



BUILD-A-POEM

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Using the phrases on the Build-A-Poem handout, have students select a random assortment of 3-5 interesting selections.
- Ask students to write down their selections in any order of their liking on a piece of paper to create a “poem.” Poems do not have to rhyme.
- Have students share their newly created poems by reading them aloud.
- 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 “Build-A-Poem.” I have a handout for us to use. We are each going to look through the handout and select 3-5 short phrases that we find interesting, funny, or eye-catching. Once you find the phrases you like, write them down on your paper in an order that pleases you and makes a poem of sorts. The phrases do not have to rhyme. When everyone is ready, we’ll go around the room and take turns reading our new poems aloud.

Great job, everyone, that was a fun, fast way to bring out our inner poet!



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TAKE-HOME HANDOUT

TOTAL BRAIN HEALTH BRAIN PLAYS

Pick 3-5 phrases from any column or row and write them down on a piece of paper to make a poem.

Things are always better	However small the reward	Milk and honey bring thistle and thorn	Bending backwards over the grass
She was no lamb	For appreciating life's small gifts	Hear the sun and the flowers	Lost in deep thoughts
Keep a little fire burning	Said the boy, the mole and the fox	I still can't tell you	Brought happiness and good will
Master your mind	To reclaim the moment and make it yours	The hills we climb	Seeking wild spirit, soft heart
Be you, only better	To count the stars	The hope in all days	I grew more eager
Think and grow	Living a magical life	Healing words run deep	On the occasion of a wedding
Glitter every day	Embracing new ideas	Over a thousand mornings	A gentle reminder
My happiness recipe	Finding her scars beautiful	Love forever	Celestial strings pull
The little things	For wisdom is not work	Flowers in the ocean	Promises of song
The canyon's edge in my memory	The dark of the stars	Healing and settling	Astounding grace
The last of the romantics	Forever a warrior	Soaring high above the trees	The best of it was to come
Good vibes	Near the moon	Luminous things	With the heart's eye
(Add your own)	(Add your own)	(Add your own)	(Add your own)

