



FORGET ABOUT IT!

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.
- Ask the class to work together to list things that we do not need to remember, that are “forgettable” (an old phone number, a hotel room number after we check out). Allow 3 minutes for them to create the list.
- Clap or snap fingers to set a pace.
- When repeating this class, ask students to list things that they cannot forget (birthdays, keys, driver’s license, etc.).
- Encourage distance learners to join in from home.

Hello! Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And these skills are essential to learning and remembering better! Let’s get started.

Today’s “Brain Play” is called “Forget About It!” We will work together to list some “forgettable things”—dispensable knowledge, things that we can forget about and not have to worry about forgetting, such as an old phone number or a hotel room number once we leave the hotel. We have 3 minutes to see how many forgettable things we can come up with as a group. Let’s set a good pace by (clapping/snapping our fingers) together. Ready?



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Doctors, police and others have turned to the study of art to build visual perception skills needed for their work. Sharpen your perception skills by studying famous art and identifying important details you might have not otherwise noted.

BUILD YOUR BRAIN

Give yourself 3 minutes to soak in the details of this famous piece of art from Vincent van Gogh. Then, cover up the picture and write down on a separate piece of paper everything you can remember about the painting. Add details such as color, quantity, even where something was in the room. When time is up, uncover the image and see how you did.



Bedroom in Arles, Vincent van Gogh (1889)