



GREAT AGERS

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.
- Distribute the Great Agers cards. Allow a minute for class members to look over their cards.
- Have each class member take a turn reading their card aloud. Applaud after each card is read.
- Encourage distance learners to join in from home. Distribute Great Ager cards to them in advance of the class.

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 "Great Agers," a fun warm-up that highlights how great thinking can come with age. After all, success isn't just for the young; it's for the young at heart. History and current events are full of special people who hit their stride in their prime years.

I have a stack of cards about people known as Great Agers -- those who achieved success well into their prime years. I'm going to give each of you a card. Their names and photos are on the front and a brief biography is on the back.

I want you to take a minute to get to know your Great Ager. Then we will go around and take turns reading our Great Ager cards aloud to share what we've learned. Let's be sure to applaud each Great Ager as we learn about them!

