



BALANCE THIS!

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 walk slowly clockwise in a circle, pretending to balance different objects using the list below. Call out “Balance this!” followed by one of the prompts below. Let them try each prompt for about 1 minute.
- When repeating this class, use different prompts.
- Students who cannot safely walk can participate seated.
- Encourage distance learners to follow along at 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 “Balance This!” We are going to walk slowly together in a circle. I’m going to call out some things we might balance, like a book on the top of our heads or an egg on a spoon. Then everyone will pretend to balance that object. Here’s the catch! We’ll be switching quickly from one suggestion to the next, so we will all have to pay attention and think fast! Ready?

“BALANCE THIS!” PROMPTS

- A book on the top of your head
- A cup on a saucer as you walk around
- A ball on the top of your index finger
- A feather on the tip of your pinky finger
- An egg on a spoon as you walk around
- A drinking glass on the palm of your hand

Great job, class! I’m sure our balance and our brains are warmed up!



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH **BRAIN PLAYS**

Research shows workouts that regularly challenge our sense of balance can help us remain steadier and nimbler.

BUILD YOUR BRAIN

Walk carefully and purposefully, steadying yourself against a wall with one arm while pretending to balance various objects like a book on the top of your head or an egg on a spoon with your other hand. Switch between your dominant and non-dominant hand as you change directions. Let's go!

“BALANCE THIS!” PROMPTS

- A book on the top of your head
- A cup on a saucer in one hand
- A ball on the top of your index finger
- A feather on the tip of your pinky finger
- An egg on a spoon as you walk around
- A drinking glass on the palm of your hand