This is a list of the perfect squares and square roots. If you read the table from left to right it tells you the perfect squares, if you read the table from right to left, it tells you the square roots.

PERFECT SQUARES / SQUARE ROOTS

$1^2 =$	$\sqrt{1}$ =	$15^2 =$	$\sqrt{} =$
$2^2 =$	$\sqrt{} =$	$16^2 =$	$\sqrt{} =$
$3^2 =$	$\sqrt{} =$	$17^2 =$	$\sqrt{} =$
$4^2 =$	$\sqrt{} =$	$18^2 =$	$\sqrt{} =$
$5^2 =$	$\sqrt{} =$	$19^2 =$	$\sqrt{} =$
$6^2 =$	$\sqrt{} =$	$20^{2} =$	$\sqrt{} =$
$7^2 =$	$\sqrt{} =$	$30^2 =$	$\sqrt{} =$
$8^2 =$	$\sqrt{} =$	$40^2 =$	$\sqrt{} =$
$9^2 =$	$\sqrt{} =$	$50^2 =$	$\sqrt{} =$
$10^2 =$	$\sqrt{} =$	$60^2 =$	$\sqrt{} =$
$11^2 =$	$\sqrt{} =$	$70^2 =$	$\sqrt{} =$
$12^2 =$	$\sqrt{} =$	$80^2 =$	$\sqrt{} =$
$13^2 =$	$\sqrt{} =$	$90^2 =$	$\sqrt{} =$
$14^2 =$	$\sqrt{} =$	$100^2 =$	$\sqrt{} =$

You just memorize the list of perfect squares / square roots between 1 and 20. There will be a quiz on them.