



## SONGS TO SLEEP BY

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.
- Have students call out songs that have the word “sleep” in the title or lyrics, naming as many as they can in just 3 minutes.
- Write down the songs they name on the white board or flip chart.
- 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 “Songs to Sleep By.” Let’s all work together to name – or sing! - songs that have the word “sleep” in the title or lyrics. We have just 3 minutes, so let’s work fast! Ready? Go!**

**Great teamwork, class! We certainly know a lot of “songs to sleep by!”**

