



HAPPILY EVER AFTER

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.
- Start the class at the end of the story: And they lived happily ever after.
- Ask a student to continue the story by adding the second-to-last sentence. Have the class take turns adding to the story in reverse until the story is complete. Begin new “happily ever after” stories as needed. Continue until time is up.
- Keep track of the story on a whiteboard or flip chart.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, begin with a new prompt phrase.
- Encourage distance learners to join in from home

Hello! Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And these skills are essential to learning and remembering better! Let’s get started.

Today’s “Brain Play” is called “Happily Ever After.” I will start us with the ending phrase “and they lived happily ever after.” Then each of you will add a sentence to our story -- building our story backwards from the end to the beginning. I’ll keep track of our story on a (whiteboard or flip chart). If time allows, we’ll start again! Let’s set a good pace by (clapping/ snapping our fingers) together.



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

The Storytelling Strategy is a powerful verbal memory technique, and a great choice for folks who are verbally inclined and like a bit of creativity to rev up their recall.

BUILD YOUR BRAIN

Use the 6 prompt words provided to write a story that makes it easier to recall the words. To up the challenge, give yourself only 3 minutes to finish the story. Then turn over the sheet and see how many of the 6 words you can remember.

Fun? Try again with the next word prompt list!

“STORYTELLING” WORD PROMPTS

RHINO, BALLOON, EIFFEL TOWER, GLITTER, BALLERINA

WHITE SOCKS, RED NAPKIN, BLUE FLAG, PURPLE SUNSET, GREY FOX, BLACK HOLE

POPCORN, SURFBOARD, CHOPSTICKS, ROSES, MOUNT RUSHMORE, WHISTLE

FLOSS, SHUFFLEBOARD, POKER CHIP, SMOKE, RIBBON, TIRES
