



TBH “NAME STORIES” WORKSHEET

THE SCIENCE

Storytelling is a complex verbal association technique we can use to make it easier to recall a name. By creating a funny or exaggerated story association to a name you can boost your recall. For example, if you met Frank Hill, you could make up a story like, “Frankly, he’s getting over the hill.”

NOW DO IT!

Work together or on your own to use the Storytelling Strategy to create a story to remember a name from the prompts below.

STORYTELLING PROMPTS

Sylvia Manchester	Davos Minnimon	Artie Nilwilliam	Ray Mecox
Michael Ahl	Hiram Cook	Violet Lyengar	Hannah Blaut
Melissa Carosi	Stephen Rightway	Melanie Brown	Angel Gray
Gina Hartz	Mercedes Valdes	Jason Levington	Neal Mitra
Zachary Sharf	Xi Wong	Alex Menendez	Max Chen

TBH TAKEAWAY

Storytelling is a very powerful memory strategy for names. If you like this approach, be sure to continue to keep practicing the strategy to make it a “go-to” habit for boosting your naming brain power.

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