



SIMON SAYS

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 play “Simon Says.”
- Allow any students who need to remain seated to do so.
- Encourage distance learners to follow along at 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 one I am sure you all know, “Simon Says.” What you may not realize is how well “Simon Says” challenges us to pay attention, think fast and be flexible in our reactions. As a reminder, here are the rules: I’m going to ask you to do something. If I start the sentence with “Simon Says ...” you do it. If I don’t say “Simon Says ... “ you don’t do it! But if you do, you are out! Ready? Here we go!

Simon says stand up! (Anyone who needs to stay seated, go ahead and do so)

Simon says stretch your arms above your head!

Simon says give yourself a hug.

Simon says say hi to the person on your right.

Now say hi to the person on your left. (I didn’t say Simon Says! If you did that, you are out! Go ahead and sit down!)

Simon says give your belly a rub, then a pat.

Simon says march in place.

Simon says keep marching in place and clap your hands.

Simon says stop!

Simon says put your finger on your nose.

Simon says tug at your left ear.

And don’t forget your right one! (I didn’t say Simon Says! If you did that, you are out! Go

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SIMON SAYS (CONTINUED)

Simon says tug at your left ear.

And don't forget your right one! (I didn't say Simon Says! If you did that, you are out! Go ahead and sit down!)

Simon says whistle.

Simon says sing "la la la la."

Simon says sing "Row Row Row Your Boat."

Simon says laugh as loud as you can.

OK stop laughing already! (I didn't say Simon Says! If you did that, you are out! Go ahead and sit down!)

If you are still standing, give yourself a pat on the back! (I didn't say Simon Says! If you did that, you are out! Go ahead and sit down!)

Simon says ... sit down!

That was fun! Ok, one last round we can all do together: Simon Says shout out "I love my brain!"

