



YES AND...

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.
- Begin with an introductory phrase. Instruct the next person to respond with a phrase beginning with “yes, and ...” then adding their own wording to continue the story. Encourage students to try and offer phrases that are funny or twist the storyline.
- Keep going in this fashion, with each student taking their turn adding a “yes and...” phrase in response to the person before them.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use a different introductory phrase to begin.
- 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 a classic improvisational comedy warm-up “Yes and...”. I’ll start by saying a phrase. For example, I might say, “that moose is awfully close.” The person next to me then says “yes, and...” followed by their one-phrase addition to the story. So, they might say, “Yes, and he seems to be singing.” Then the next person will go, starting their phrase with “yes, and ...” then adding their own contribution to the storyline. See if you can come up with something funny, or that turns the story in a different direction. Let’s set a good pace by (clapping/snapping our fingers) as we go.

Excellent brain playing, everyone! It’s fun to see the different turns a story can take with so many people contributing.



YES AND...

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that engaging in intellectually stimulating activities can bolster daily thinking skills and stave off cognitive decline.

BUILD YOUR BRAIN

A limerick is a form of poetry that has a predetermined pattern and is usually funny. Writing creatively within the “rules” of a certain pattern of words adds an extra layer of intellectual engagement.

The “rules” for writing a limerick:

1. They must be 5 lines long.
2. The last words in lines 1, 2 and 5 rhyme with each other.
3. The last words lines 3 and 4 rhyme with each other.
4. They have an AABBA rhythm, where the A lines have 8 -9 syllables in them, and the B lines have 5-6 syllables in them.
5. They are usually humorous, bouncy and even a bit bawdy in content.

Example: There was an old man from Dublin,
Who loved his drink to be bubblin’.
But if he had too much, And his mood changed such,
He might find himself some troublin’. - *Anonymous*

Give yourself 3 minutes to write an original limerick. Ready, set, go!
