



## 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?





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## 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.

