



## DOES IT FIT?

### SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Instruct students to work quickly together to list items that “fit” (clothing items, sports equipment, nicknames, glasses, etc.). Allow 3 minutes then stop and review the list together. No repeating words.
- Write down the items as they are called out on the whiteboard/flip chart.
- When repeating this class, ask students to list ways we can get “fit.”
- 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 “Does It Fit?” We use the word “fit” in many ways. Today, we are going to work together to name things that “fit.” I’ll write down these things that “fit” as you call them out. Let’s tease our brains to see what we can come up with – there are a lot of possibilities! We’ll have 3 minutes to see how many we can think of. But no repeating the same thing twice. Ready?**

