



## TBH “CONNECT IT!” WORKSHEET

### THE SCIENCE

The Connection Strategy is a verbal association memory technique that can help us retain new information easily. To use the Connection Strategy, create a meaningful connection between something new you are learning and something that you already know well.

### NOW DO IT!

Work to come up with a Connection Strategy to help you remember the prompts below. Take a minute to come up with connections that are meaningful to you, and share them with the group.

#### CONNECT IT PROMPTS

7364	UR2KND	5HGT21
MATTHEW LEWIS	SUSIE KRAMER	RED RIVER INN
22 TULIP PLACE	RED MILL FLOUR	ARNOLD HOUSE

### TBH TAKEAWAY

Practical methods like the Connection Strategy can be simple and effective. The more we practice them, the more likely we are to get comfortable using them, even without thinking about it!

Join our next Total Brain Health class and learn more about the many ways we can build a better memory, together!