



## PARTY PLANNING

### SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, memory, nimbleness and other cognitive skills, as well as group connection.
- Have students take turns adding a party item to the story chain.
- Begin the Brain Play by stating “I’m planning a party and need ... (state an item).”
- Students repeat the prompt and all the items named before adding their item to the list.
- Start over when someone is unable to recall all the previous items. Play as long as time allows.
- Alternative prompts: Items for a picnic, items for a tea party, items for a new year’s party.
- 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 “Party Planning.” We’re going to go around and each take a turn naming something we need for a party. Here’s the catch! We have to repeat what everyone said before us as well, adding our new item to the list. Let’s see how far we get before we have to start over! I’ll begin. I’m planning a party and need (add item).**

**Well, we are pretty good party planners! Great job, everyone!**

