



## PANTOMIME 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.
- Ask each student one at a time to act out a pantomime prompt action using no words. Let the group guess what that action is.
- Stop the group after every 3 people have gone and ask the group to act out the last 3 pantomime actions made.
- Continue until everyone has had a turn.
- 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 "Pantomime It." All you actors-at-heart will love this exercise. I'm going to call out an action for each of you to pantomime, or act out using no words. The group will guess the action until they name it correctly. After 3 people have gone, I'm going to ask the group to act out the last 3 actions made. Then we'll start again, pausing every 3 people to pantomime the actions made before continuing. We'll stop when everyone has had a turn.**

**Excellent teamwork, class!**

### "PANTOMIME IT" PROMPTS

Running for the bus  
Eating a drippy ice cream cone  
Singing opera for a crowd  
Whale watching from a boat  
Waving to friends while bicycling  
Walking a dog that keeps pulling  
Slipping on a banana peel

Sipping tea with the Queen of England  
Sharing secrets with a best friend  
Emptying smelly trash into an outside bin  
Opening a present  
Watering a plant, then spilling the water  
Making popcorn  
Swimming in cold water



# PANTOMIME IT

## TAKE-HOME WORKSHEET

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### TOTAL BRAIN HEALTH BRAIN PLAYS

Physical exercise boosts brain health, sharpens intellectual performance, and has been shown to lower dementia risk. Some researchers suggest that regular aerobic activity may also contribute to better “metabolic reserve,” or a protective buffer against memory loss.

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## BUILD YOUR BRAIN

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Take 3 minutes to challenge yourself to a short physical workout by making exaggerated movements while “acting out” the scenarios below. Remain seated for added safety. This is a great way to make actions speak louder than words!

### “PANTOMIME IT” PROMPTS

- Shooing a mouse out of the room.
- Running in slow motion from an erupting volcano.
- Dueling in a sword fight for a crate of gold.
- Riding a horse over fences and through woods on a fox hunt.
- Boxing a heavy weight champion.
- Slapping mosquitoes off your body.
- Shooting hoops in the NBA basketball finals.
- Skiing down a mountain in a foot of powdery snow.