



LET'S LIST

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.
- Choose one of the list prompts below.
- Challenge students to work together and name all the items on the selected list in just one minute. Use as many of the list prompts as time allows.
- When repeating this class, use new list 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 "Let's List!" In a moment, I will reveal our first list topic. Working together, we will try to name all the things that go on that list. We have just one minute for each list. We'll do as many rounds as time allows. Ready?

"LET'S LIST" PROMPTS

<u>The Seven Dwarfs</u>	<u>The Seven Deadly Sins</u>	<u>Santa's Nine Reindeer</u>	<u>The Original 13 U.S. States</u>
Grumpy	Pride	Dasher	Connecticut New York
Dopey	Greed	Dancer	Delaware North Carolina
Doc	Wrath	Prancer	Georgia Pennsylvania
Happy	Envy	Vixen	Maryland Rhode Island
Bashful	Lust	Comet	Massachusetts South Carolina
Sneezy	Gluttony	Cupid	New Hampshire Virginia
Sleepy	Sloth	Blixen	New Jersey
		Rudolph	
		Donner	



LET'S LIST

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH **BRAIN PLAYS**

We can keep our thinking fast by playing games against the clock, especially ones that tap information we know well - or should!

BUILD YOUR BRAIN

Working under time pressure, name all the things that go on the list giving yourself just 3 minutes. Way to stay nimble!

"LET'S LIST" PROMPTS

1. The New Seven Wonders of the World
2. The Nine Planets
3. The Three Branches of Government
4. The Four Beatles
5. The Seven Continents

ANSWER KEY

1. The New Seven Wonders of the World

The Great Wall of China
Rio de Janeiro's Christ Redeemer Statue
Peru's Machu Picchu
Mexico's ancient Mayan city of Chichen Itza
Rome's Colosseum
India's Taj Mahal
The buildings carved into the cliffs in Petra, Jordan

2. The Nine Planets

Mercury
Venus
Earth
Mars
Jupiter
Saturn
Uranus
Neptune
Pluto (Pluto is still the 9th planet to us, although since 2006 its status changed to a Dwarf Planet.)

3. The Three Branches of Government

Legislative
Executive
Judicial

4. The Four Beatles

John Lennon
Paul McCartney
Ringo Starr
George Harrison

5. The Seven Continents

North America
South America
Europe
Africa
Antarctica
Asia
Australia