



SAY IT WITH SUPERLATIVES

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.
- Share a prompt word and have everyone in the class come up with a short sentence using the word plus a superlative, or an adjective ending in “est” that describes the word.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use different prompt words.
- 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 “Say It With Superlatives.” It’s time for us to be the fastest, smartest, and sharpest group ever! Here’s how. I’ll give each of you a word as we go around the room. In response, you will say a sentence that uses that word, plus a superlative, or an adjective describing that word that ends in “est.” For example, if I say “dog” you might answer, “The dog was the shyest little thing I ever saw.” We will continue until everyone has had a turn. Let’s clap or snap our fingers to set a good pace.

Excellent teamwork, class!

“SAY IT WITH SUPERLATIVES” PROMPTS

Dog	Table	Cup
Girl	Painting	Present
Book	Poem	Postcard
Star	Moon	Car
Lake	Ocean	Daffodil
Forest	Beach	Bicycle
Rainbow	Lightening	Chocolates
Ice Cream Cone	Cake	Ribbon
Cloud	Rose	Fog

