



## A-B-C ME A STORY

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.
- Ask the class to create a short story. Have each student add a sentence to the story that begins with the next letter of the alphabet. Continue until you get to Z or when time runs out.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use a new 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 "A-B-C Me a Story." I'm going to start us off with a sentence that begins with the letter A. Then, you'll take turns adding to the story with sentences that start with the next letter of the alphabet.

I'll start us off with ("A mule got stuck in the mud.") **Now** (name of student) **will add a sentence to our story that starts with the letter B. And so on. Let's clap or snap our fingers to keep a good pace. Ready?**

Excellent teamwork, class!

### "A-B-C ME A STORY" PROMPTS

A mule got stuck in the mud.  
Always share it with love.

Avoid stepping in dark puddles.  
Add a sprinkle of sugar on top



# A-B-C ME A STORY

## TAKE-HOME WORKSHEET

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### TOTAL BRAIN HEALTH BRAIN PLAYS

The more we train our brains to focus, the stronger our skills become. Dedicating ourselves to the task at hand, such as creative writing, helps our thinking reach new levels.

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## BUILD YOUR BRAIN

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Use one of the prompts below to write a creative story. But, here's the trick. Each sentence you add to your story must start with the next letter in the alphabet. (Example: "A mule got stuck in the mud. Believing in himself, the mule was able to... ) Can you get to Z in your story?

### "A-B-C ME A STORY" PROMPTS

Abuzz with anticipation...

Above the clouds, she saw...

Arms akimbo, the kids...

Abandoning all fears, the men...

An alpaca wandered onto the beach...