



LEAD THE WAY

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 begin by silently acting out one of the “lead the way” prompts below. Quickly switch after about 45 seconds to a new “lead the way” prompt for them to demonstrate. Keep switching quickly between prompts to maintain an energetic, fun pace.
- Continue as long as time allows.
- When repeating this class, use new “lead the way” prompts or use prompts in a new order.
- 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 “Lead the Way.” We are going to “lead the way.” Here’s how it works. I’m going to give a prompt for a scene where we need to lead the way so others can follow. Then we will all improvise to silently act out that scene. After just a few seconds, I’ll switch us to a new “lead the way” prompt and we’ll act that one out. We’ll keep changing scenarios to keep it fast and fun. And we can all have fun getting our moves on as we “lead the way!” Let’s see how many we can do before our time runs out. Ready?

“LEAD THE WAY” PROMPTS

Lead a horse to water
Lead a protest march
Lead a marching band
Lead troops into battle
Lead a choir

Lead a fitness class
Lead your ducklings to the pond
Lead a waltz
Lead a wine tasting
Lead a conga line

Lead a tour group
Lead a cleaning crew
Lead “Simon Says”
Lead a cooking class
Leader’s choice!



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Being creative challenges our thinking skills in a different way than activities like reading a book or attending a concert. When we engage in creating something, we are more likely to build higher order cognitive abilities such as problem solving, flexible thinking and executive control.

BUILD YOUR BRAIN

Try leading the way by thinking “outside the box” with creative solutions in the face of some unique design problems. Take 3 minutes to quickly find work-arounds to the “What if?” prompts below. You might just find yourself wanting to patent some of your ideas!

Example: What if chairs had no legs? Solution: They could hang from ceilings.

“LEAD THE WAY” PROBLEM PROMPTS

What if telephones had no ringers?

What if brooms had no bristles?

What if rooms had no doors?

What if showers sprayed up from the floor?

What if cities had no street lights?

What if maps didn't exist?
