Day 3 Memory Power

Name: _____   Date: _____

Alphabet Pegs - Concrete & Sound-Alike

A-Alligator concrete peg

The Alphabet peg system is a bit different from the Number-Rhyme and Number-Shape pegs but equally as easy to learn. As explained above, you already know the alphabet, so with a little modification you can use it as yet another type of mental filing system.

There are two ways to use Alphabet pegs: 1) based on concrete meaning, and 2) based on sound alikes.

As with the rhyming pegs, you can use these same lists over and over. With sufficient review, your peg image associations will fade but the information will remain in memory.

Concrete Alphas. Concrete words can also be used for alphabet pegs. The following is a list of pegs you could use.

- A - Alligator
- B - Boy
- C - Cat
- D - Dog
- E - Egg
- F - Fig
- G - Goat

- H - Hat
- I - Ice
- J - Jack
- K - Kite
- L - Log
- M - Man
- N - Nut

- O - Owl
- P - Pig
- Q - Quill
- R - Rock
- S - Sock
- T - Toy
- U - Umbrella

- V - Vane
- W - Wig
- X - X-Ray
- Y - Yak
- Z - Zoo

Sound Alike Alphas. The sound-alike Alphabet peg words rhyme with the letter they are associated with.

- A - Hay
- B - Bee
- C - See
- D - Deed
- E - Eve
- F - Effort
- G - Jeep

- H - Age
- I - Eye
- J - Jay
- K - Key
- L - El
- M - Hem
- N - Hen

- O - Hoe
- P - Pea
- Q - Cue
- R - Oar
- S - Sass
- T - Tea
- U - Ewe

- V - Veal
- W - Double You
- X - Ax
- Y - Wire
- Z - Zebra

In other words, to memorize a list of up to 26 items using sound-alikes, you would create a mental image of "hay" interacting with the first item, a "bee" stinging the second item, and so on. The concrete alphas work similarly.

Again, as with all memory systems, the Alphabet peg system is a skill, just like riding a bicycle. The first time you rode a bike you probably fell off, and that is normal. Now riding a bike is second nature and you don't even have to think about it.

The same is true here - *practice* using the pegs, and they too will become second nature, another feature of your exceptional memory!
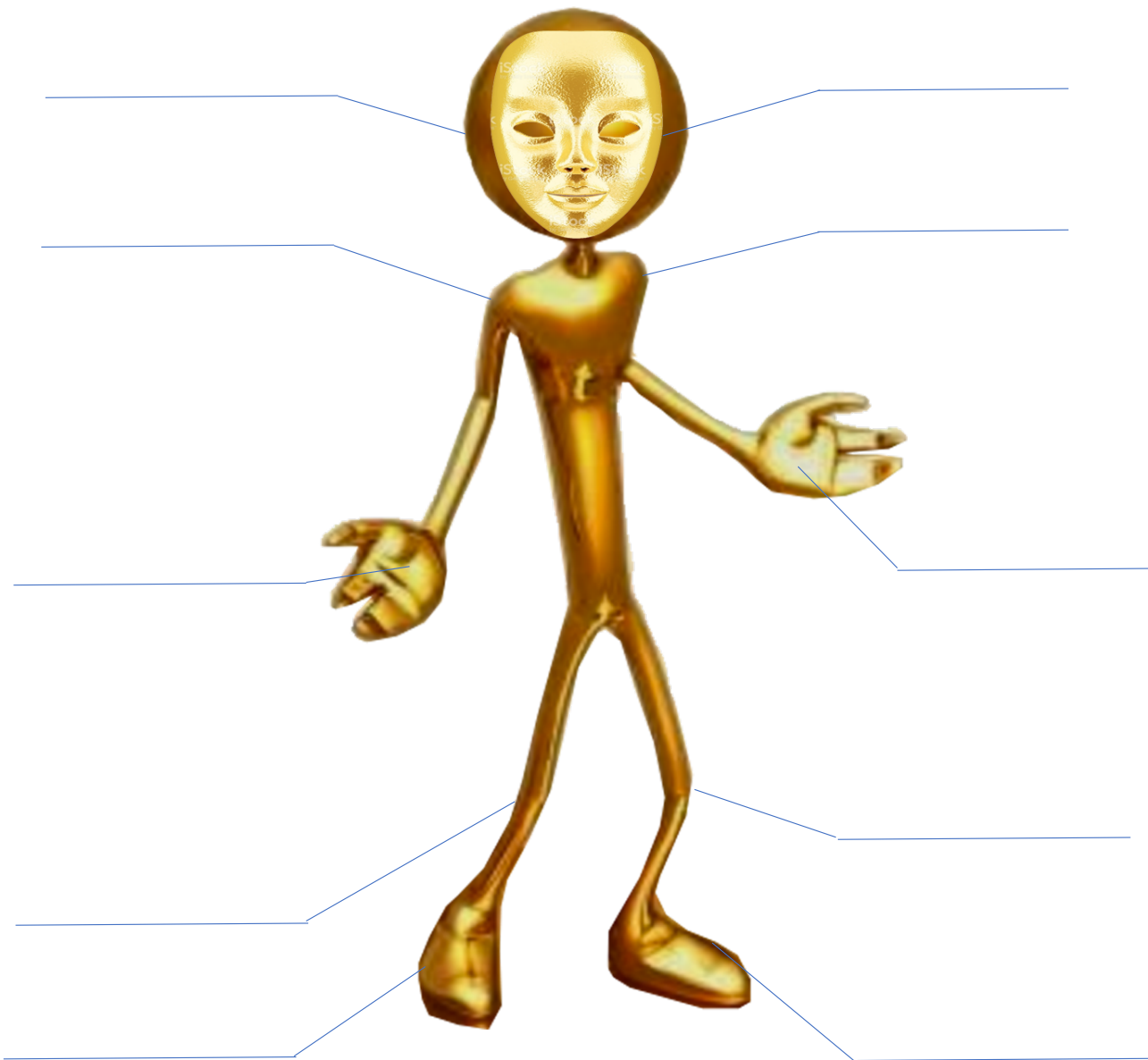
Head, Shoulders, Knees and Toes
For some of us, drawing pictures or remembering the visual pictures can be difficult, but we all know where our toes, knees, fingers, shoulders and head are. Take the list of items and attach them to a body part. Start at your toes and go up one side and down the other.

A small list can use fewer items - the 10 Counties in Southern California attach one to each body part :

Right toes = **I**mperial,   Left shoulder = **S**an **B**ernardino,
Right knee = **K**ern,   Left elbow = **S**an **D**iego,
Right hip = **L**os **A**ngeles,   Left hip = **S**an **L**uis **O**bispo,
Right elbow = **O**range,   Left knee = **S**anta **B**arbara,
Right shoulder = **R**iverside,   Left toes = **V**entura

Longer lists can be broken into groups of 10 or can include more body parts toes, ankle, calf, knee, thigh, hip, waist, fingers, hand, forearm, elbow, bicep, shoulder, neck, ear, head and back down.

Try Pi using the Head, Shoulders, Knees, Toes Anchors

Right Toes	3.14		Left Eyebrow	620
Right Foot	159		Left Ear	899
Right Ankle	265		Left Cheek	862
Right Calf	358		Left Mouth	803
Right Thigh	979		Left Chin	482
Right Hip	323		Left Neck	534
Right Waist	846		Left Shoulder	211
Right Thumb	264		Left Bicep	706
Right Pointer	338		Left Elbow	798
Right Middle	327		Left Forearm	214
Right Ring	950		Left Wrist	808
Right Pinky	288		Left Hand	651
Right Hand	419		Left Pinky	328
Right Wrist	716		Left Ring	230
Right Forearm	939		Left Middle	664
Right Elbow	937		Left Pointer	709
Right Bicep	510		Left Thumb	384
Right Shoulder	582		Left Waist	460
Right Neck	097		Left Hip	955
Right Chin	494		Left Thigh	058
Right Mouth	459		Left Knee	223
Right Cheek	230		Left Calf	172
Right Ear	781		Left Ankle	535
Right Eyebrow	640		Left Foot	940
Top Head	628		Left Toes	812

Try the Head, Shoulders, Knees, and Toes Anchors with 50 States

Anchor	State	Capital	Anchor	State	Capital
Right Top Head			Left Top Head		
Right Eyebrow	Missouri	Jefferson City	Left Eyebrow	Montana	Helena
Right Ear	Mississippi	Jackson	Left Ear	Nebraska	Lincoln
Right Cheek	Minnesota	St. Paul	Left Cheek	Nevada	Carson City
Right Mouth	Michigan	Lansing	Left Mouth	New Hampshire	Concord
Right Chin	Massachusetts	Boston	Left Chin	New Jersey	Trenton
Right Neck	Maryland	Annapolis	Left Neck	New Mexico	Santa Fe
Right Shoulder	Maine	Augusta	Left Shoulder	New York	Albany
Right Bicep	Louisiana	Baton Rouge	Left Bicep	North Carolina	Raleigh
Right Elbow	Kentucky	Frankfort	Left Elbow	North Dakota	Bismarck
Right Forearm	Kansas	Topeka	Left Forearm	Ohio	Columbus
Right Wrist	Iowa	Des Moines	Left Wrist	Oklahoma	Oklahoma City
Right Hand	Indiana	Indianapolis	Left Hand	Oregon	Salem
Right Pinky	Illinois	Springfield	Left Pinky	Pennsylvania	Harrisburg
Right Ring	Idaho	Boise	Left Ring	Rhode Island	Providence
Right Middle	Hawaii	Honolulu	Left Middle	South Carolina	Columbia
Right Pointer	Georgia	Atlanta	Left Pointer	South Dakota	Pierre
Right Thumb	Florida	Tallahassee	Left Thumb	Tennessee	Nashville
Right Waist	Delaware	Dover	Left Waist	Texas	Austin
Right Hip	Connecticut	Hartford	Left Hip	Utah	Salt Lake City
Right Thigh	Colorado	Denver	Left Thigh	Vermont	Montpelier
Right Knee	California	Sacramento	Left Knee	Virginia	Richmond
Right Calf	Arkansas	Little Rock	Left Calf	Washington	Olympia
Right Ankle	Arizona	Phoenix	Left Ankle	West Virginia	Charleston
Right Foot	Alaska	Juneau	Left Foot	Wisconsin	Madison
Right Toes	Alabama	Montgomery	Left Toes	Wyoming	Cheyenne

Use a Puzzle or Map of the United States to use Visual Memory Skills