

Forget me not



Name: _____

Department: _____

Date: _____

Score: / 13

Relevant topics:

- Memory
- Accuracy
- Personal effectiveness

More challenges available at:
www.watchandgovies.co.uk

Forget me not

Introduction

You can't keep everything you know at the forefront of your mind - that would be unhelpful, even if it were possible. This activity explores how well we remember things, and how our prompted recall differs from our unprompted recall. Building 'triggers' into our day is a useful way to ensure our brains remember things we don't want to forget.

Instructions

When you are ready, watch, only once, the 45-second sequence of 20 images that will appear when you click on this link and play the video: [View images](#)

Now type in the space below a brief phrase, or a one or two-word description of the images you can remember. Don't worry about the detail. Just see how many images you can remember and don't worry if you can only remember a few.

**When you've completed your list
go to the next page**



Forget me not (continued)

When you have completed your list of images from memory, review the thumbnails below and in each case, decide whether the image was included in the sequence you just viewed. Tick the 'Yes' box if it was, and the 'No' box if it wasn't.

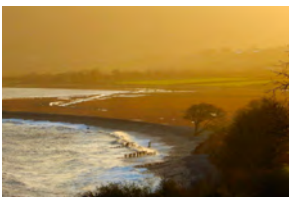

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

 Yes
 No

[Check your answers here](#)