

## Reading and Remembering

Read through the passage below, paying attention to what happens in your mind as you read.

*There were no cars on the big, wide roads of the city centre, but the pavements were filling up with crowds, held back by bright tape. People were just standing, waiting expectantly, gently pressing to the front, not bothered at all by the light rain which was making the pavements glisten.*

*Some motorbikes could be seen in the distance but they were coming quite slowly and behind them was a group of people. You could hear distant cheering and as the group got nearer, you could see they were running. You could even see people cheering as they leant out of the windows of the buildings in downtown Rio de Janeiro, Brazil.*

*It was the last day of the 2016 Olympic Games. As the athletes got nearer, the crowd went frantic as the lead pack sped past: two Ethiopians, a Kenyan and an American representing three of the 80 countries taking part, the highest number ever.*

*The group streamed past so quickly, surrounded by bikes and cars and with an enormous cheer from the crowd, disappeared from view. Only another 10 kilometres to go to the end of the marathon!*

### What happened for you as you read?

- Did you hear an inner voice?
- Did you hear any sounds as you read?
- Did you start thinking what was going to happen next?
- Did you relate what you were reading to any real experiences

you have had, books you have read or films you have seen?

- Were you making pictures in your mind's eye? Were those pictures moving or still, or a combination? How easy was it to change the pictures you had made?

### **Can you remember....**

- How many nationalities took part?
- What were the nationalities of the members in the lead pack?
- What was the weather like?
- Who was the host country?
- What year was this?

What happens as you try to remember?

How important are your internal mental images in helping you to remember?

Can you remember without using any mental imagery?