



BUT THEN...

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.
- Kickoff this activity with a statement from the prompt list. Ask each student to respond with a “but then..” statement. Continue around the room having everyone add a “but then...” statement. Encourage the responses to be funny or to flip the meaning of the conversation.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use a different 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 “But, then...” Often used as an actor’s warm up, this fast-paced exercise is a fun way to get our creative juices flowing. I’ll start us off with a statement. One at a time, everyone will answer the person before them with a “but then...” statement. You can make your response funny or try to flip the meaning of the conversation if you would like. We will all clap or snap our fingers to set a good pace for this workout.

I’ll start: “I got locked in a meat locker.” (Name of student) will answer me with a “but then...” statement. We’ll keep going until everyone has had a turn.

Excellent teamwork, class!

“BUT THEN” PROMPTS

I got locked in a meat locker...
She put her hand inside the animal’s cage...
I got on the wrong train...
He found the end of the rainbow...



BUT THEN...

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research suggests that training to “think faster” is a great way to preserve our working memory. Test yourself against the clock to work out your attention, short-term memory, and executive control skills.

BUILD YOUR BRAIN

We all find ourselves in a jam at some points in our lives. How did you get out of it? Use the scenarios below to think “fast on your feet” about what you would do if you were in that situation?

I forgot my homework, but then... _____

I burnt Thanksgiving dinner, but then... _____

I buried the gold coins and forgot where, but then... _____

I was performing on stage when my skirt fell down, but then... _____

I dropped my wallet and keys in the river while canoeing, but then... _____

I stepped on a poisonous frog with bare feet, but then... _____

I sewed the hem way too short, but then... _____

I spilled paint on the wood floor, but then... _____

I accidentally stepped too near the edge, but then... _____

I got locked in the warehouse, but then.... _____
