## TOTAL BRAIN HEALTH BRAIN PLAYS



# LANGUAGES OF THE WORLD

**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.
- Have students name different languages, working as quickly as they can against the clock. Stop them at 3 minutes.
- Write down the languages they name on the white board or flip chart.
- 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 Languages of the World. In a moment, we are going to start naming as many different languages as we can think of. But we only have 3 minutes! I'll write them down as you call them out. Ready? Here we go!

That was magnifique! Or should I say wünderbar! Wish yourselves a big "felicidades" everyone!



## LANGUAGES OF THE WORLD

#### **TAKE-HOME WORKSHEET**

### TOTAL BRAIN HEALTH BRAIN PLAYS

Researchers have long touted the value of connecting with others to our brain health. In fact, staying social is perhaps one of the very best things we can do to stay sharp, preserve memory, and prevent dementia.

#### **BUILD YOUR BRAIN**

Here's a brain workout that is both socially beneficial and intellectually engaging! Set a timer for 3 minutes and write down all the different ways you know to say "Hello!" in English or in other languages. Try again with all the ways you can think of to say "Goodbye!" in any language.

Let's go!

SAY HELLO! IN ANY LANGUAGE	SAY GOODBYE! IN ANY LANGUAGE