



I STILL... BUT I STOPPED...

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Have students alternate responding to one of two prompts. The first student will begin “I still ...” finishing the phrase with something they still do, i.e. “I still love the beach.” The next student will respond to the second prompt, beginning their phrase with “but I stopped ...” and adding something they have stopped doing, such as “but I stopped jogging.” Then the next student will respond using the “I still ...” phrase prompt, and the fourth student will respond using the “but I stopped ...” phrase prompt and so on, alternating the phrase prompts as each student takes their turn.
- Continue as long as time allows.
- Option to have everyone clap or snap fingers to set a good pace.
- 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 “I Still ... But I Stopped.” The first person will start by finishing the phrase “I still ...”. They will share something they still do, for example “I still love dark chocolate.” Then (student’s name) will share something they no longer do, finishing the phrase “but I’ve stopped ...”. Maybe their answer would be “but I’ve stopped skydiving.” Then (next student’s name) will go and start their response with “I still ...”. Don’t worry about what was said before your turn, just respond with what comes up for you personally. We’ll go around like this, alternating which phrase we are completing each time, until time runs out. We can (snap/ clap) together to set a nice pace so we think quickly. Ready?



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

An effective buffer against cognitive loss is regularly working out our brains against the clock in a variety of ways.

BUILD YOUR BRAIN

In just 3 minutes, finish as many of the “I still....but I stopped” phrases below as you can. Answers should be descriptive of you regardless of the other part of the statement. Ready? Go!

“I STILL...BUT I STOPPED” PROMPTS

I still love candy, but I stopped _____.

I still _____, but I stopped blowing up balloons.

I still write love letters, but I stopped _____.

I still _____, but I stopped swimming with sharks.

I still shower in cold water, but I stopped _____.

I still _____, but I stopped downhill skiing.

I still sleep on my right side, but I stopped _____.

I still _____, but I stopped dancing the twist.

I still remember everyone’s birthdays, but I stopped _____.

I still _____, but I stopped climbing mountains.

I still read the newspaper, but I stopped _____.

I still _____, but I stopped going to carnivals.

I still love the comics, but I stopped _____.

I still _____, but I stopped biting my nails.

I still love making bread, but I stopped _____.

I still _____, but I stopped watching TV late at night.

I still love making wishes, but I stopped _____.

I still _____, but I stopped receiving benefits.