



CATEGORIES COUNT

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.
- Divide students into 2 teams.
- Have each team designate a scribe. Hand each team scribe a paper and a pen or pencil.
- Give the group a category topic and allow teams 2 minutes to work together and write down as many items belonging to a category on the worksheet.
- Score 1 point for every category item not mentioned by another team.
- When repeating class, select a different category 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 "Categories Count." First, let's divide into teams. Teams, will you please pick a scribe. Distribute paper and pens/pencils to the scribes.

Teams will have 2 minutes to work together and write down as many items belonging in that category as you can. For example, if I give you the category "Fruits," you would write down "apples, pears, bananas" etc. No repeating items.

Your category is: (select a category from the prompts below). **And, go!**

Time's up! Let's see how you did. Team (pick a team) **will read their list. If your team has that same item on your list, you should all cross that item off your list. Then we will move onto the second team, which will read out any remaining items and again, teams should continue to cross off repeated items remaining on their list. Each team will get a chance to confirm the remaining items on their list. Each remaining item is worth 1 point for your team.**

"CATEGORIES COUNT" PROMPTS

Famous Musicians

Presidents of the United States

Famous Actors

What You Might Find at a State Fair



CATEGORIES COUNT

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Timed workouts spark the very thinking skills that are most challenged by aging, including attention and memory.

BUILD YOUR BRAIN

Work against the clock to list as many items as you can from one of the categories below. Take 3 minutes to write down your answers. Ready? Go!

“CATEGORIES COUNT” PROMPTS (Choose one)

Things with wheels

Things you see in the sky

Things with a zipper

Things that have a string or strings

Things that you decorate a room with

Candy Bars

Kinds of Trees

Words that begin with Sp-