



RE WORDING

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Instruct students to work quickly together to call out words beginning with the letters “RE.” Allow 3 minutes then stop and review the list together. No repeating words.
- Write down the words as they are called out on the whiteboard/flip chart.
- When repeating this class, ask students to list words beginning with DIS, AB, or DE.
- 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 “Re Wording.” Many words in English begin with the prefix “re.” The meaning of “re” is back or again. When it is added to the beginning of a word, it suggests that we are going over, or doing something again.

In a moment, we are going to work together to name as many words as we can that begin with the letters “re.” I’ll write down the words as you call them out. We’ll have 3 minutes to see how many “re” words we can list. But no repeating the same word twice (another re-word!) It will be “re wording” to see how many we can come up with! Ready?

