



## IN JUST A FEW WORDS

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Select a phrase prompt from the list below. Ask students to take turns, one at a time, completing the phrase by adding just one or two words.
- Repeat with a new phrase prompt, continuing 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 "In Just a Few Words." I am going to share a phrase. Then we will go around, and everyone will take a turn completing the phrase by adding just one or two words. If time allows, we'll do another round. Ready?**

### "IN JUST A FEW WORDS" PHRASE PROMPTS

My name is...

I am...

I was once...

I feel...

My eyes are...

I like...

I don't like...

I'd love to visit...

It pains me to see...

**Great job, everyone, that was a fun way to get to know each other a bit better.**



# IN JUST A FEW WORDS

## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that building a deeper understanding of ourselves and our connections to others in our third stage of life supports improved brain health.

### BUILD YOUR BRAIN

Historically a coat of arms was displayed by knights on their shields to identify themselves. Now it's your turn to design a coat of arms that will show off your identity. Decorate it with drawings of your home, pets, heroes, loved ones, hobbies, faith -- anything goes! Continue adding to the design with a crest at the top, designs on the sides, and a motto or your name along the bottom.

#### MY COAT OF ARMS

