



THE MACHINE

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.
- Build a machine together using just the groups' voices and movements.
- Ask each student to help build the “machine” by joining in one at a time with their own unique machine-like noise and a movement. This can be clapping, snapping, whooping, whirring, stamping, etc.
- Keep the machine noises and movements going until everyone has joined in. Let the “machine” run full tilt for a few moments so the group can appreciate the full effect.
- 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 “The Machine.” This famous acting exercise helps to build focus and attention. It might get pretty loud by the end, but it's always fun. Together we are going to build a machine. I'm going to ask (name a student) to start us off by making a machine-like noise and a movement. This can be clapping, snapping, whooping, whirring, stamping, squawking and so on.

Then, one by one each of you will join in with your own unique noise and machine movement until everyone is repeating their noise and movement together at the same time. Be aware that the first people to go will be doing their noises and movements repeatedly for the whole time, so for those of you going early, be sure to pick a noise and a movement that you can sustain over time while each new person adds to our machine. Ready to get our machine started?

Excellent teamwork, class!



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH **BRAIN PLAYS**

Research shows that expressing gratitude helps people feel more positive emotions, relish good experiences, and improve their brain health.

BUILD YOUR BRAIN

Set your timer to 3 minutes and list the top 10 machine-based or technological advancements that have most positively impacted your life that weren't in existence when you were growing up.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____