



## NAME THAT COUNTRY

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 work together to name as many countries as they can, in just 3 minutes. They cannot repeat any country twice.
- Have everyone clap or snap fingers to set a good pace.
- The trainer or a student will write the countries named on the whiteboard/flip chart.
- 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 "Name That Country." We are going to work together to name as many countries as we can. But we only have 3 minutes! And we can only name each country once. (I / Name of student) will write the countries we name here on the (whiteboard/flip chart) so we can keep track together. Let's set a good pace by (clapping/snapping our fingers) as we go. Let's see how many we can name. Ready? Go!**



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## TAKE-HOME WORKSHEET

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### TOTAL BRAIN HEALTH BRAIN PLAYS

Science shows we can maintain and even improve cognitive skills through speed training.

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## BUILD YOUR BRAIN

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Set your timer to 3 minutes and write down your answers to one of the following geographical prompt questions. Try another when you're done.

#### “NAME THAT COUNTRY” PROMPT QUESTIONS

What countries start with the letter T?

What countries start with the letter C?

List as many U.S. state capitals as you can.

List as many U.S. states as you can in your same time zone.

List as many islands as you can.

List countries where English, Spanish or French are the primary language.