



## SING DOWN

### 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.
- Select a prompt word from the list below. Ask your class to work together to think of and sing phrases from songs that include that word, continuing with as many song phrases as they can recall for that prompt word.
- Have your class work at a good pace. If time allows, repeat with a new prompt word.
- When repeating this class, use a different word prompt.
- Encourage distance learners to join in from home.

**Hello! Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And these skills are essential to learning and remembering better! Let's get started.**

**Today's "Brain Play" is called "Sing Down." I am going to share a word. We will work together to sing the lines from songs that include that word. Let's see how many songs we can come up with for each word! For example, if the word is "years" you might sing the line "Little darling, it seems like years since it's been here." We'll need to work quickly so let's keep a nice pace! If time allows, we'll do another round. Ready?**

#### "SING DOWN" PROMPT WORDS

Sun	Heart
Girl	Remember
Summer	Hear

