



## MY BEST ASSETS

### SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Ask students to take turns, one at a time, naming a personal attribute or characteristic they consider to be one of their “best assets.” Continue taking turns as long as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, ask students to add why that personal attribute or characteristic is one of their “best assets.”
- 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 “My Best Assets.” We all have aspects of ourselves we are rightly proud of. Those might be a physical characteristic, or an aspect of our personality. It might be a skill that we have. Maybe you make great coffee, or really love your earlobes!**

**We’re going to take turns sharing our best assets. I’ll start, and then (name of student) will go next. We’ll continue around, with everyone sharing one of their best assets. We’ll take as many turns as time allows, and (clap/snap) together to set a nice pace. Ready?**



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## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

Positive thoughts have been shown to improve our emotions, which in turns helps to improve our mental, emotional, and physical health.

## BUILD YOUR BRAIN

Take a few minutes to generate some positive statements for yourself using the TBH Affirmation Generator.

### TBH AFFIRMATION GENERATOR

Choose any box from each column to create an affirmation. So many positive combinations!

<input type="checkbox"/> I am ready to	<input type="checkbox"/> reframe my negative thoughts	<input type="checkbox"/> and transform my life.
<input type="checkbox"/> Note to self	<input type="checkbox"/> be grateful	<input type="checkbox"/> for better brain health.
<input type="checkbox"/> I will	<input type="checkbox"/> feel confident	<input type="checkbox"/> and make my actions meaningful and inspiring.
<input type="checkbox"/> My intention is to	<input type="checkbox"/> be purposeful in my daily choices	<input type="checkbox"/> to stay vital each and every day.
<input type="checkbox"/> Today I aim to	<input type="checkbox"/> stay healthy	<input type="checkbox"/> to be happy and healthy.
<input type="checkbox"/> I set goals to	<input type="checkbox"/> eat a Mediterranean-style diet	<input type="checkbox"/> to boost my memory.
<input type="checkbox"/> What I have done today is in an effort to	<input type="checkbox"/> sleep better	<input type="checkbox"/> to feel good about myself.
<input type="checkbox"/> Through the power of my actions, I have a goal to	<input type="checkbox"/> stay intellectually challenged	<input type="checkbox"/> to increase focus and attention.
<input type="checkbox"/> Each and every day, I work to	<input type="checkbox"/> destress	<input type="checkbox"/> to improve my wellness.
<input type="checkbox"/> I am confident to	<input type="checkbox"/> use organizational strategies	<input type="checkbox"/> to keep emotional balance.
<input type="checkbox"/> I engage with novel activities to	<input type="checkbox"/> connect with others socially	<input type="checkbox"/> to make my world go round!