



Beyond Just Words: Your Body Communicates Too!

Creating Files in Your Brain to Remember About Others

Your brain holds all the information you think and know. Getting to know someone else means you have to store information about that person in a file in your brain. You will need to work at remembering to put the information into your brain. Then the next time you see that person, you can brainstorm, which means when you think about that person you will be able to open your file about them!

Below, brainstorm what you remember about the different people you have met.

I remember 3 things about _____

1. _____
2. _____
3. _____



I remember 3 things about _____

1. _____
2. _____
3. _____



I remember 3 things about _____

1. _____
2. _____
3. _____

