



CLAPPING VOWELS

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.
- Offer a famous saying to the group from the prompts below. Ask students to spell out the phrase, but to clap or snap each time there is a vowel.
- Continue until time is up.
- When repeating this class, choose different prompts.
- 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 "Clapping Vowels." This is a great way to increase our focus and challenge our spelling skills. I'm going to say a phrase. Then, in response we are going to spell that phrase together, but instead of saying vowels out loud, let's clap or snap our fingers. As an example, a word like "Great" becomes G-R-Clap-Clap-T.

Excellent teamwork, class!

"CLAPPING VOWELS" PROMPTS

Keep on keepin' on

An arm and a leg

Beating around the bush

A dime a dozen

Better late than never

I can and I will

Never give up

Do the things you love



CLAPPING VOWELS

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Paying attention is a skill critical to everyday thinking, especially memory. Games that force us to pay attention and build focus can also help us improve our recall.

BUILD YOUR BRAIN

As fast as you can, spell aloud the following phrases but instead of saying vowels, clap or snap your fingers for every A, E, I, O, U, and Y.

As an example, a word like “Great” becomes G-R-Clap-Clap-T.

“CLAPPING VOWELS” PROMPTS

The pen is mightier than the sword
Where there’s a will, there’s a way
If it ain’t broke, don’t fix it
Always be true to yourself

When in Rome, do as the Romans
A watched pot never boils
Easy come, easy go
If you can’t beat ‘em, join ‘em