



## LET'S CONNECT

### 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 this Brain Play by naming a word, such as “golf,” “chair,” or “happiness.”
- Ask the student to your right to add a word that begins with the last letter of your word. Continue with each student taking a turn, using the last letter of the previous word as the first letter of their word. Go for as long as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use a new starter word.
- Encourage distance learners to join in from home.

**Hello! Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And these skills are essential to learning and remembering better! Let's get started.**

**Today's Brain Play is called “Let's Connect.” I'll start us off by naming a word. The next person will take the last letter of that word and share a different word that begins with that letter, and so on with everyone taking their turn. For example, the word “happiness” might be followed by “sister,” and then the next person might say “raisin.” Just remember, you can't use a word someone already used! We'll follow that pattern until we run out of time. Let's set a good pace by (clapping/snapping our fingers) as we go. Ready?**



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## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

When we want to remember something that isn't inherently meaningful, we can use a strategy that gives it meaning for us.

### BUILD YOUR BRAIN

How might you remember these license plate numbers?

Create a short description for each of the license plate numbers below to make them more memorable. For example, let's say you just received new license plates and need to remember: V 5 9 D W K. This combination of letters and numbers is pretty nonsensical, until you break it down and give each part meaning. Perhaps your favorite flower is violets, so the V can stand for violets. You were born in 1959, so the 59 is meaningful in that way. And you spend a lot of your time in the car chauffeuring children: D W K could stand for "driving with kids." Now your license plate is no longer a crazy jumble — it has meaning: Violet 59 driving with kids!

Up the ante by working against the clock. Give yourself just 3 minutes to come up with a meaningful description for each license plate.

L55 FLY \_\_\_\_\_

ATE 3415 \_\_\_\_\_

JKW 385 \_\_\_\_\_

HHB 92Z \_\_\_\_\_

MHS 158 \_\_\_\_\_

ZPK 548 \_\_\_\_\_