



SO CLOSE!

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.
- Begin by saying a word from the prompt list below. Have the next person share a synonym (similar meaning) word for your word. Keep the round going with each person offering a synonym for the word shared by the previous student.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class select a different word prompt.
- 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 "So Close!" I'm going to start with a word. Then (name of the person) will say a synonym, or word with a similar meaning, for my word. We'll keep going around like that, so that the next student will offer a synonym to the second person's word, and so on. Let's set a good pace by (clapping/snapping our fingers) as we go. Ready?

"SO CLOSE" WORD PROMPTS

Common
Cloth

Past
Nice



SO CLOSE!

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Maintaining good communication skills is important as we age. The good news is that actively challenging our verbal skills helps to maintain our command of the language.

BUILD YOUR BRAIN

Begin with a word from the prompt list below. Give yourself 3 minutes to write down a series of synonyms for that word. Along the way, you may see the meaning of the words change as you think of synonyms for just the word that came prior. Keep going until you can't think of another "so close" word.

Example: Table => Desk => Counter =>Token =>Symbol =>Letter =>Character

"SO CLOSE" PROMPT WORDS

Duck _____

Machine _____

Likeable _____

Flag _____

Fast _____

Friend _____

Star _____
