

THE FACE–NAME ASSOCIATION WALL INSTRUCTIONS

DETAILED INSTRUCTIONS FOR USING THE TOOL

01 Set Up

- Pin up several face photos on a wall or board.
- Leave a blank space or whiteboard area under each photo for notes.
- Create Associations:

  a. Look at each face and the corresponding name.
  b. Invent a vivid, playful, or emotional connection between the name and the face.
  Example: “Daniel Radcliffe” → “Radcliffe sounds like ‘rad cliff,’ so I picture him doing a handstand on a cliff — radical!”

- Write It Down:

  a. Jot down your association briefly beneath the photo or on a sticky note.
  b. Use drawings or doodles if they are helpful.

- Recall Round:

  a. After a few minutes, cover the names and test your recall by naming each person.
  b. Try to visualize the association before saying the name aloud.

- Group Play (Optional):

  a. Have others read your associations aloud — the sillier, the better!
  b. Vote for the most creative or memorable connections.

02 Masterclasses

- The Psychology of Memory and Association
- Improving Social Recall and Connection Skills
- Using Visualization to Boost Everyday Memory

03 More Tools

- Visual Memories
- PIE Method Guide
- Pomodoro Timer