



SHAPE SEEKERS

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.
- Have students call out different shapes they see in the room. For example, a table may be a circle, a light switch may be a rectangle, there may be a square in the design of someone's shirt, etc.
- Write down the shapes as they are called out on the whiteboard/flip chart.
- See how many different shapes everyone can find together in 3 minutes.
- 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 "Shape Seekers." Let's work together and see how many shapes we can find in the room in just 3 minutes. It can be part of the room, like the furniture, or even part of a design pattern on our clothing. I'll write them down as you call them out. We have to work fast, so let's go!

Terrific shape seeking, everyone!



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Research shows that fast-paced intellectual challenges are an important way we can keep our thinking focused, fast and nimble.

BUILD YOUR BRAIN

Find a detailed piece of art, such as a photograph or a painting and study it for 2 minutes. Without looking back at the artwork, give yourself 1 minute to write down all the objects that you saw and their shapes.

WHAT DO YOU SEE?

OBJECT: _____ SHAPE(S): _____

OBJECT: _____ SHAPE(S): _____

OBJECT: _____ SHAPE(S): _____

OBJECT: _____ SHAPE(S): _____

OBJECT: _____ SHAPE(S): _____

OBJECT: _____ SHAPE(S): _____

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