



MY NAME IS AND I LIKE

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.
- Ask students to share one at a time their name and a hobby they like using the phrase “My Name Is...and I Like....”
- Ask them to mime the hobby creating a physical action that represents their hobby like swinging a tennis racquet or hitting a golf ball.
- Instruct the class to copy the motion.
- Continue with this call and response action with the group repeating all the hobby motions from the start until the group can no longer successfully remember all the motions in order, then start again. Carry on until everyone has introduced themselves.
- 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 “My Name Is and I Like...” As a group, everyone will take a turn introducing themselves using this sentence “My name is ...and I like...” As you say your hobby, demonstrate a motion that mimics your hobby like swinging a tennis racquet. As a group, we will copy your motion. But here’s where it gets tricky. The group will respond to each new introduction by repeating all the motions from the start, adding on as we go. We’ll go around and see how many hobby motions we can repeat in the chain until we can’t keep it going. Then, we’ll start over with the next person. Ready?

I’ll start. My name is (say your name), **and I like** (say a hobby, for example, swimming, then demonstrate a motion like swimming arms.)

Excellent teamwork, class!



MY NAME IS AND I LIKE

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that the company of others boosts our brain skills, reduces dementia risk and lowers emotional distress, which can interfere with memory.

BUILD YOUR BRAIN

Need conversation starters? Here are some fun icebreaker questions to try out on yourself. Take a few minutes and answer these questions. Earn bonus points by asking someone else these same questions. You might just be surprised at some of their answers!

1. What song would you sing at karaoke night?
2. What makes you laugh the most?
3. What was your all time favorite vacation?
4. If you could hire just one person to help you, who would it be? Someone to cook your meals? Someone to clean your bathrooms? Someone to iron your clothes? Or, someone to do your shopping?
5. If cars weren't available, how would you prefer to get around? Walking? Bicycling? Riding a horse?
6. If clothes only came in only one color, which color would you choose?
7. If you only had one choice of a snack for the entire next year, what would you choose?
8. What is your proudest accomplishment?
9. What is your best skill?
10. If the President of the United States called you, what is the one thing you would tell him/her?
11. If you could time travel back in time, what year would you choose to live in?
12. If you could have any color hair, what would it be?
13. What did you want to be when you were little?
14. Would you rather live on the first floor or the top floor of a building?
15. Would you rather see a sunrise or sunset?
16. Do you prefer the scent of pine or lemon?
17. Which breed of dog is your favorite?
18. What's your favorite sport to watch?
19. What's your favorite season of the year?
20. If you could only say "yes" or "no", which one would you choose?
21. Do you have a nickname?
22. What's your favorite zoo animal?
23. Would you rather be a toddler or a teenager for a day?
24. What's the most important thing in your junk drawer?
25. If you could invite anyone living or dead to dinner, who would it be?