



IN CHARACTER

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.
- Offer one of the “In Character” prompts below to your class. Allow students to act out the character and action for 1 minute. Then offer another character prompt and repeat the activity. Do as many rounds as time allows.
- When repeating this class, choose new prompts.
- 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 “In Character.” We’ll warm up our brains with a popular improvisation game. I’ll call out a character and an action. Then we will all do our best to get “in character” and act it out. For example, I might say “A model walking the runway.” We’ll all give our best modeling “strut” a try! Let’s do as many rounds as time allows.

“IN CHARACTER” PROMPTS

A fisherman on a boat in a storm

A cook managing a burning pot

A politician giving a speech

A drummer in a jazz band

An actor practicing her lines in a mirror

A teenage boy on his first date

An intern trying to stay awake at a meeting

A hiker seeing a bear on the trail

A dance instructor teaching a clumsy man

A painter outside on a windy day



IN CHARACTER

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

The Moviemaking Strategy can boost our memory for names. To use it, create a short moving sequence in your mind's eye that illustrates the name.

BUILD YOUR BRAIN

Create a short movie in your mind's eye for one of the name prompts below, then write it down in the space provided. You will need to think fast. Set your timer for 3 minutes per "movie".

"MOVIEMAKING NAME" PROMPTS

Veronica Barnstrom

Sandy Tyck

Aleen Schilling

Grace Soares

Kaleb Dailey

David Su

Beth Shaver

Nami Cantor
