



AT PLAY

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 the names of different sports, working quickly to name as many as they can in 3 minutes.
- Write down the sports they name on the whiteboard or flip chart.
- When repeating this class, use one of the alternate prompts: Names of balls used in sports, names of football teams, names of basketball teams, names of famous Olympic athletes.
- 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 "At Play." Everyone will work together to name different sports, calling out as many as we can. We have just 3 minutes to name those sports, so let's work quickly! Ready?

Fast thinking together, class! That's a lot of sports. Give yourselves a big round of congrats!

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AT PLAY

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH **BRAIN PLAYS**

Playing with a ball isn't just child's play. In fact, keeping a ball or other object in the air calls on physical skills that test the talents of our grey matter, including hand-eye coordination and quick reaction time.

BUILD YOUR BRAIN

Set an empty garbage bin approximately 4 feet away from your seat. Crumple up sheets of paper and toss them into the bin. Keep track of your score. Try again, moving the bin even further away. Keep honing your skills, then go ahead and challenge a friend to a friendly game of cornhole. See how your aim has improved!