

# Rhyming peg images

How difficult do you think you will find this exercise? Easy  OK  Quite difficult  Very difficult

## Instruction

The rhyming peg method is a good way of remembering lists, and is itself a stimulating mental exercise. A list of 10 images, or pegs, which rhyme with the first 10 digits needs to be learnt. One = bun, two = shoe, three = tree, etc. Create a vivid, exaggerated image – for example, make the bun as big as a double bed. Then, when you need to remember something, place it in your image. For example, if you want to remember a news item – say last night in the European football Manchester United beat Barcelona 3-1 – imagine the Manchester team in red all lying in the bun, with the score 3-1 branded on the top. The more vivid and bizarre you make your image the easier it will be to remember.

- 1 Draw up a list of 10 things that have happened in the news over the last few weeks, then try to remember them using this technique.
- 2 Draw up a list of 10 items to buy from the shop.
- 3 Give a talk consisting of 10 points, that you will try to remember using this technique.



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| 1 = Bun    |
| 2 = Shoe   |
| 3 = Tree   |
| 4 = Door   |
| 5 = Dive   |
| 6 = Sticks |
| 7 = Heaven |
| 8 = Gate   |
| 9 = Wine   |
| 10 = Hen   |

How did you find this exercise? Easy  OK  Hard  What strategies did you use?