



IN THE MOOD

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Ask students to take turns, one at a time, naming a feeling or mood. Continue taking turns as long as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, ask students to come up with a mood or feeling that begins with the last letter of the previous mood named.
- 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 "In the Mood." We have many different feelings, and just as many ways of describing our emotional state. Happy, sad, elated, amused ... to name just a few.

We're going to take turns listing the many ways we label our feelings. I'll start, and then (name of student) will go next. We'll continue around, with everyone adding to our list. We will take as many turns as time allows, and (clap/snap) together to set a nice pace. Ready?

