# TOTAL BRAIN HEALTH BRAIN PLAYS





5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Read selected movie titles from the prompt list below, omitting one of the highlighted words from the title.
- Ask the students to call out the missing word from the movie title.
- Continue for as long as time allows.
- When repeating this class, omit a different highlighted word from the movie title prompts.
- Have everyone clap or snap fingers to set a good pace.
- Encourage distance learners to join in from home.

Hello! Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And these skills are essential to learning and remembering better! Let's get started.

Today's "Brain Play" is called "Famous Flicks." This five-minute memory exercise will go quick. We'll be working with the titles of well-known movies from the 50s and beyond! I will be reading only part of the movie title and your job is to try and remember the missing part. Let's set a good pace by (clapping/snapping our fingers) as we go. Ready?

#### "FAMOUS FLICKS MOVIE TITLES" PROMPTS

Butch Cassidy & the Sundance Kid
Sun Valley Serenade
Roman Holiday
Field of Dreams
The Girl with the Dragon Tattoo
Fiddler on the Roof
All Quiet on the Western Front

To Catch a Thief
Gone with the Wind
Cat on a Hot Tin Roof
The Bridge on the River Kwai
Breakfast at Tiffany's
The Good, the Bad and the Ugly
Silver Linings Playbook

An American in Paris
Who's Afraid of Virginia Woolf?
How Green Was My Valley
Cheaper by the Dozen
On the Waterfront
The Prime of Miss Jean Brodie



# **FAMOUS FLICKS**

### **TAKE-HOME WORKSHEET**

### TOTAL BRAIN HEALTH BRAIN PLAYS

Practicing a variety of games against the clock helps test focus and train for quick thinking.

#### **BUILD YOUR BRAIN**

Rev up your pace by filling in the missing words in these famous movie titles against the clock. Give yourself just 3 minutes on the timer to complete as much of the missing information as you can. Ready? Go!

1. The Grapes of	10. One Flew Over the
2. Meet Me in	11. The Falcon
3. It's a Life	12 By Northwest
4. Miracle on Street	13. A Streetcar Named
5. Planet of the	14 and the 7
6. To Kill a	15. The of Music
7. From with Love	16 Without a Cause
8. Doctor	17 Heights
9. Lawrence of	18. Duck

16. Rebel 17. Wuthering 18. Soup

1. Wrath 2. St. Louis 3. Wonderful 4. 34th 5. Apes 6. Mockingbird 7. Russia 8. Zhivago 9. Arabia 10. Cuckoo's Nest 11. Maltese 12. North 13. Desire 14. Snow White | Dwarfs 15. Sound