



IF MEMORY SERVES

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.
- Select a topic prompt from the list below.
- Share the topic prompt with the class. Have students “dump” their memories for that topic, sharing as many memories as they can as quickly as they can. Allow 2 minutes per round. Do as many rounds as time allows.
- When repeating this class, use different 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 “If Memory Serves.” I’m going to give you a topic. Then we will all share as many memories related to that topic as we can, as quickly as we can. After 2 minutes we’ll try another topic. We’ll do as many rounds as time allows. Ready?

“IF MEMORY SERVES” TOPIC PROMPTS

Childhood

Middle School

What I’m Famous For

Pets

My First Job

Best Dressed Tips

Friendship Tips



IF MEMORY SERVES

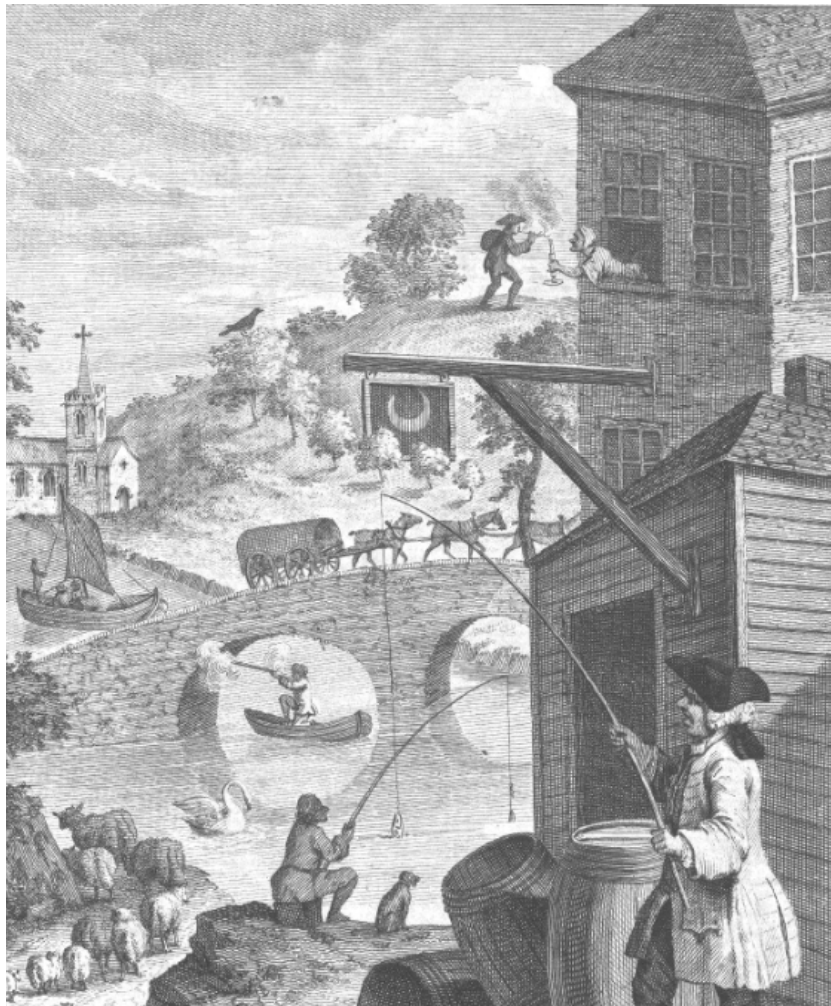
TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Studying art can be informative, educational and relaxing. And, it's also a delightful way to test our short term memory skills.

BUILD YOUR BRAIN

Study this famous print for 3 minutes. Then, flip the page over and write down all the details that you remember. When finished, return to the picture and see how you did. Bonus if you can identify some of the many ways the artist made the perspective intentionally misleading.



Satire on False Perspective, William Hogarth, 1754. (From the New York Public Library)