

Memory



What You'll Need:

- A room with multiples items or objects in it
- A timer
- A pen or pencil

What You'll Do:

1. For this experiment you will be testing your memory. To start, pick a room in your house that has a lot of different items in it. These items can be furniture, pictures, toys, plants, or other objects found in your home. Write down the room you pick for question 1 of your "What You Discovered" worksheet.

Note: *If you are already familiar with the items found in the room you picked you may wish to make the experiment more challenging by having a family member or friend add objects to the room that aren't normally kept there to better test your memory.*

2. Go into the room you picked and look around for 30 seconds, using the timer to time yourself.

3. After 30 seconds, exit the room and write down everything that was in the room that you can remember for question 2 of your "What You Discovered" worksheet.

4. Count the number of items that you remembered and write the answer down for question 3 of your "What You Discovered" worksheet.

5. Repeat steps 2 through 4 and use the information to answer questions 4 and 5 on your "What You Discovered" worksheet.

6. After you've finished, look over your answers and take time to finish your "What You Discovered" worksheet then share what you learned with a parent, friend, or sibling.



What Does It Mean?

Memory formation is a complex process that can be influenced by a lot of different factors. For example, how well you pay attention or the emotions involved when experiencing something can influence what you remember from an experience. Repeatedly viewing, reading, or studying something can increase your ability to remember something, which is why studying can improve how you do on a test or an assignment.



What to Do Next:

- Print, color, and play the memory matching game found on the dōTERRA® Science for Kids section on the dōTERRA® Science Blog.
- Repeat the experiment with a different room in your house and try smelling essential oils when you're in the room and then again when you are writing down what you remember.



What You Discovered:

As part of your memory experiment, answer the questions below.

1. Which room in your house are you using to test your memory?

2. Write down as many items in the room that you can remember after looking around for 30 seconds.

3. How many items did you remember?

4. Starting over, write down as many items in the room that you can remember after looking around for 30 seconds more.

5. How many items did you remember?

6. Did the number you remembered increase or decrease with repeated views? Why do you think that is?
