



Body-pegs 11-20

EQUIPMENT

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

BEFORE

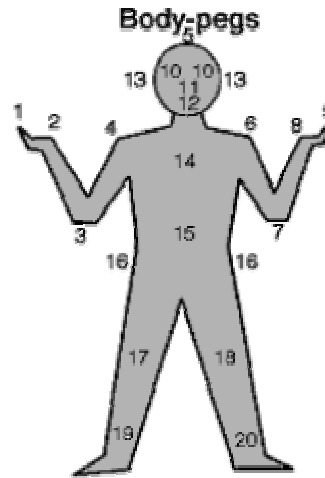
(Optional) Display the "Body-pegs" OHT - or display a copy of the drawing on the board.

It is best if students have already completed "[Body-pegs 1-10](#)". 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".

Explain to students that this exercise is the second 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 the **BrainBites** activity, "[Body-pegs memory system](#)"

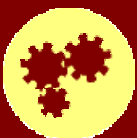


DESCRIPTION

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!

11. Draw both index fingers down the side of the **NOSE**. Say aloud in unison, "ELEVEN"
12. Draw both index fingers outwards across the **LIPS**. Smile and say aloud in unison, "TWELVE"
13. Point to both **EARS**. Say aloud in unison, "THIRTEEN"
14. Tap the **CHEST** firmly with both hands. Say aloud in unison, "FOURTEEN"
15. Rub the **BELLY** lightly with both hands. Say aloud in unison, in a deep voice, "FIFTEEN"
16. Tap the **BOTTOM** with both hands. Say aloud in unison, in a high-pitched voice, "SIXTEEN"
17. Raise the **RIGHT KNEE**. Tap it with the right hand and say aloud in unison, "SEVENTEEN"
18. Raise the **LEFT KNEE**. Tap it with the left hand and say aloud in unison, "EIGHTEEN"
19. Raise the **RIGHT FOOT**. Tap it with the left hand and say aloud in unison, "NINETEEN"
20. Raise the **LEFT FOOT**. Tap it with the right hand and say aloud in unison, "TWENTY"



LOGICAL



MUSICAL

INTRA-PERS.



PHYSICAL

LINGUISTIC

INTER-PERS.

NATURALIST



VISUAL

BrainBites

Body-pegs

