



HOBBY CHAIN

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.
- Have students form a circle and explain the workout. Begin miming movements of a hobby. For example, mime stirring a pot for “cooking” or mime swinging a golf club for “golf.”
- Ask students to guess what your “hobby” is based on your movements.
- Keep the “hobby chain” going by calling on students and asking them to mime movements of a hobby. Everyone will guess their “hobby.” Move at a quick pace, ensuring everyone has a turn.
- 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 “Hobby Chain.” Let’s first form a circle. We are each going to take turns making the motions of a hobby. Any hobby will do! You can pretend to stir a pot for “cooking,” or swing a golf club for “golf.” While we make the motions, everyone else will try guessing what the hobby is. I’ll start, and then we will take turns. So, let’s pay attention and think fast.

Great job sharing those hobbies, class!

