WHO AM I?
SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Cut each name below into small paper slips and place in a bowl.
- Break the room into pairs of 2-3.
- Have one person in a pair draw a name from the bowl. Ask them to give 3 or 4 clues to their partner about the person, then ask "Who Am I?" Switch roles and repeat with a new name.
- 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 "Who Am I?" Let's break ourselves into groups of 2-3. I've got a bowl with the names of famous people. One of you in the pair will pick a name from the bowl but not share it with your partner. You will give your partner 3-4 clues about who the person is, then ask "Who Am I?" After a few minutes we will switch roles and your partner will pick a name from the bowl and you will guess. Let's get started.

"WHO AM I?" NAME PROMPTS

Martin Luther King	Queen Elizabeth	Elvis Presley
Walter Cronkite	Richard Nixon	Groucho Marx
Babe Ruth	Henry Ford	Neil Armstrong
Popeye the Sailor Man	Ed Sullivan	Chita Rivera
Ella Fitzgerald	Audrey Hepburn	Norman Rockwell
Colin Powell	Henry Kissinger	Leonardo Da Vinci

How many of you were able to guess the name of the famous person?

WHO AM I?
TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH **BRAIN PLAYS**

The brain naturally experiences physical changes as we age, like all our organs. But, many of our brain skills like speed of processing can improve by challenging ourselves to think quickly and creatively.

— BUILD YOUR BRAIN —

Challenge yourself against the clock, to answer the Who Am I Clues below. Give yourself 3 minutes to identify who the famous person described is and fill in the black.

"WHO AM I?" QUESTIONS

1. I was the 16th President of the United States.
2. I freed the slaves.
3. I was 6' 4" tall.
4. John Wilkes Booth assassinated me.

Who am I? _____

1. I am the co-founder of Microsoft.
2. I am one of the richest people in the world.
3. I wrote my first software program at age 13.
4. I started a foundation that helps people lead healthy, productive lives.

Who am I? _____

1. I was the first Emperor of Rome.
2. I had a son with Cleopatra.
3. I was once kidnapped by pirates.
4. I was assassinated by a group of senators.

Who am I? _____

1. I am most known for my Boeuf Bourguignon recipe.
2. I loved classic French dishes and learned to cook them all.
3. I wanted to join the military in WWII but was told I was too tall.
4. I was the first woman inducted into The Culinary Institute of America's Hall of Fame
Who am I? _____

1. I discovered gravity when an apple fell on my head.
2. I was a physicist in England.
3. I was knighted by Queen Anne.
4. I was a professor at Cambridge, but my lectures were poorly attended.

Who am I? _____

Answers: Abraham Lincoln, Bill Gates, Julius Caesar, Julia Childs, Issac Newton

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