

Memory

Before the session

In order to do the warmer activity if you don't have access to a projector where you can share the image attached with these notes, bring actual objects to the meeting random everyday objects you can find at home, in the street, at work. Also, make sure the suggestion box is visible for members to see and access.

Useful Language

Below is some useful language that during the club session you might want to introduce, share, check or reference during the session.

Adjectives commonly used with memories:

Good: fantastic, favourite, fond, happy, lovely, sweet, wonderful

Bad: awful, painful, traumatic, sad

Clear: strong, vivid

Happy/sad: bittersweet

Verbs frequently used with memory

Remember a memory with affection: cherish, treasure

Make a memory come into your mind: awaken, bring back, rekindle, trigger

Get rid of a memory: block out, bury, erase.

Welcome (10 mins)

Make sure you're in the meeting space 10-15 mins before the club starts. Depending on your registration process make sure you've a register either to tick people's names off or for people to add their names too. Also, make sure the suggestion box is visible for members to see and access.

Greet members as they enter, invite them to sit/stand wherever they are comfortable.

Start the club at the advertised time

1. Introduce yourself, what an English Club is, and your role during the club meeting.

2. Tell members there are five golden rules they need to follow to ensure this meeting is an enjoyable experience for everyone.

I. Use English – don't correct anyone's English

II. Be respectful and supportive you may have different levels of understanding and abilities to contribute to the discussions.

	<p>III. Make sure everyone in your group has an opportunity to talk / ask questions. Max of 3 mins per person per question.</p> <p>IV. All mobile phones off or put on silent.</p> <p>V. Have fun!</p> <p>3. Ask members if they have any questions.</p> <p>4. Ask members if they are ready to start.</p>
<p>Warmer (10 mins)</p>	<p>How good is your memory?</p> <ol style="list-style-type: none"> 1. Show members the slide (see Annex 1) or the objects you've put together, tell the members to look at the objects. Check members familiarity with the items. 2. Give members 30 seconds to look at the items. After 30 seconds hide the items. 3. Ask members how many items there were (11). Ask members to list all the items in their head. Ask members if anyone can remember all 11. 4. Put members in pairs, encourage them to share their mental lists. Ask if any pair can list all 11 items. 5. If no pair can list them, elicit all items from the members. 6. Ask members, what did we just do? Ask them if they can guess what today's English Club will be about. Elicit the word, memories, from the members.
<p>Main activity (1 hour)</p>	<p>Below are some questions, you don't have to do all of them, let the club members guide you, if they are enjoying discussing one of the question rounds let it run beyond the 17 minutes.</p> <p>Round 1: Question 1 (20 mins)</p> <ol style="list-style-type: none"> 1. Put members into groups of 5-6 using different foods that can boost your memory: blueberries, dark chocolate, green tea, almonds; eggs etc. 2. Tell each group to introduce themselves to each other. 3. Show / give each group the first question: What is your happiest memory, what do you remember? 4. Monitor, give support where needed. Encourage turn-taking / asking questions. 5. If members answer the question very quickly get them to discuss: their earliest school memory / the biggest news events from their childhood / their first job. 6. After 17 mins facilitate feedback. Invite members to share something from their group discussions.

	<p>Round 2: Question 2 (20 mins)</p> <ol style="list-style-type: none"> 1. Put members into groups of 5-6 using different games that can boost your memory: crosswords, chess, sudoku; jigsaws, card games etc. 2. Show / give each group the second question: What are memories and can we trust them? (why/why not?) 3. Monitor, give support where needed. Encourage turn-taking / asking questions. 4. If members answer the question very quickly get them to discuss memories associated with: Do our memories change over time?; Why do people remember the same event differently? 5. After 17 mins facilitate feedback. Invite members to share their opinions on whether our memories can be trusted. <p>Round 3: Question 3 (20 mins)</p> <ol style="list-style-type: none"> 1. Put members into groups of 5-6 using animals with the best memories: dolphins, elephants, whales, octopuses, horse etc. 2. Tell each group to introduce themselves to each other. 3. Show / give each group the third question: If you could go back in time to change something from your past, what would you change and why? 4. Monitor, give support where needed. Encourage turn-taking / asking questions. 5. If members answer the question very quickly get them to discuss the following question: If you could edit your memories, which ones would you make clearer?; Would you like a perfect memory that can remember everything? 6. After 17 mins facilitate feedback. Invite members to share what their group members would change, if anything and why.
<p>Wrapping up (10 mins)</p>	<ol style="list-style-type: none"> 1. Ask members how their meeting went. 2. Ask members if the club met their expectations. 3. Tell members there's a suggestion box at the back where they can share topic ideas for us to discuss. 4. Tell members when the next club is and what the theme/topic is. Encourage them to come / bring a colleague etc. 5. Thank everyone for coming.

If the members enjoyed the club session you could share the following resources with them either on Facebook or in the English Club WhatsApp group:

[How memories form and how we lose them - Catharine Young - YouTube](#)

[Are all of your memories real? - Daniel L. Schacter - YouTube](#)

[Total recall: the people who never forget | Memory | The Guardian](#)

[Memory Idioms: 7 English Idioms and Phrases About Memory \(preply.com\)](#)