## TOTAL BRAIN HEALTH BRAIN PLAYS





**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!



## PARTY PLANNING TAKE-HOME WORKSHEET

## TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that when we spend time with others we are more likely to engage in the very activities that sharpen our thinking, reduce our dementia risk, and keep us well. We are also less likely to experience loneliness or feel isolated, which can increase our risk for health problems.

## **BUILD YOUR BRAIN -**

Make time to host a small party -- a celebration of YOU! Use this time to plan your celebration. Who will be invited? Where will you gather? What decorations will you have? And, what brain healthy food will you prepare for the fete?

Happy planning and send our love to everyone!

Here's to happy memories!

PARTY PLANNING NOTES