



## SAGE STORIES

### SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Write one of the Sage Stories word lists below on your whiteboard/flip chart.
- Instruct students that they have 2 minutes to work together and create a story to learn and remember the word list.
- After 2 minutes hide/remove the word list from view. Ask students to work together to recall the words on the list. Reveal the list to see how many they accurately recalled.
- When repeating this class, select an alternate Sage Stories word 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 "Sage Stories." In a moment, I am going to share a list of words. You will work together to create a story to help learn the words on the list. This strategy, called Storytelling, is a highly effective Total Brain Health memory technique some of you may already know. The words on our list can be used to create a story that offers a bit of wise advice as well. Here's the catch – you'll have just 2 minutes to create your story! After time is up, we'll see how many of the words we can remember. Ready?**

#### "SAGE STORY" WORD LISTS

List 1: Sleep Ten Window Chatter Water Rise Six Stretch Warm Gargle

List 2: Soothe Blue Mood Breathe Now Anxious Believe Honest Myself Support

List 3: Friend Trip Connect Gold Listen Fun Laugh New Try Help

List 4: Regular Eat Leafy Olives Together Relaxed Healthy Seven Grains Fat

List 5: Seek New Create Think Adventure Stretch Try Always Art Move



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## TAKE-HOME WORKSHEET

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### TOTAL BRAIN HEALTH BRAIN PLAYS

The TBH Storytelling Technique links images together into a story. This helps to keep events in a logical order and can improve our ability to remember information better.

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## BUILD YOUR BRAIN

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Connect the words on one of the lists below to create a story that offers a bit of wise advice as well. Here's the catch – you'll have just 3 minutes to create your story! After time is up, cover the page and see how many of the words you remember. Ready?

### “SAGE STORY” WORD LISTS

List 1: Woods Tent Campfire Mushroom Backpack Boots Marshmallow Moon Rock Blanket

List 2: Trapeze Clown Candy Whistle Canon Elephant Net Balance Barbell Summersault

List 3: Golf Laugh Storytelling Sand Bird Swing Pond Green Buddies Cart

List 4: Paint Easel Water Fruit Light Teacher Students Bowl Brush Canvas

List 5: Boat Cards Friends Snacks River Sunset Chatter Wind Music Jackpot