



FAMOUS FRIENDS

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 call out the names of famous friends, working quickly to remember as many as they can.
- Have everyone clap or snap fingers to set a good pace.
- 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 "Famous Friends." Everyone will work together to call out as many famous friends as we can. We will have just 3 minutes to name those friends, so everyone will have to work quickly! Here are a few to get us started: Lucy and Ethel, Abbott and Costello. Ready to start?

Excellent teamwork, class!



FAMOUS FRIENDS

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Art can rekindle memories and evoke emotions for more agile and creative thinking.

BUILD YOUR BRAIN

Take 3 minutes to study these friends made famous by the master painter Renoir. Create a story in your mind's eye about what's happening in the moment. What are they discussing? What is the occasion that brought them together? What happens next?



Pierre-Auguste Renoir, Luncheon of the Boating Party, 1880–81.