



MIDDLE I

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Draw the letter puzzle below on the white board/flipchart. Be sure the “I” is in the center.
- Have class call out as many words as they can find using the letters in the puzzle. All the words **MUST** use the center letter “I.” Words must be at least 4 letters long. No repeats.
- Allow 3 minutes for responses. Write down the words as the class calls them out. When time is up, review the responses together.
- When repeating this class, put new letters in the outside boxes, leaving the “I” in the center.
- 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 “Middle I.” We are going to have some fun with a fast-paced word game called “Middle I.” Here’s how it works. Here is a grid of 7 letters. The letter “I” is in the middle. We will work together to find as many words as we can using the letters in this grid. Here are the rules: Every word has to use the letter “I.” Every word has to be at least 4 letters. And we can’t repeat words! We’ll have just 3 minutes, so let’s work quickly. Ready?





MIDDLE I

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Working on your cognitive skills is an important part of keeping your mind sharp and maintaining independence.

BUILD YOUR BRAIN

Here is a grid of 7 letters. The letter “I” is in the middle. Work against the clock to find as many words as you can using the letters in this grid. Here are the rules: Every word has to use the letter “I.” Every word has to be at least 4 letters. And you’ll have just 3 minutes. Bonus if you can find the 7 letter word that uses each of these letters just one time.

