## Memory techniques: 4



- The **Roman Room** method mentally picture a room in your house and select several items in it e.g. if you choose your bedroom and mentally in that room picture your bed, your lamp, your PC, your wardrobe ...
- Then mentally place your sentences on / in / under / next to these places in your room remember that the more unusual you can make these connections the better you can use images to help you remember your sentences too.
- Mentally you can then walk around your room reciting you text
- The items in your room act as prompts for each sentence and the route you take around the room helps you form your whole text.
- At home you can physically put post-its with your sentences on these items of furniture and walk your route using a different room for each question



Try this with a paragraph of your text