



SO MANY DISTRACTIONS

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 list things that are distracting, i.e. loud noises, other people's conversations, an itch. Have them work together to list as many items as possible in 3 minutes.
- Have everyone clap or snap fingers to set a good pace.
- 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 "So Many Distractions." We will work together to name things that are distracting, such as loud noises, worrying thoughts, etc. We have just 3 minutes to list as many as we can! Let's set a good pace by (clapping/snapping our fingers) as we go. Ready?



SO MANY DISTRACTIONS

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Distraction is a real memory buster because it makes it harder for us to stay focused on things that we want to learn, like a conversation or directions.

BUILD YOUR BRAIN

Try practicing staying focused when adding competing noise to your workout.

Using a timer, see how many items from one of the prompts below you can name in 3 minutes. Up the challenge by playing your favorite radio station or listening to some popular recordings at the same time. While you might find the noise to be distracting, it's also a great way to workout your attention and focus skills.

"LIST THAT" PROMPTS

- Sports games that use a ball
- States in the United States
- Smells from around a garden
- Birds that fly south in the winter
- Foods that start with the letter R
- Breeds of dogs