



FIRST LETTERS

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Write a practice list of words on a whiteboard or flip chart from a prompt list below.
- Ask the group to create acronyms, or words from the first letters of the words on a list.
- When the acronym is completed, ask students to review the word list using the acronym for 1 minute. Then, cover up the word list and ask students to recall the words using their acronym.
- Work quickly against the clock to build focus and attention.
- 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 "First Letters." I'm going to write a list of words on the (whiteboard/flip chart.) Together, we're going to come up with an acronym to help us remember the word list. An acronym uses the first letter of each word to make a new word like the famous ROY G BIV for the colors of the rainbow. Red, Orange, Yellow, Green, Blue, Indigo, Violet. Let's get started making our own acronyms.

"FIRST LETTERS" PROMPT LISTS

PRACTICE LIST 1	PRACTICE LIST 2	PRACTICE LIST 3
Chicken	Suitcase	Mt. McKinley
Noodles	Umbrella	Mt. Saint Elias
Carrots	Windbreaker	Mt. Foraker
Celery	Pants	Mt. Bona
Onion	Shirt	Mt. Blackburn
Stock	Pajamas	Mt. Sanford



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Practicing organizational strategies has been shown to boost recall for lists, stories, and facts.

BUILD YOUR BRAIN

Acronyms can be a powerful organizational tool for remembering lists better. Using one of the practice lists below, create an acronym that uses the first letter of each word in the list to make a new word. A popular example of this is ROY G BIV for the colors of the rainbow: Red, Orange, Yellow, Green, Blue, Indigo, Violet. Once you have your acronym, set your timer to 3 minutes and study the list using your acronym. When time is up, cover the list and try to recall the words.

“FIRST LETTERS” PROMPT LISTS

PRACTICE LIST 1	PRACTICE LIST 2	PRACTICE LIST 3
Clowns	Stamp	Humphrey Bogart
Pigs	Eraser	Ingrid Bergman
Goats	Stapler	Eddie Murphy
Acrobats	Pens	Jackie Chan
Tightrope	Ruler	Woody Allen
Cows	Notepad	Oprah Winfrey
