



I DREAMT I...

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.
- Taking turns, have students complete a single phrase “I dreamt I ... (using one of the prompts below.)
- Instruct the class to go in alphabetical order, with the first student completing the phrase with a phrase beginning with the letter A. The next student will complete the same phrase adding an ending that starts with the letter B, and so on. If a student cannot think of an ending, they can “pass” their turn. Keep going until the alphabet is finished.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use different phrase 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 “I Dreamt I...”. As quickly as we can, let’s everyone take a turn completing the phrase “I dreamt I (drove to/ate a/saw a/heard an etc.)” We’ll start with (name a student) who will finish the phrase with an ending that starts with the letter A. Next (name a student) will repeat the phrase and finish with an ending that starts with the letter B, and so on. If you have trouble thinking of an ending that begins with your letter, say pass. We’ll keep going until we get to Z. Ready?

Excellent teamwork, class!

“I DREAMT I” PROMPTS (Choose one)

I dreamt I drove to _____

I dreamt I heard a/an _____

I dreamt I ate a/an _____

I dreamt I found a/an _____

I dreamt I saw a/an _____

I dreamt I imagined a/an _____



I DREAMT I...

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Sleep scientists agree we need a good night's rest to stay sharp and think better. And, relieving body stress through simple stretching before bed can help improve your sleep quality.

BUILD YOUR BRAIN

Here is an easy relaxation strategy you can try at night to help you sleep better:

HUG IT OUT

1. Sit or stand tall with your back straight and head lifted toward the ceiling.
2. Stretch your arms wide side to side.
3. Slowly cross your arms together in front of you and grasp your shoulders giving yourself a big hug.
4. Breathe deeply for 30 seconds, allowing your shoulders to roll forward slightly. If comfortable, release your head gently down into the stretch.
5. Slowly straighten tall, release your arms wide and take a deep breath.
6. Repeat, alternating which arm is on top during the stretch.

Sweet dreams!