

QUESTION

How does your brain store memories?

Have you seen the movie **Inside Out**?

It's a great visual interpretation on how our brain might actually store memories. But, sadly, memories are not spheres and the train of thought is not actually a train. To help clarify how our brains store memories, dive into the info, videos and activities below.

Read : Brain Facts

BBC
BITESIZE



The mechanisms of memory.

Nat Geo
Kids



Your amazing brain

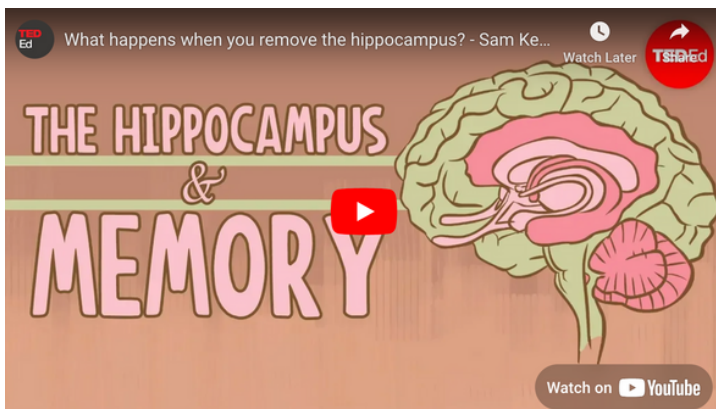
BrainFacts.org



How forgetting helps us remember

Watch : Brainpower in action

MEMORY RETRIEVAL



How do our brains store memories for later retrieval? Watch this story of a patient with a remarkable brain.



PODCAST

Listen to a podcast about Patient H.M. and his missing memories here.

SLEEP AND MEMORY



When you sleep, do your memories head to long-term storage?

Do : Memory Master Activities

Pencil Case Memory Challenge:

- Empty the contents of your pencil case and study them for 10s.
- Cover items with a jumper, sketch the positions, orientation, and objects on a piece of paper.
- Gradually increase the number of objects or decrease the time to challenge your memory.

Create an Interesting Facts Presentation:

- Gather all the fascinating facts you've learned.
- Present your findings in a creative format: a digital presentation, video, or podcast in an engaging and informative way.
- Share with friends, classmates or family.