

Name: _____ **Date:** _____

Wrangle Your Brain: A 6th Grade Memory and Cognition Puzzler

Sensory input, long-term storage, and retrieval cues—strengthening the mental pathways used to organize and recall information in daily life.

1. Imagine you are trying to remember a secret code by imagining the numbers written in giant clouds in the sky. What part of the memory process are you using?

- A. Retrieval
- B. Encoding
- C. Forgetting
- D. Decoding

2. True or False: Your 'Working Memory' is like a mental sticky note that holds onto information for a very long time, even years.

- A. True
- B. False

3. When you use a catchy rhyme like 'In fourteen-hundred ninety-two, Columbus sailed the ocean blue' to remember a date, you are using a memory tool called a _____.

- A. Mnemonic
- B. Flashback
- C. Algorithm
- D. Heuristic

4. You walk into the school cafeteria and suddenly remember you forgot your lunch at home. The smell of the food acted as a:

- A. Storage bin
- B. Encoding error
- C. Retrieval cue
- D. Brain freeze

5. True or False: 'Cognition' is a broad term that refers to all the mental activities related to thinking, knowing, and remembering.

- A. True
- B. False

6. To remember a long grocery list, Sarah groups the items into categories like 'Fruits' and 'Dairy.' This cognitive strategy is known as _____.

- A. Repeating
- B. Chunking
- C. Distracting

Name: _____ **Date:** _____

D. Fading

7. Which of the following is an example of 'Procedural Memory'—the part of the brain that remembers how to do physical tasks?

- A. Knowing that $2 + 2 = 4$
- B. Remembering your your 5th birthday party
- C. Knowing how to ride a bicycle
- D. Knowing the capital of Japan

8. A mental shortcut that allows people to solve problems quickly (like 'trial and error') rather than following a long list of rules is called a _____.

- A. Robot
- B. Formula
- C. Dictionary
- D. Heuristic

9. When you pay close attention to where your teacher says the homework is located, you are helping your brain move that information into:

- A. Storage
- B. The recycling bin
- C. Sensory input
- D. Reflex zone

10. True or False: Sensory memory lasts for several minutes, giving you plenty of time to decide if you want to remember something.

- A. True
- B. False