



TALL TALKS

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.
- Choose one of the “Tall Tales” prompts from the list below. Have students create a “tall tale” by taking turns adding a phrase to the storyline. Students should be instructed to make their contributions exaggerated or funny, in keeping with “tall tales” tradition. Continue until a “tall tale” reaches its natural conclusion. Option to begin a new “tall tale” with a different prompt as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, select a different “Tall Tales” prompt.
- Encourage distance learners to join in by taking turns 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 “Tall Tales.” Tall tales are exaggerated stories. We’ll create a tall tale together by going around the group with each person adding a phrase to the storyline. We’ll stop once we get to a natural conclusion for our “tall tale.” Remember to keep our story exaggerated or funny, in keeping with the “tall tale” tradition! Let’s set our pace by (clapping/ snapping) to a good beat. Ready?

“TALL TALES” PROMPTS

My cousin grew 7 feet tall eating...
That garden grew the largest ...
Tommy caught a 10-ton trout just...

He tamed that bear with ...
The girl outsmarted the fox by...
He walked from Colorado to Paris in just...

