



## BEEP BOP

### 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.
- Have students sit in a circle. The first person makes a simple motion with their hands while saying “Beep.” The person to their right repeats their motion and adds a new motion while saying “Bop.” Keep going around to the right, with students adding a movement and alternating saying “beep” and “bop” as they take their turn.
- Continue as long as time allows. When the motion thread becomes too long for a student to repeat, they will begin a new round.
- 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 “Beep Bop.” (Student’s name) will make a simple motion with their hands like this (demonstrate) and say the word “beep.” Then (student’s name) will repeat that motion and add their own, saying “beep bop.” We’ll keep going around like that, with everyone repeating the movements and “beep bops” and then adding their own. It will take all our attention to play, and it will get harder to remember all the motions and sounds! When someone can’t repeat the whole thing, they’ll start us over with a new round. We’ll keep going as long as time allows. Ready?**

