



## GENTLE WAVES

### 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 group sit in a circle.
- Start by demonstrating a gentle motion such as stroking one cheek, gently rubbing your hands together, light stretching of arms, etc.
- Have the student to your right repeat your motion, and so on, continuing around the circle. The motion makes its way like a “wave” around the circle, ending back with you. Repeat the exercise, having the person to your right start with a different gentle motion, again having it go around the circle like a wave. Keep repeating in this fashion as long as time allows.
- When repeating this class, start with a different motion.
- 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 “Gentle Waves.” I’m going to start by doing a simple motion, such as stroking one cheek or lightly stretching my arms. The person next to me is going to repeat the motion. Then, the person next to them will do the same. One by one, we will all take part in the motion so that it passes around the circle like a wave. Once my motion has gone around our circle (name of the person to your right) will start a new motion. The person after them will pick it up and we will all do that motion again in a “wave” around our circle. We’ll keep going like that as long as time allows. Let’s try our “gentle waves” as quietly as we can, to help us focus on what passing the motions along our circle feels like.**



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## TAKE-HOME WORKSHEET

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### TOTAL BRAIN HEALTH **BRAIN PLAYS**

Meditation or relaxation with intentional movement can be calming and sets us up for improved learning and recall.

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## BUILD YOUR BRAIN

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Begin with mindful seating. Have your feet hip width apart on the floor and your hands resting gently on your thighs. With your eyes closed, become aware of your breathing and the sensations in your body.

When you are feeling relaxed, gently lift your hands and touch your thumbs to each of your fingers one by one, starting with your pointer fingers, then your middle fingers, then your ring fingers, and finally your pinky fingers. You can count to four silently in your head to help you stay focused as needed.

Next, try reversing your finger touches, having your thumbs tap your pinky fingers, then ring, middle and pointer fingers. Again you can count four, three, two, one silently in your head if you'd like.

Repeat several times.