



## ONCE UPON A TIME...

### 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.
- Begin with the phrase “Once upon a time...” and finish the sentence with your own contribution.
- Ask the next person to add a sentence to the story. Keep going in this fashion around the group, with each student adding a new phrase to the story until the story is done.
- Begin another story. Keep going as long as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, start with a different “Once upon a time” opening sentence.
- 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 “Once Upon A Time”. I’m going to start with the phrase “Once upon a time” and finish the sentence. The next person will add a sentence to the story, and we’ll keep going around the group until the story is done. Then, we’ll start another story. Let’s set a good pace by (clapping/snapping our fingers) as we go. Ready?**

**Excellent brain playing, everyone.**

