



FAST MATH

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.
- Start by stating a number from 1 to 9 (i.e., “8”). The next person will add a number from 1 to 9 to that initial number and say the total (i.e., “8 plus 4 is 12”).
- Keep going around the class, with each person adding a number to the total. If the addition becomes too difficult, start a new “fast math” round.
- Continue for 3 minutes or as long as time allows.
- Have everyone clap or snap 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 “Fast Math.” I’ll start us off by saying a number from 1 to 9. Then the next person will add a number from 1 to 9 to my number. For example, I might say “4.” Then (name of the next person) might add 5 and say “4 plus 5 is 9.” Then whomever goes next will add a number from 1 to 9 to that number and say “9 plus 1 is 10.” We’ll go around so everyone has a turn and keep going until time runs out. But this is “Fast Math,” so we have to go fast! Let’s (clap/snap) to set a good pace together. Ready? Here’s our first number!

Great job adding things up, class!



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that regularly practicing your math skills helps to improve logic, reasoning, and memory.

BUILD YOUR BRAIN

Ready? Set your timer to 3 minutes. As fast as you can, circle the math symbol that completes the math problem. While it might feel like you're back in school, games like this are an excellent way to stay sharp in our everyday activities. For added practice, see if you can remember your times tables from way back in elementary school.

1. $3 ? 8 = 11$

+ - × ÷

2. $4 ? 12 = 48$

+ - × ÷

3. $5 ? 3 = 15$

+ - × ÷

4. $6 ? 2 = 3$

+ - × ÷

5. $50 ? 25 = 25$

+ - × ÷

6. $36 ? 6 = 6$

+ - × ÷

7. $45 ? 15 = 30$

+ - × ÷

8. $93 ? 9 = 102$

+ - × ÷

9. $4,380 ? 300 = 4,080$

+ - × ÷

10. $1,000,000 ? 10 = 100,000$

+ - × ÷

11. $366 ? 20 = 388$

+ - × ÷

12. $65 ? 5 = 13$

+ - × ÷

13. $14 ? 6 = 84$

+ - × ÷

14. $45 ? 11 = 56$

+ - × ÷

15. $38 ? 14 = 24$

+ - × ÷

Answer Key

4. ÷
3. ×
2. ×
1. +

8. +
7. -
6. ÷
5. -

12. ÷
11. +
10. ÷
9. -

15. -
14. +
13. ×