TOTAL BRAIN HEALTH BRAIN PLAYS





5+ MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Select a prompt word from the list below. Ask your class to work together to think of and sing
 phrases from songs that include that word, continuing with as many song phrases as they can
 recall for that prompt word.
- Have your class work at a good pace. If time allows, repeat with a new prompt word.
- When repeating this class, use a different word prompt.
- Encourage distance learners to join in from home.

Hello! Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And these skills are essential to learning and remembering better! Let's get started.

Today's "Brain Play" is called "Sing Down." I am going to share a word. We will work together to sing the lines from songs that include that word. Let's see how many songs we can come up with for each word! For example, if the word is "years" you might sing the line "Little darling, it seems like years since it's been here." We'll need to work quickly so let's keep a nice pace! If time allows, we'll do another round. Ready?

"SING DOWN" PROMPT WORDS

Sun Heart

Girl Remember

Summer Hear



SING DOWN

TAKE-HOME WORKSHEET

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Flexing your verbal skills against the clock is a terrific way to keep them up to speed. Combine that with a memory recall exercise and you're really building those connections!

BUILD YOUR BRAIN

Give yourself 3 minutes to list all the songs you know in a particular musical genre. See if you can beat your score with the next list.

"SING DOWN" Genre Prompts

Show Tunes	Classical Music
Jazz Music	Country Songs
Swing Music	Rock Songs