



GREAT MISTAKES

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Break your class into pairs of 2 or 3.
- Hand out the TBH Great Mistakes cards, one to each pair. Instruct pairs to study the information on the card and discuss it together. Allow 2 minutes.
- Invite pairs to present a 2-3 sentence summary of their card to the whole class.
- When repeating this class, ask students to select a card they have not previously studied.
- For virtual delivery, distribute the TBH Great Mistakes cards to distance learners ahead of class. Modify to do “All Together.” Adjust script accordingly.

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 “Great Mistakes.” Did you know some of the greatest inventions were created in error? And that some of the people who have contributed greatly to science, the arts, and to the world experienced much failure along the way? In a moment we will break into pairs. I’m going to give each pair one of these cards. Each card has a short description of a person or a creative mistake that turned out, in the end, to be a great success. You’ll have 2 minutes to read and study together. Then, each pair will share a short summary – just 2 or 3 sentences – about the information on their card. Ready?



GREAT MISTAKES

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that taking breaks can improve mood, boost performance and increase our ability to concentrate and pay attention.

BUILD YOUR BRAIN

We all make mistakes or experience points of frustration during our days. To release some of your pent-up negative energy, take 3 minutes and try a progressive muscle relaxation exercise. This will help relieve the physical tension that comes along with stress and help your mind relax too.

Sit comfortably in a chair, arms relaxed at your side. Focus on each muscle group in your body one at a time. Tense the muscle group as you slowly inhale, and release as you slowly exhale. The “letting go” motion will help you relax your muscles for a calmer, more focused you.

Use this space to journal how you felt before and after this stress buster.

Before:

After:
