



MOVE IT

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 the first person in the group make a physical movement. Ask the group to repeat the movement. Have the next person create a new movement and the group respond by repeating the first motion and the new motion, and so on. Keep going until the movement chain becomes too long for the group to repeat back. Then, start again and continue until time runs out.
- Have everyone clap or snap fingers to set a good pace.
- 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 "Move It." Let's go around the room and have each person add a movement to our movement chain. After each person's turn, the group will repeat the full list motions in order starting with the first one. When we can't keep going, we'll start again with the next person. Let's begin.

Excellent teamwork, class!



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Exercises that cross the midline of your body, an imaginary line that runs vertically down the center of your body, promote coordination and communication between the left and right hemispheres of the brain.

BUILD YOUR BRAIN

Try these simple physical exercises while seated comfortably in a chair:

- 1. Air figure eights.** Rest your left hand comfortably at your side. With your right hand, draw a sideways figure eight or infinity symbol in the air in front of you. Make the drawing large enough to cross your hand fully across the center of your body and back to the opposite side. Repeat 5x. Switch hands and repeat 5x.
- 2. Hand To Knee.** Raise your hands in the air to the sides with bent elbows. Touch your right hand to your opposite knee by moving your hand across your body while also lifting your left leg slightly off the floor. Then, repeat with the left hand to your right knee. Repeat 5x.
- 3. Arm to Shoulder Crossover.** Extend both arms wide to the sides. Cross your right arm in front of your body and touch your left shoulder, then return it to the starting position. Cross your left arm to your right shoulder and return wide again. Repeat 5x.
- 4. Cross Shoulder Scarf Toss.** Hold a scarf in your dominant hand. Throw the scarf in the air above your head. Quickly tap your opposite side shoulder with your dominant hand and then catch the scarf in the air. Repeat 5x. Switch sides and repeat 5x. You can also practice this same exercise, but crossing over and touching your opposite side knee before catching the scarf.
- 5. Scarf Figure 8's Through Legs** – Sit comfortably on the edge of your chair with your feet apart. Hold a scarf in one hand. Bend forward and reach through your legs and give the scarf to the other hand that is behind your leg. Then bring the scarf forward, around your leg, and back through your legs to give it to your other hand making a figure 8 around your legs. Switch directions.