



LEARN LIKE A GREEK

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 one of the quote prompts from the list below. Write it on the whiteboard/flip chart.
- Have group work to learn the quote by repeating it aloud together several times. Allow 1 minute.
- Remove the quote from the whiteboard/flip chart. Ask students to recite the quote together to the best of their recollection. Remind them of correct quote to conclude.
- Repeat as many rounds using quote prompts from the list below as time allows.
- When repeating this class, select different quotes.
- 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 "Learn Like a Greek." I'm going to write a quote from an ancient philosopher on the (whiteboard/flip chart). We're going to work together to memorize it – in just 1 minute! Then we'll have the chance to see how well we did. Bonus points if we can remember the philosopher as well! We'll do as many rounds as time allows.

"LEARN LIKE A GREEK" QUOTE PROMPTS

"Let food be thy medicine and medicine be thy food." - Hippocrates

"Knowledge is the food of the soul." - Plato

"One should eat to live, not live to eat." - Socrates

"When a man's stomach is full it makes no difference if he is rich or poor." – Euripides

"The first and chief of our needs is the provision of food for existence and life." - Plato

"To eat and drink without a friend is to devour like the lion and the wolf." - Epicurus

Excellent brain playing, everyone.



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Training our cognitive skills, like memory, is one of the ways we can support neuroplasticity for ourselves.

BUILD YOUR BRAIN

Repeating something we want to remember forces us to focus on the information at hand and gives us the opportunity to practice it intentionally which boosts retention. Take 3 minutes to memorize a quote from one of the prompts below. Then cover up the quotes, and see what you can remember by writing the quote down on a separate piece of paper. What sage advice even in today's modern world!

“LEARN LIKE A GREEK” PROMPT

1. We are what we repeatedly do. Excellence, then, is not an act, but a habit. – *Aristotle*
2. The mind is not a vessel to be filled but a fire to be kindled. – *Plutarch*
3. Wealth consists not in having great possessions, but in having few wants. – *Epictetus*
4. The only true wisdom is in knowing you know nothing. – *Socrates*
5. Good people do not need law to tell them to act responsibly, while bad people will find a way around the laws. – *Plato*
6. There is nothing permanent except change. – *Heraclitus*
7. I am indebted to my father for living, but to my teacher for living well. – *Alexander the Great*
8. Wait for the wisest of all counselors, time. – *Pericles*
9. Necessity is the mother of invention. – *Plato*