



NO NONSENSE

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Write the 4 nonsense words on the whiteboard/flip chart: NAH NON NOY NIM
- One student will begin by saying one of the nonsense words. The next student will repeat that nonsense word, then add one of their own. Keep going around the class, with each student repeating the string of nonsense words stated before their turn and then adding their own. When someone cannot repeat the full string of words, they will start over.
- Remind students that they can use any of the nonsense words listed on their turn.
- Have everyone clap or snap fingers to set a good pace.
- Continue as long as time allows.
- When repeating this class, use different nonsense words by changing the first letter to F (FAH, FON, FOY, FIM) or P (PAH, PON, POY, PIM).
- 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 "No Nonsense." We are going to have fun while challenging our listening skills and memory. Here are 4 nonsense words. (Name of student) will start by saying one of these words. Then (name of next student) will repeat that word and add another nonsense word to the chain. We'll keep going around, with each person repeating the chain of nonsense words and then adding one. When someone can't recall the whole chain, they'll just start over. Let's (clap/snap fingers) to set a nice pace.

There is no order to the words, so everyone will just pick one they want to add. Remember the more we switch the words, the more challenging and the more fun it will be! We'll keep going as long as time allows. Ready?

