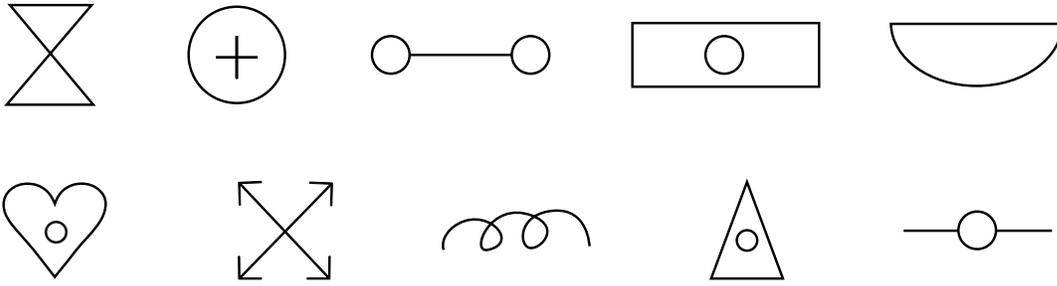
Non-verbal memory is the skill most affected by ageing. Look at the picture to the right and notice how many brain areas need to be in tiptop working order for non-verbal memory tasks.

Remembering shapes

Memory Tip: Ask yourself questions about the shape. Is it a line drawing or a more substantial shape? Does the shape remind you of something? Is there more than one part to it?



Look at the following shapes for about five seconds each.



Now, cover the shapes and draw all you can remember. The drawings need only be sketches but make sure they are recognizable.

How did you do? Did you find it easier to remember simple drawings or more substantial shapes? Did you remember complete shapes, or were some parts of a shape missed out altogether? Remembering six to eight of the shapes shows your non-verbal memory is working well – but can be improved. Practise this test again later today.

Did you know?

There are about one quadrillion synapses in the human brain. A single neuron or brain cell has up to 10,000 synapses or connections between the nerve cells. They transmit information from one nerve cell to the next. Can you believe it? 1,000,000,000,000,000 of these tiny synapses in your brain! No wonder you need to exercise your brain to keep it in tip top condition.

Remembering objects.

Shapes are not, of course, always geometric designs and line drawings. You also use non-verbal memory when remembering pictures, maps, and calculating spatial information.

Look carefully at the images below, and then turn to the next page.



Look carefully at the pictures below. Which objects are missing from the original group?

Can you spot which items have replaced them? Once you have completed as much as you can, check your results at the end of Memory Tune.



Learning a new route

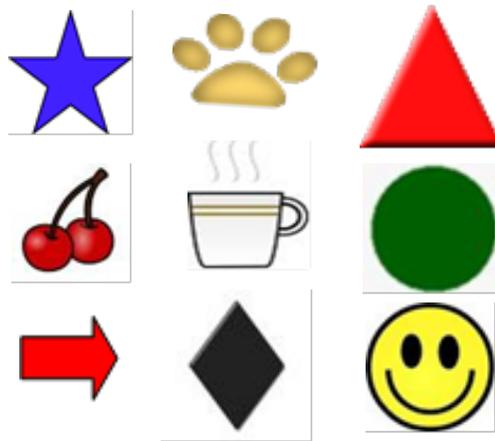
During the coming week, walk or drive an unfamiliar route. Test your skills of observation. Note the street signs, intersections, unusual buildings, and landmarks. What sounds do you hear? Notice any unusual smells? Notice the colours of buildings. Any unusual street signs? Mentally 'drive' the route again later in the day.

When you arrive home, write down the landmarks and unusual features you noticed.



Do you still remember?

Without looking back at the shapes you drew earlier today, take a fresh sheet of paper and draw as many as you can now remember. How did you do? If you remembered 6 to 8 you did well.



Look closely at these drawings.

Close your eyes and visualize their shapes and position in relation to each other.

Cover the pictures and try to reproduce them from memory. Don't worry; this is not an art class! Just a sketch of the pictures is fine.

If you forgot one or more of them, look at the picture(s) closely to fix it/them in your memory and try again.

Remember – **Focus, Connect, Rehearse.**

Your short-term memory can hold between five and nine items at a time, so this is a good exercise for stretching your short-term memory for pictures.

Working Memory Exercise.

Jigsaw Puzzles from Memory (or 'Blind' jigsaw puzzles)



Give your working memory, concentration, and non-verbal memory a boost by completing a jigsaw puzzle 'blind'.

First look at the picture accompanying the puzzle. Give yourself a few minutes to commit it to memory and then pop the box right out of sight before you start the puzzle.

This requires you to hold the picture in mind while you study the pieces, imagine rotating them to fit, judging

whether the colour match is right or if the shapes will interlock neatly together.

Alternatively, you can check on the internet for mystery jigsaw puzzles which require you to complete the jigsaw on the computer without knowing what picture you are making. Think carefully about the emerging picture as you choose from the available pieces so you exercise your working memory skills. Using a 'trial and error' method won't do that nearly as well!

Fuel for the brain.

Like nuts, many seeds can boost your mood and brainpower. Sunflower seeds are high in thiamine, an important B vitamin which increases memory and cognitive function.

Pumpkins seeds are undoubtedly the most nutritious part of a pumpkin. Pumpkin seeds are a power food, rich in many nutrients including Zinc, Vitamins A and E, and the wonderful Omega 3 and Omega 6 fatty acids. These will play a vital role in enhancing your memory and thinking skills.



Final words:

Can you write down all of the memory skills you have learned so far - and a memory tip for improving each skill? Do it now.

During your next session, you will revisit the verbal memory skills that underpin all of your understanding of the written or spoken word.

Keep up your practice!

Answers:

Brain Wake Up.

- a. $72 + 18 + 16 = 106$
- b. $32 + 75 + 72 = 179$
- c. $77 + 50 + 65 = 192$

Remembering objects.

The missing objects are: iron, strawberry, pencil, bird, fan

The new objects replacing them are: kite, flower, key, screwdriver, ice cream



Memory Tune™

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