



BODY PARTS

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 work together to name as many parts of the body as they can in just 3 minutes.
- Write down the parts of the body that they name on the whiteboard/flip chart.
- 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 "Body Parts." Everyone will work together to name different parts of the body, calling out as many as we can. Here's the catch – we will have just 3 minutes to name those body parts, so everyone will have to work quickly! Ready?

Great job, everyone! We certainly know our body parts!



BODY PARTS

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Leading a healthy lifestyle is an essential way to stay vital and support our daily thinking.

BUILD YOUR BRAIN

Set a timer to 3 minutes and see how many words you can make from one of the “body parts” prompt words below. When finished, try again with a different word prompt while you challenge yourself to faster, more nimble thinking!

“BODY PARTS” PROMPT WORDS

- | | |
|-----------------|-----------------|
| CEREBELLUM | HYPOTHALAMUS |
| CORPUS CALLOSUM | BRAINSTEM |
| OCCIPITAL LOBE | PITUITARY GLAND |
