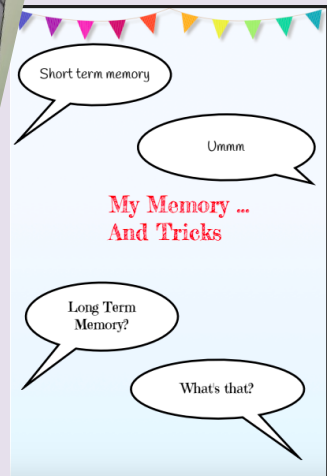
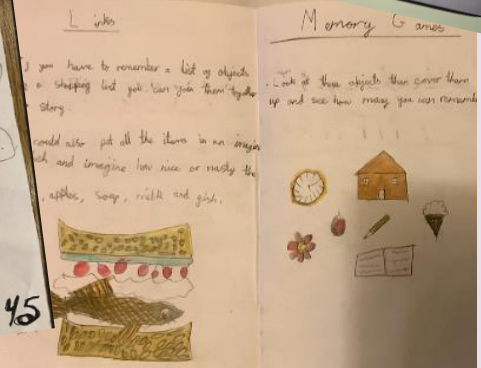
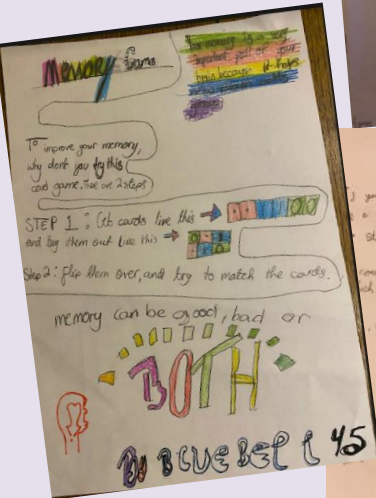
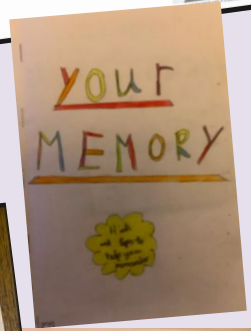
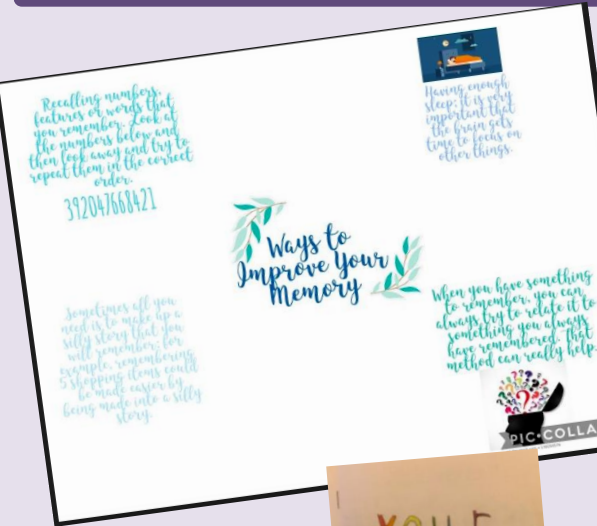
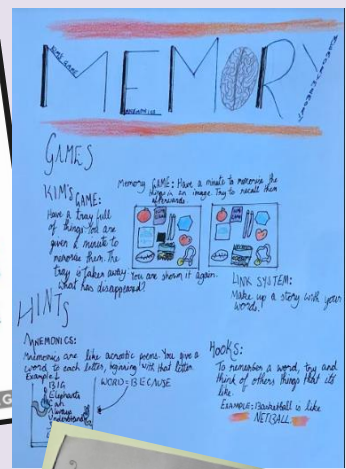
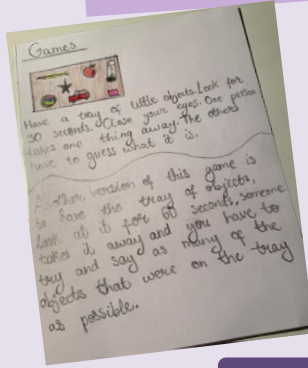
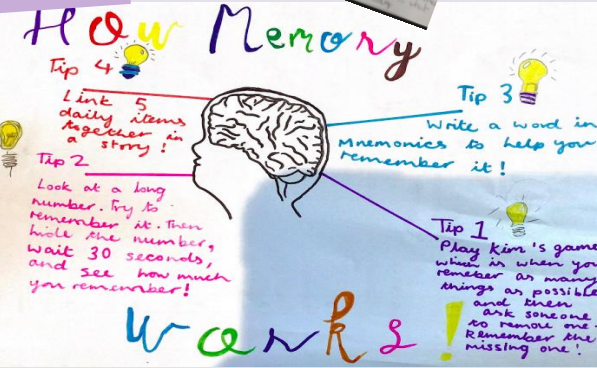
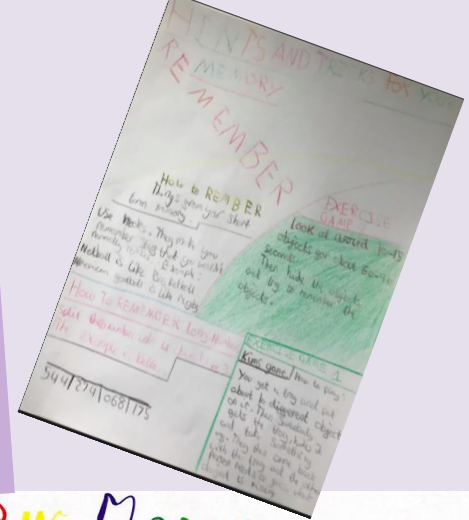


# Year 5's tricks and tips for improving your memory!

## Memory

Your memory is the part of the brain that allows you to recall moments from the past. Your memory though is not always correct. Maybe you remember doing your homework when you only sat at the table, or reading a book when your friend told you the story.

But why don't we remember being babies? Well at first, it seems like our brains weren't fully formed, but that is not the whole reason. Babies who are 6 months or older have short term memory and long term memory. Babies can remember how to push a button on their toy for two to three weeks after seeing the toy. Well the reason is, your brain bundles up facts as a memory, like *I know the story, it's a book I own, so I must of read it.* The thing is your brain does not learn how to do that until it is roughly two.



As part of our ongoing 'Brainwave' topic, all about how we learn and how our brains work, we learnt about short-term and long-term memory and the things we can do to improve our memory. Year 5 then made posters and booklets to explain how to do this!