



# NAME THAT TUNE

## 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.
- Listen to 3 musical selections from the list below. Write down the song title on a whiteboard or flip chart as you listen to the song snippet.
- Option to play 3 musical selections from your own music library.
- Replay the musical selections in a different order and ask students to identify the song title that belongs to the selection.
- Option to cover up the song names before replaying the music. Option to add 1 or 2 more song selections to increase the challenge. Option to play shorter snippets of the songs as your students try to identify them.
- When repeating this class, select different songs.
- 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 "Name That Tune." I am going to share with you 3 (or more) songs and their song titles. After you've had a chance to hear each song and learn the song titles, I'm going to replay the songs for you in a different order. As you hear each song replayed, let me know the song title that matches the recording.**

**Excellent teamwork, class!**

### "NAME THAT TUNE" PROMPTS

Song selections can be found at: <https://tbhtoolkits.com/tbh-music-selections-brain-plays>

Hometown Hoedown  
Upbeat Jazz Swing  
Tchaikovsky Waltz of the Flowers  
Vaudeville Rag

Clap Clap  
I Own This Town Honking  
Roadhouse Jukebox



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## TAKE-HOME WORKSHEET

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### TOTAL BRAIN HEALTH BRAIN PLAYS

A recent survey by the AARP found that music listeners had higher scores of mental well-being and reduced levels of anxiety and depression compared to the overall population.

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## BUILD YOUR BRAIN

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Have you ever dreamt of conducting an orchestra? Now's your chance! Turn up some of your favorite orchestra songs, grab a pencil for your baton, and get started.

**But first, here are a few tips to making sure your tunes are pitch perfect:**

- For songs with 4 beats, move your baton starting from top to bottom, then left to right. Repeat with the beat of the song.
- For songs with 3 beats like waltzes, move your baton in a triangle motion from top to bottom, across and up.
- And, for songs with 2 beats like marches, move your baton up and down to the time of music.
- If the song is loud (forte) have fun and exaggerate your arm movements.
- If the song is soft (piano) rein in your arm movements for a calmer presentation.

**When the music stops, don't forget to take a bow!**