



# HERE'S ALL I KNOW ABOUT...

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.
- Choose one “Here’s All I Know About ...” topic prompt from the list below.
- Have students talk about all they know about the given topic, working as quickly as they can. Allow discussion for 4 minutes. If discussion concludes for a topic, option to use another topic prompt if time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating class, use a new topic prompt.
- 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 “Here’s All I Know About...” . I’m going to name a specific topic we all know something about. We will work as a group and talk about absolutely everything we know about that topic. No detail is too small! We’ll keep our brains challenged by working quickly together. Let’s set a good pace by (clapping/snapping our fingers) as we go. Ready?**

## “HERE’S ALL I KNOW ABOUT ...” PROMPTS

Planning a Trip  
Spring Cleaning  
Raising a Child  
Car Maintenance

Making New Friends  
Throwing a Party  
Buying a House  
Staying Healthy



# HERE'S ALL I KNOW ABOUT...

## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

Lists are a popular way to remind us of everything from errands to how to stay well, and even the order in which we need to do something.

### BUILD YOUR BRAIN

Take 3 minutes and make a list of everything you know about one of the following topics. When repeating this workout, pick a new topic. You'll be amazed at how much wisdom you have to share!

#### "HERE'S ALL I KNOW ABOUT ..." PROMPTS

Reducing Clutter \_\_\_\_\_

\_\_\_\_\_

Sleeping Well \_\_\_\_\_

\_\_\_\_\_

Starting a New Project \_\_\_\_\_

\_\_\_\_\_

Traveling Abroad \_\_\_\_\_

\_\_\_\_\_

Being a Great Grandparent \_\_\_\_\_

\_\_\_\_\_

Staying Happy \_\_\_\_\_

\_\_\_\_\_

Building Lasting Relationships \_\_\_\_\_

\_\_\_\_\_

Eating Well \_\_\_\_\_

\_\_\_\_\_