



7 WORDS OF WISDOM

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Distribute paper and/or blank index cards and pens and/or pens to each student.
- Have students write a piece of life advice using only 7 words. The advice must be a narrative sentence, not a list of words.
- Option to share “7 Words of Wisdom” with each other as time allows.
- When repeating this class, ask students to share a different kind of advice (how to be a good friend, how to find love) or ask them to use only 6 words.
- Encourage distance learners to join in from home.

TIP! Offer different colored pens or markers to create a visually pleasing array of “7 Words of Wisdom” cards that can be shared on a bulletin board with the authors’ permission.

Hello! I’m glad we are all here for our Total Brain Health “Brain Play.” These fast-paced workouts are an important way we can keep our thinking focused, quick, and nimble.

Today’s “Brain Play” is “7 Words of Wisdom.” You’re each going to come up with a piece of advice that you’d like to pass on to others. However, there’s a catch! You can only use 7 words. The advice has to be a sentence or phrase that makes sense; it can’t just be a list of words. Take a couple of minutes to think up what you want to share and write it on your (card/paper.)

Excellent brain playing, everyone. These are some fantastic life lessons.



7 WORDS OF WISDOM

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Studies show that people with a lifetime of cognitively stimulating activities and social connections are much less at risk for cognitive decline as they age, and that it’s never too late to get started.

BUILD YOUR BRAIN

In just 3 minutes, list 7 autobiographical words or phrases that describe your own association to the random words on the prompt list below. Consider what the word means to you? What does it remind you of? You can go in any direction with your answers, including how you first learned about the object or place, what meaning it has to you from childhood, or what you like or hate about it today. But, keep your answers to just 7 of the most descriptive words.

Bonus if you ask someone else to free-associate using the same word list. No matter how well you think you know them, you might just find yourself saying, “I never knew that about you!”

“7 WORDS OF WISDOM” AUTOBIOGRAPHICAL PROMPTS

Mandarin Orange

Rock N Roll Concert

The Great Wall of China

Candy Cane

Swing Dancing

The Ed Sullivan Show

White Swans

Gold Miners

TV Dinners
