TOTAL BRAIN HEALTH BRAIN PLAYS



ONCE UPON A TIME... 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.
- Begin with the phrase "Once upon a time..." and finish the sentence with your own contribution.
- Ask the next person to add a sentence to the story. Keep going in this fashion around the group, with each student adding a new phrase to the story until the story is done.
- Begin another story. Keep going as long as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, start with a different "Once upon a time" opening sentence.
- 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 "Once Upon A Time". I'm going to start with the phrase "Once upon a time" and finish the sentence. The next person will add a sentence to the story, and we'll keep going around the group until the story is done. Then, we'll start another story. Let's set a good pace by (clapping/snapping our fingers) as we go. Ready?

Excellent brain playing, everyone.



ONCE UPON A TIME..

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that intellectual engagement can defend the brain against symptoms of memory loss and lower the risk of dementia.

BUILD YOUR BRAIN

Use a prompt below or invent one of your own to get started with some creative writing. Set the timer for 3 minutes and write a very short story with a beginning, middle and end. Include a problem and a solution for added excitement.

"ONCE UPON A TIME" STORY PROMPTS

Once upon a time, there was a cat with bold stripes.
Once upon a time, there was a boy who couldn't say "the."
Once upon a time, there was a farmer with a knack for whistling.
Once upon a time, there was a frog who only jumped backwards.
Once upon a time, there was a volcano that spewed multi-color gems.