



COPYCATS

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Break your class into 2 groups. Have the two groups face each other seated. Have the first student in group 1 make a movement. Have the student opposite that student repeat the movement and add a new movement. Have the next person from group 1 continue the chain, copying the students before them and adding a new movement. If someone fails the copycat chain or repeats a movement, ask them to step away from the group. The team with the most people left wins.
- Have everyone clap or snap their fingers to set a good pace.
- 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 "Copycats." Let's break into 2 teams and sit facing each other. (Student at the top of line) **will begin our copycat chain by making a movement.** (The student across from the first student) **will copy that movement and add on one of their own.** **Continuing** (student next to the first student) **will repeat the chain of movements and add their own, and so on. If someone forgets the movement chain, they will step away from the group or indicate in another way they are out. When time's up, we'll see which team has the most people left. Let's clap or snap our fingers to keep a good pace. Ready?**

Great job, everyone, that was a fun way to mirror each other's motions!



COPYCATS

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

It's been shown that mirror neurons cause us to copy others' feelings or facial expressions oftentimes without us even being aware of it.

BUILD YOUR BRAIN

Take 3 minutes to check in with yourself and identify your own feelings in this moment. Use the table below to circle your emotions. If your mood is negative, identify why you are feeling this way and what you might do to change your mood. If your mood is high, note how you might hold on to those positive emotions.

EMOTIONS CHECK IN

Amazed	Surprised	Bored	Hurt
Jolly	Unsure	Bitter	Desperate
Interested	Anxious	Angry	Sad
Exuberant	Concerned	Cranky	Grieving
Calm	Nervous	Irritated	Depressed
Satisfied	Afraid	Disgusted	Disappointed
Relaxed	Terrified	Enraged	Down
Thrilled	Apprehensive	Apathetic	Quiet
Excited	Astonished	Frustrated	Worried
Happy	Frantic	Upset	(Add your own)
Content	Edgy	Distracted	(Add your own)
Overjoyed	Obsessed	Aggravated	(Add your own)

Today I'm feeling _____ because _____.

I can feel better by _____.

I will stay feeling good by _____.