



WORD PARTS

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 the group call out as many words as they can think of that have the prompt word in it. Keep a record of the words created on the whiteboard or flip chart.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, start with a different prompt.
- 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 "Word Parts." I'm going to write down on the (whiteboard or flip chart) a small word that is often found inside a bigger word. I want you to call out as many words as you can think of that include that small word. I'll get us started with the word ("me" or another word from the prompt list.) In response you may say gaME or MEn. What are some other words that include this word?

Excellent teamwork, class!

"WORD PARTS" PROMPTS

Me (ex. gaME, MEn)

Can (ex. CANvas, CANdy)

Do (ex. DOg, DOzen)

Him (ex. cHIMpanzee, cHIMney)

Her (ex. HERbs, wHERe)

