



ACTIVATING ABC's

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.
- Select a prompt category from the list below.
- Name an item from one of the prompt categories that begins with the letter “A.” Ask the next person to name something in that category that starts with “B.” Continue to the next person and so on with each person naming something in the category that begins with the next letter of the alphabet, until time runs out. If the class reaches the letter “Z” for a category, start over with a new category prompt.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, select a different category prompt.
- Encourage distance learners to join in from home.

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 “Activating ABC's.” Here's how it works. I'm going to say a category, then name an item in that category beginning with the letter A. For example, for a sport or activity, I might say “archery.” Then, the next person will say a sport or activity beginning with the letter B. We will continue with everyone taking a turn until we get all the way to Z. If you can't think of something, that's okay! Just say “pass” and keep it going. Let's set a good pace by (clapping/snapping our fingers) as we go. Ready?

“ACTIVATING ABCs” CATEGORY PROMPTS

Sports

Hobbies

Dog breeds

Things we wear

Foods

Countries of the world

