



FORTUNATELY/UNFORTUNATELY

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Lead your class in rounds of the popular improv exercise “Fortunately/Unfortunately.”
- Start by offering one of the prompts below. Ask the first student to continue the story, beginning their response with “unfortunately... .” The next student will then continue the story, beginning their response with “fortunately... .” Students will continue taking turns adding to the story, alternating responses beginning with “fortunately” or “unfortunately.”
- Continue as long as time allows. If the story naturally ends, begin again with a new prompt.
- Have everyone clap/snap fingers to set a good pace.
- When repeating this class, use 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 “Fortunately/Unfortunately.” We are going to get our creative juices going with a popular improvisational theatre exercise called “Fortunately/Unfortunately.” We’ll take turns creating a story together.

I’ll get us started by saying “Fortunately... and the story prompt. Then (student’s name) will continue the story, adding a sentence that begins “unfortunately.” Then (student’s name) will take their turn, adding a sentence that begins “fortunately.” We’ll keep going around that way, with everyone alternating beginning their part of the story with the word “fortunately” or “unfortunately.” If our story comes to a natural end and we still have time, I’ll start us with a new prompt.

Let’s (clap/snap fingers) to set a good pace. And it’s ok to be funny or add an odd twist to our storyline – that’s part of the fun! Ready?

“FORTUNATELY/UNFORTUNATELY” STORY PROMPTS

Fortunately, no one heard her burp...

Fortunately, he could see a way out...

Fortunately, the driver didn’t notice...

Fortunately, the noise seemed far away...

Fortunately, they found the goat...

Fortunately, she was a good shot...

Fortunately, the part wasn’t broken...

Fortunately, the stairway wasn’t too wet...



FORTUNATELY/UNFORTUNATELY TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

The Storytelling Strategy is a powerful verbal memory technique that asks us to create a story using the items we want to remember.

BUILD YOUR BRAIN

Strengthen your storytelling skills with this targeted creative writing exercise. Begin with one of the “Fortunately ...” story prompts below. Write a short story by first adding a sentence that begins “unfortunately.” Then alternate, adding a next sentence that begins “fortunately” then another with “unfortunately.” Keep going until your story comes to a natural end. How far did you get?

“FORTUNATELY/UNFORTUNATELY” STORY PROMPTS (Choose One)

Fortunately, there were still some Wheaties left...

Fortunately, I had just enough change in my pocket...

Fortunately, we had smoke detectors installed in our house...

Fortunately, the gas tank was still full...

Fortunately, I was wearing a raincoat...

Fortunately, the bus hadn't come yet...

Fortunately, the lion was in a cage...

Fortunately, I had a pair of aces....

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