



FAST CATEGORIES

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.
- Select a category topic from the prompt list below. Then have your class name as many things as they can that belong in that category. Allow one minute for each round.
- Play as many rounds as time allows.
- When repeating this class, use different topic prompts.
- 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 "Fast Categories." I'm going to give you a category topic. Then we will work together to name as many things as we can that belong in that category. We'll have 1 minute for each round, so we'll have to think fast! We'll do as many "Fast Categories" as time allows. Ready?

"FAST CATEGORIES" TOPIC PROMPTS

Things That Go Fast
Car Models
Types of Fabrics
Kinds of Birds

Things That Describe the Weather
Kinds of Trees
Things We Eat
Types of Jobs



FAST CATEGORIES

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that we can maintain and even improve our cognitive skills by testing our thinking against the clock. And the more we challenge ourselves, the greater the benefit, no matter what your age.

BUILD YOUR BRAIN

Think fast. Set your timer to 3 minutes and list as many things as you can in one of these categories. Doing well? Reset the clock and try a new category.

“FAST CATEGORIES” TOPIC PROMPTS

Foods you would eat on a picnic _____

Something you might find in a garage _____

Fairy tale characters _____

Musical Instruments _____

Farm animals _____

Cooking utensils _____

Things you might do in a gym _____

Water sports _____

Breakfast foods _____

Things you might find in a purse _____