



PLAY IT BACK, JACK

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.
- Prompt students to recite a common list (or spell a word) backwards as fast as possible.
- Continue with new lists or words using the trainer prompt list below until time is up.
- Carry on until time is up.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, pick new prompt lists.
- 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 "Play It Back, Jack." As a group, let's challenge ourselves to say (common lists/spell words/counting down etc.) backwards. We'll start today by (saying the alphabet backwards from Z to A / or other) as fast as we can.

Terrific! Now, let's try saying (select a prompt) backwards.

Excellent teamwork, class!

"SAY IT BACKWARDS" PROMPTS

Months of the year

Word Spelling: FANTASTIC, SUPERB, COGNITIVE, TRAINING

Count back by 7s from 100

The musical scale do-reh-me-fah-sol-la-ti-do in reverse



PLAY IT BACK, JACK

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Experts agree that regularly challenging ourselves with mental workouts can help maintain the brain's neuroplasticity, or its ability to grow and change.

BUILD YOUR BRAIN

Challenge yourself to count backwards at a variety of difficulty levels. Make sure you're successful with the easier levels before advancing to harder categories. Work as fast as you can and try to beat your own time when repeating the exercise.

"PLAY IT BACK, JACK" PROMPTS (Choose One)

NOVICE

Count backwards from 100 by 2's

INTERMEDIATE

Count backwards from 100 by 5's

ADVANCED

Count backwards from 100 by 7's

Count backwards from 100 by 9's

Count backwards from 100 by 11's