

# Body-pegs 1-10

**EQUIPMENT**

(Optional) OHP and OHT showing Body-pegs diagram.

**BEFORE**

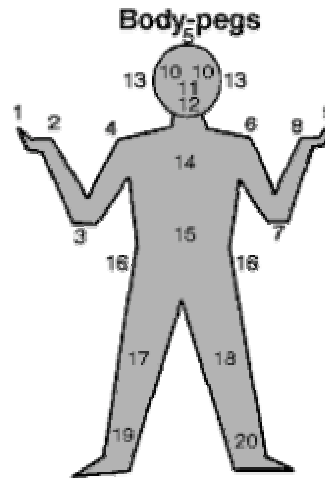
(Optional) Display the "Body-pegs" OHT - or display a copy of the drawing on the board.

Explain to students that this exercise is the first part of learning a memory-system that will dramatically improve their ability to remember all sorts of things. It may take a little while to learn but it will be well worth it!

**AFTER**

See also "[Body-pegs 11-20](#)". Together, these activities provide the basis of a very effective memory system, to which students can be introduced once they are confident that they know the basic "body-pegs".

See the **BrainBites** activity, "[Body-pegs memory system](#)"

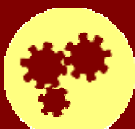


**DESCRIPTION**

The body is divided into 20 key points, each of which is allocated a number. Learning these key-points, or "body-pegs", is best done in sections (1-10 and 11-20)

Instruct students as below. Repeat each stage as necessary - or summarise and repeat the sequence in chunks. Make it fun!

1. Click the **FINGERS** of the **RIGHT HAND**. Say aloud in unison, "**ONE**"
2. Slap the **PALM** of the **RIGHT HAND** twice. Say aloud in unison, "**TWO**"
3. Tap the **ELBOW** of the **RIGHT ARM** three times. Say aloud in unison, "**THREE**"
4. Tap the **RIGHT SHOULDER** (once only). Say aloud in unison, "**FOUR**"
5. Tap the **HEAD** lightly with both sets of fingertips. Nod and say aloud in unison, "**FIVE**"
6. Tap the **LEFT SHOULDER**. Say aloud in unison, "**SIX**"
7. Tap the **ELBOW** of the **LEFT ARM** (once only). Say aloud in unison, "**SEVEN**"
8. Slap the **PALM** of the **LEFT HAND**. Say aloud in unison, "**EIGHT**"
9. Click the **FINGERS** of the **LEFT HAND**. Say aloud in unison, "**NINE**"
10. Point to the **EYES** with both index fingers. Blink and say aloud in unison, "**TEN**"



LOGICAL



MUSICAL



INTRA-PERS.



PHYSICAL



LINGUISTIC



INTER-PERS.



NATURALIST



VISUAL

BrainBites

# Body-pegs

