TOTAL BRAIN HEALTH BRAIN PLAYS





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!



GREAT AGERS

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Deepening personal awareness through self-exploration supports mental well-being, improves our feelings of self-efficacy (our belief in our own ability to succeed in specific tasks), and supports brain health for better thinking.

BUILD YOUR BRAIN

Explore your values in this fun writing exercise in which you consider your purpose or goals using scenarios where real-life obstacles have been magically removed. What would you do? Would your purpose change in any way? Describe how. Take 3 minutes per prompt to explore your hopes and dreams when certain practical hurdles are removed for you.

"GREAT AGERS" WRITING PROMPTS

What would your purpose beIf money was no objectIf you were guaranteed not to failIf you were alive during the civil warIf you had superhuman powersIf you had a best friend with you at all times		