



# RHYME IT OUT

## 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.
- Ask students to take turns rhyming words to the prompts you provide. Continue with the same prompt until the students run out of rhyming words, then start fresh with a new prompt. Work until time is up.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use new prompts.
- 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 "Rhyme It Out." This is perfect for bringing out the poet in you. I'm going to say a word, like "ball." In response, call out words that rhyme with it like "tall." When we run out of rhyming words, I'll give you a new prompt. Let's all clap or snap our fingers to set a good pace. We want to work as quickly as possible to really wake up our thinking skills.**

**Excellent teamwork, class!**

### "RHYME IT OUT" PROMPTS

Ball	Star	Cat
Blue	Dog	Clap
Monkey	Truck	Foam



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## TAKE-HOME WORKSHEET

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### TOTAL BRAIN HEALTH BRAIN PLAYS

A popular technique to help remember information is by making up a rhyme for it. For example, what year did Columbus sail for America? Did you say 1492? That's correct. Chances are you got there by remembering the following rhyme: "In 1492, Columbus sailed the ocean blue."

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## BUILD YOUR BRAIN

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Create a poem that helps you remember the facts from the prompts below. Try to keep the poem short, and limit the time you spend on each prompt to just 3 minutes.

### "RHYME IT OUT" PROMPTS

Length of a football field in feet: 360

The year the constitution was written: 1787

The five colors of the Olympic rings: blue, yellow, black, green and red

Number of countries in the world: 195

The seven continents of the world: North America, South America, Europe, Asia, Africa, Australia, Antarctica

The difference between African elephants and Asian elephants: The Ears.  
*African elephants have much larger ears that look like the continent of Africa, while Asian elephants have smaller, round ears.*