## TOTAL BRAIN HEALTH BRAIN PLAYS





- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Have students work together to create a story in response to the provided photograph prompt in just 3 minutes.
- Option to print out several copies of the photograph for students to share or to show it as a slide to the whole group.
- Option to write down the group's story on the whiteboard or flip chart.
- Encourage distance learners to join in from home. Share the class prompt on your screen.

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 "Every Picture Tells a Story." Let's look at the photograph on the next page. Can we create a story about what we see happening in this photograph? We are going to work together and weave a whole tale, but we have just 3 minutes. We have to work fast, so let's go!

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#### IMAGE STORY





# EVERY PICTURE TELLS A STORY TAKE-HOME WORKSHEET

## TOTAL BRAIN HEALTH **BRAIN PLAYS**

Flexing our imagination gives our brains an intellectual challenge, and can be fun!

### **BUILD YOUR BRAIN**

Study the image and make up a story to go with it. Who are they and what are they feeling? How did they get there and what happens next? Add as many small details and surprising facts as you can to your story, then share with a friend!. Keep practicing with photos you find in newspapers or magazines and keep those creative juices flowing!



### IMAGE STORY

