



# 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

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### TOTAL BRAIN HEALTH BRAIN PLAYS

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

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## BUILD YOUR BRAIN

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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*