## TOTAL BRAIN HEALTH BRAIN PLAYS



# SONGS TO SLEEP BY 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 songs that have the word "sleep" in the title or lyrics, naming as many as they can in just 3 minutes.
- Write down the songs they name on the white board or flip chart.
- 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 "Songs to Sleep By." Let's all work together to name – or sing! - songs that have the word "sleep" in the title or lyrics. We have just 3 minutes, so let's work fast! Ready? Go!

Great teamwork, class! We certainly know a lot of "songs to sleep by!"



## **SONGS TO SLEEP BY**

### **TAKE-HOME WORKSHEET**

### TOTAL BRAIN HEALTH BRAIN PLAYS

Good sleep habits can significantly impact our daily thinking and memory, helping us to stay sharp and focused.

#### **BUILD YOUR BRAIN**

Before winding down for a valuable nap or a good night's sleep, try this timed practice to boost thinking skills. In just 3 minutes, write down all the songs that you remember with the word "Dream" in the title or lyrics. Still feeling energized? Try again, but this time make a list of all the lullabies you can remember. You never know when you might need them!

SOINGS TO SLEEP DT LIST