



## LANGUAGES OF THE WORLD

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 name different languages, working as quickly as they can against the clock. Stop them at 3 minutes.
- Write down the languages they name on the white board or flip chart.
- 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 Languages of the World. In a moment, we are going to start naming as many different languages as we can think of. But we only have 3 minutes! I'll write them down as you call them out. Ready? Here we go!**

**That was magnifique! Or should I say wunderbar! Wish yourselves a big "felicidades" everyone!**

