



TAKE NOTE!

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 a story line with a “Take Note!” phrase, such as “Take note! The pen is out of ink.”
- Working clockwise, have students repeat your “Take Note!” phrase and add their own. Each student repeats all that was included prior to their turn and then adds a new phrase to the story line, i.e. “Take note! The pen is out of ink, the check is in the mail and the milk spilt.”
- When a student cannot repeat the entire phrase, have them start a new “Take Note!” story line. Continue in this manner as long as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, begin the story with a new “Take Note!” phrase.
- 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 “Take Note!” We will take turns and build a short story together. I’ll start by saying “Take note!” then adding a phrase, such as “the pen is out of ink.” Then, the next person will continue the story by repeating what I said and adding a phrase, such as “and the check is in the mail,” so they pass the two phrases onto the next person: “Take note! The pen is out of ink and the check is in the mail.” We’ll go around with everyone taking a turn repeating what was said before their turn and adding a new phrase. At some point the “Take Note!” story will get too long to recall! Then the person whose turn it is will start a new “Take Note!” story. We’ll work quickly and keep a beat by (clapping or snapping) together. Ready?

