



WALKING SIGHTS

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.
- Lead the class on a walk around the classroom, building or outdoors.
- Ask students to fully focus on what they see as they walk, avoiding other distractions.
- After about 3 minutes, bring students together to discuss their experience of the walk.
- When repeating this class, visit a different location.
- 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 "Walking Sights." In a moment we will take a short walk together. During that walk, I'd like you to focus your attention completely on the things that you see as we make our way. Let's stay quiet as we walk, to make it easier to stay focused. Afterwards we'll talk about our experience.



WALKING SIGHTS

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH **BRAIN PLAYS**

Nature can inspire us to connect with the outside world. Whether we go outside for fitness or for mindfulness practice, immersing ourselves in nature brings wonderful value to our mental well-being.

BUILD YOUR BRAIN

Enjoy the ancient Japanese practice of “forest bathing” by wandering around a local garden, forest, or walking path. Breathe in the scents, listen to the sounds of nature, and appreciate the sights.

If the weather does not permit being outside, or you’re otherwise unable to move about, try taking a virtual botanical garden tour online or simply closing your eyes and imagining all the wonderful images and sensations associated with being outside. Keep a list of all that you enjoy about being outdoors.
