



IF THEN

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.
- Begin with one of the “if” prompts below. Have the student to your right give a “then” phrase in direct response to your prompt. Keep going around, with each student offering a “then” phrase in direct response to the phrase offered by the person before them. For example, you might say “if pigs could fly” and the first student might say “then bacon would be air fried.” And the second student might say “then fried chicken would be cheaper” and so on.
- Encourage students to give silly or nonsensical responses.
- Have everyone clap/snap fingers to set a good pace.
- When repeating this class, try different “if” prompts or have students offer their own “if” prompts to lead the group.
- 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 “If Then.” This variation of a popular improvisational acting warmup is a great way to keep our thinking fast, fluent, and nimble. I’ll start us off with an “if” prompt. Then (name of student to your right) will respond by saying “then ...” and give a phrase in answer to my “if” prompt. We will keep going around, with each person sharing something beginning with the word “then” in response to what the person before them said. For example, I might say “if pigs could fly” and the first student might say “then bacon would be air fried.” And the second student would respond to the first student by saying “then fried chicken would be cheaper” and so on. The sillier and more nonsensical it gets, the more fun it is! To keep it challenging, we’ll (clap/snap fingers) to set a good pace. Ready?

“IF” PROMPTS

If sloths were fast...

If dogs could sing...

If calories could count...

If walls could talk...

If clothes make the man...

If I were a rock...

If time went backwards...

If I knew then...



IF THEN

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Preserving and enhancing communication skills is achievable through regular practice of verbally-oriented brain workout activities.

BUILD YOUR BRAIN

Set your timer to 3 minutes, put on your creative hat, and write out “then” answers to each of these “if” questions. Bonus if you make your answers witty or offbeat.

“IF” PROMPTS

If vanilla ice cream tasted like chocolate, then _____

If mirrors could speak, then _____

If you had the power to become invisible, then _____

If you saw Elvis walking down the hall, then _____

If all foods taste sweet, then _____

If I won the lottery, then _____

If a cow did jump over the moon, then _____

If I could to do it all again, then _____