



TELEPHONE GAME

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.
- Gather your class in a circle. Students can remain seated.
- Play the telephone game. Start by whispering a “message” to the student on your immediate right (see suggested prompts below). That student will whisper and repeat exactly what you said with the person on their right, continuing around until the last person or the message is “lost.”
- The last person should say out loud what they were told. Compare how the message changed as it was passed along the “telephone.”
- Keep the game moving at a moderate pace. Do as many rounds as time allows.
- Option to have students each write down the message instead of whispering it. Students each flash the message once to the next student before covering it up.
- For virtual delivery, replace the telephone game with “Musical Cheers.” Play short bursts of music. When the music stops, students race to be the first to call out “Cheers.” Vary the music volume from quiet to normal to build listening skills and reaction times.

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 “Telephone Game.” This one may be familiar to many of you!

We are going to pass a “message” along the circle and see if what the first person says and then hears is what the last person says! I’m going to start by whispering a sentence or phrase to (name of the person on your right). Then, (s/he) will whisper and repeat exactly what I said to (name of the person to their right). We will keep going that way until we get all around the circle – or until we seem to have lost the message! The last person to get the message will share it with all of us.

We are going to play at a good pace, so be sure to focus and listen closely when it’s your turn.

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TELEPHONE GAME (CONTINUED)

SUGGESTED “TELEPHONE GAME” MESSAGE PROMPTS

I am certain you will remember what I am saying.

I like nonsense, it wakes up the brain cells. *(Dr. Seuss)*

The true art of memory is the art of attention. *(Samuel Johnson)*

Whether you think you can or think you can't, you are right. *(Henry Ford)*

We don't stop playing because we grow old, we grow old because we stop playing.
(George Bernard Shaw)

