



GOOD FORTUNE

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Begin writing fortunes for fortune cookies.
- Working clockwise, have students finish a fortune prompt phrase such as “A fresh start will get you on your way.” Continue in this manner as long as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, pick new fortune prompts.
- 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 “Good Fortune.” Together we are going to become fortune cookie writers making some fun, short predictions about the future. I’ll start by giving you the beginning of the fortune, then we’ll go around the room and take turns finishing the prediction or saying. For example, if the prompt is “A fresh start will...”, you might answer “A fresh start will get you on your way.” When we run out of fortune endings for one prompt, we’ll move to a new one. Everyone (clap or snap) together to set a good pace. Ready?

“GOOD FORTUNE” PROMPTS

“A fresh start will.....”

“Advice is like....”

“A faithful friend is....”

“Every flower blooms.....”

“Curiosity helps.....”

“Now is the time to....”

“A new adventure will....”

“Jealousy doesn’t.....”

“Whatever your goal in life....”



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Scientists have observed increased activity in the brain during the creative writing process.

BUILD YOUR BRAIN

Penning positive thoughts can be uplifting and also intellectually challenging. Over the next 3 minutes become a fortune cookie writer. Using the prompts below, finish the fortunes by creating predictions, or inspiring quotes of wisdom.

“GOOD FORTUNE” PROMPTS

“Meeting adversity well is...._____.”

“A dream you have will ..._____.”

“It’s amazing how much good you can do if..._____.”

“Now is the time to..._____.”

“Keep your eye out for...._____.”

“You can make...._____.”

“Always stand by your...._____.”

“You will be called to...._____.”

“_____ awaits you.”

“Your goals will..._____.”