



FAST TALKING

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.
- Practice tongue twisters together, encouraging everyone to say the phrases as fast as possible.
- 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 "Fast Talking." As a group, we're going to practice moving our mouths as fast as possible by repeating tongue twisters together. Doing speed drills like this can improve our ability to speak quickly and clearly. Let's all clap our snap fingers to set a good pace. Ready?

"FAST TALKING" PROMPTS

Peter Piper picked a peck of pickled peppers/A peck of pickled peppers Peter Piper picked/
If Peter Piper picked a peck of pickled peppers/Where's the peck of pickled peppers Peter
Piper picked?

James just jostled Jean gently. Jack the jailbird jacked a jeep.

She sells seashells on the seashore.

The shells she sells are seashells, I'm sure.

And if she sells seashells on the seashore, then I'm sure she sells seashore shells.



FAST TALKING

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Tongue twisters aren't just for kids -- they actually stretch and strengthen the muscles we use to speak and communicate.

BUILD YOUR BRAIN

Take 3 minutes and practice saying these popular tongues twisters out loud as fast as you can. Keep repeating them until muscle memory makes them much easier to say. Bonus if you download a metronome onto your phone or computer to help you keep your rhythm.

“FAST TALKING” PROMPTS

Give papa a proper cup of proper coffee in a copper coffee cup.

Silly Sally swiftly shooed seven silly sheep.
The seven silly sheep Silly Sally shooed
Shilly-shallied south.
These sheep shouldn't sleep in a shack;
Sheep should sleep in a shed.

Imagine an imaginary menagerie manager managing an imaginary menagerie.

Which wristwatches are Swiss wristwatches?

Round the rough and rugged rock the ragged rascal rudely ran.

Greek grapes, Greek grapes, Greek grapes.

A big black bear sat on a big black rug.

If a black bug bleeds black blood, what colour blood does a blue bug bleed?