



# QUESTIONS FOR THE AGES

## SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Ask 1 of the Questions for the Ages prompts from the list below.
- Have students take turns answering the question prompt one at a time, at a quick pace.
- Randomly ask a student to explain why they gave a specific answer to increase the engagement of the play.
- Clap or snap fingers together to set the pace.
- When repeating this class, select different prompts. Or ask students to offer “questions for the ages” for the class to answer.
- 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 “Questions for the Ages.” In a moment, I’m going to ask a question. Then we’ll go around and everyone will give their response. Here’s the catch! We’ll go at a very quick pace, so you’ll have to think fast. This is a great workout that builds our attention and cognitive speed, which are both key intellectual skills. And just to keep us on our toes, I may decide to ask one of you why you gave the answer you chose! Ready?**

### “QUESTION FOR THE AGES” PROMPTS

- Would you rather be 16 or 61?
- Would you rather go back for prom or a school football game?
- Would you rather be starting high school or retirement?
- Would you rather work at a gym or a nightclub?
- Would you rather have a toddler or a teenager?
- Would you rather have dinner with Winston Churchill or Marilyn Monroe?
- Would you rather visit New York City or New Orleans?
- Would you rather bike, hike or drive?
- Would you rather eat a snail or a goldfish?
- Would you rather drink milk or champagne?
- Would you rather have sushi or pasta?
- Would you rather skydive or go trail riding on a horse?



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## TAKE-HOME WORKSHEET

### TOTAL BRAIN HEALTH BRAIN PLAYS

Studies show that mental stimulation can have positive effects on warding off memory problems. Make a goal of trying novel brain strengthening exercises daily -- even if it's just for 15 minutes!

### BUILD YOUR BRAIN

A cryptogram is a sentence or a phrase that's encrypted. Each letter has been substituted with a different letter like a code. Try unscrambling the following famous quotes from some of our great thinkers using the coded scale provided. For added challenge, work against the clock to see how fast you can solve each phrase. The alphabet is shown in the blue boxes, and the key is below it.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
H	O	I	C	Q	G	K	T	B	F	M	X	R	P	E	S	Y	A	J	U	W	D	Z	N	V	L

1. UTQ EPXV UAWQ ZBJCER BJ BP MPEZBPK VEW MPEZ PEUTBPK.

2. UTQ FEWAPQV EG H UTEWJHPC RBXQJ OQKBPJ ZBUT EPQ JUQS.

3. UTQ JRHXXQJU CQQC BJ OQUUQA UTHP UTQ KAQHUQJU BPUQPUBEP.

4. BU'J PEU ZTHU THSSQPJ UE VEW, OWU TEZ VEW AQHIU UE BU UTHU RHUUQAJ.

5. B'C AHUTQA AQKAQU UTQ UTBPKJ B'DQ CEPQ UTHP AQKAQU UTQ UTBPKJ B THDQ'PU CEPQ.

6. BU'J PEU ZTE BJ ABKTU, OWU ZTHU BJ ABKTU, UTHU BJ EG BRSEAUHPIQ.

7. BG VEW UHXM UE H RHP BP H XHPKWHKQ TQ WPCQAJUHPCJ, UTHU KEQJ UE TBJ TQHC.

BG VEW UHXM UE TBR BP TBJ XHPKWHKQ, UTHU KEQJ UE TBJ TQHAU.

Answer Key: **1.** The only true wisdom is in knowing you know nothing. Socrates **2.** The journey of a thousand miles begins with one step. Lao Tzu **3.** The smallest deed is better than the greatest intention. John Burroughs **4.** It's not what happens to you, but how you react to it that matters. Epictetus **5.** I'd rather regret the things I've done than regret the things I haven't done. Lucille Ball **6.** It's not who is right, but what is right, that is of importance. Thomas Huxley **7.** If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart. Nelson Mandela