



## PICTURE THIS

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Have students create a static visual image or a “snapshot” that incorporates all the items on the practice list. Write the “Snapshot” on a whiteboard/flip chart.
- Give students 1-2 minutes to study their snapshot, then cover up the list and ask students to recall the list.
- Have everyone clap or snap their fingers to set a good pace.
- When repeating class, use a different prompt list.
- 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 “Picture This.” We’re all going to use the TBH Snapshot Strategy to think of a picture in our mind’s eye of all of the words on our prompt list. I’ll keep track of our thoughts on the (whiteboard / flip chart). After a few minutes, I’m going to cover up the list and let’s see how many of the words we can remember by visualizing our snapshot. Let’s get started.**

### “PICTURE THIS” PROMPT LISTS

PRACTICE LIST 1	PRACTICE LIST 2	PRACTICE LIST 3
Zebra	Toothbrush	Snail
Grumpy	Toothpaste	Robot
Fedora	Razor	Summer
Cashews	Shaving Cream	Umbrella
Jumprope	Pills	Bulb
Brick Lane	Deodorant	Candle
Rose Bush	Sunscreen	Diploma
		Sombrero
		Table



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## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

Mnemonics, or associations, help us to more easily learn and remember information.

### BUILD YOUR BRAIN

Practice remembering the lists below. Using your mind’s eye, think of a static image or a “snapshot” that uses all the objects on the list you’re trying to remember. Make the “picture” as silly or unusual as possible to help you to remember better. This technique is known as the TBH Snapshot strategy. After 3 minutes, cover up the list and write down all the items you remember. How did you do?

#### “PICTURE THIS” PROMPT LISTS

PRACTICE LIST 1	PRACTICE LIST 2	PRACTICE LIST 3
Daffy Duck	Castle	Pretzel
Supermarket	Dragon	Sneaker
Onion	Banana Peel	Taxi
Potato Chips	Bucket	Fountain
Betty Boop	Princess	Cane
Shopping Cart	Ogre	Wind
Mixing Bowl	Crown	Actor
	Pen	Cowboy Hat
		Red Sock

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