



## ALL F'S!

### 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 students call out as many words as they can that begin with the letter F, going as quickly as they can, in just 2 minutes.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use another letter prompt: H, S, P, R.
- Encourage distance learners to join in from home.

**Hello! Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And these skills are essential to learning and remembering better! Let's get started.**

**Today's Brain Play is called "All F's!" Let's see how many words beginning with the letter F we can think of together. Just call out as many words beginning with F as you can. We have just two minutes so let's be quick! But keep in mind – no repeating the same words! Let's set a good pace by (clapping/snapping our fingers) as we go. Ready? I'll start!**

**Excellent teamwork, class!**



# ALL F'S!

## TAKE-HOME WORKSHEET

---

### TOTAL BRAIN HEALTH BRAIN PLAYS

Learning what is – and what isn't! – true about memory function can be very helpful when we are training ourselves to remember better.

---

## BUILD YOUR BRAIN

---

Give yourself 3 minutes to decide if the statements below are “fact” or “fiction.” When time's up, see how many you got correct using the answer key on the next page.

1. **Fact or Fiction?** I can only remember so much, then my brain has to get rid of unnecessary information to make room for new facts.
2. **Fact or Fiction?** Meditation can improve my memory.
3. **Fact or Fiction?** I'm going to lose my memory when I get older, it's just the way it is.
4. **Fact or Fiction?** Physical exercise can improve my memory.
5. **Fact or Fiction?** I cannot learn to improve my memory.
6. **Fact or Fiction?** Scent can be a powerful memory trigger.
7. **Fact or Fiction?** I can actually change the structure of my brain by learning new things.
8. **Fact or Fiction?** Almost forgetting something makes you more likely to remember it.
9. **Fact or Fiction?** Short term memory isn't so short term after all. We can hold quite a lot of information in short term memory for an extended period of time.
10. **Fact or Fiction?** Sleep helps us remember better.

## ANSWER KEY

- 1. Fiction!** The human brain's storage capacity is virtually limitless. Paul Reber, Professor of Psychology at Northwestern University suggests that the brain can store 2.5 PETABYTES of data – that's about 300 years' worth of TV!
- 2. Fact!** Mindfulness makes for a more masterful memory. Research from the University of California at Santa Barbara found that college students who participated in 45-minute meditation sessions 4 times/week scored higher on standardized tests.
- 3. Fiction!** Age may increase risk for a serious memory disorder, but it's not inevitable. In fact, only 14% of American adults 65 and older are diagnosed with dementia.
- 4. Fact!** Participating in physical activity has the ability to improve the functioning of the hippocampus, the part of the brain that is the center of memory storage.
- 5. Fiction!** There are a number of useful strategies to improve your memory centered on the A.M. Principle of adding Attention and Meaning to what you want to remember. You will learn more about this in the TBH MEMORY 1.0 program.
- 6. Fact!** Smell is highly linked to memory. The olfactory nerve is located very close to the amygdala, the area of the brain that is connected to the experience of emotion as well as emotional memory. In fact, research has shown that when areas of the brain connected to memory are damaged, the ability to identify smells can be impaired.
- 7. Fact!** Scientists have found increased activation in the brain when learning new activities, along with long-lasting structural changes in the brain's connectivity when learning memory strategies like those taught in this course.
- 8. Fact!** When we try to remember things, we're telling ourselves that a piece of information is important. This is a key concept behind the repetition strategy, where we revisit information to strengthen our memory for it.
- 9. Fiction!** Research shows the capacity of short-term memory is fairly limited. You can hold approximately five to nine items in short-term memory.
- 10. Fact!** Sleep can be very important to your memory. Researchers found that depriving participants of sleep significantly impaired their ability to remember.