

ACTIVITY: Remembering

At the beginning of class ask the participants to remember the shopping list below:

1. Chocolate Chip Cookie Dough
2. Eggs
3. Onions
4. Sausage
5. Lettuce
6. 2% Milk
7. Tissues
8. Windex
9. Vegetable Soup
10. Rice Cakes

In the middle/end of class ask the participants to recall (write down) the shopping list.

Discussion: Remembering Details...How important it is.

Think about how many things you observe in a day. How well will you remember every single detail?