



THIS LEADS TO THAT

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.
- Offer a word to begin a word chain. Ask the group one at a time to say a word that connects to the word said before them. Keep going as time allows working as fast as possible. Work until time is up.
- Have everyone clap or snap fingers to set a good pace.
- 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 "This Leads To That." I'm going to start by saying a random word. The next person will say as quickly as possible a word that connects in their mind to the previously said word. For example, I might say "nail" and then you might connect that in your mind to "finger" and so on. Let's clap or snap fingers to set a good pace. We want to move as quickly as possible. We'll keep going until time is up. Ready?

Excellent teamwork, class!



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Every picture tells a story and observing art can be a wonderful “muse” for creative writing, a valuable way to boost your brainpower.

BUILD YOUR BRAIN

Take a few minutes to study this famous art by Monet. Then, write a short story about “what comes next.” Does something happen in the next minute or two? Include a problem and solution in your story for added reader engagement.



Woman with a Parasol (1875) — *Claude Monet*