



# ART-FULL LISTENING

## 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.
- Divide students into pairs of 2 or 3. Have pairs pick who is the “speaker” and “artist.”
- Give speakers a TBH Art-full Listening Card. They should not show their cards to their partners. Give artists paper and pencil.
- Pairs have 3 minutes to work together. Speakers will give artists step by step instructions they will follow to draw and replicate the card. Speakers should limit their descriptions to shapes (circle, triangle, square), adjectives (long, short, wobbly) and location (bottom, top, right).
- If time allows, have pairs reverse roles and try again with a new card.
- When repeating class, select different TBH Art-Full Listening cards.
- 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 “Art-full Listening.” First, let’s divide into pairs. Each pair will have an artist and a speaker. Go ahead and pick your roles.**

**I’m going to give each speaker a TBH Art-full Listening card. Do not share it with your partner. Each artist will get paper and a pencil.**

**It’ll be the job of the speaker to give step by step instructions to the artist on how to draw the picture on the card without sharing what the picture is. The speaker should describe the picture using shapes (circle, triangle, square, oval) and adjectives (long, short, wobbly, jagged) and locations (on the bottom, on the top, to the right). If you were describing drawing a smiley face, for example, you might say “STEP 1. Draw a circle on the page. STEP 2. Make 2 little circles inside the big circle on the right and left of center on the top third of the circle.” And so on. You’ll have 3 minutes to complete the drawing. Time permitting, we’ll then switch the “speaker” and “artist” and pick new cards.**

**Time’s up! Now for the big reveal. Let’s see how we all did.**

