THINGS THAT GET BETTER WITH AGE

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 take turns calling out things that get better with age, with the next student stating why that might be.
- Encourage distance learners to join in from home. Now let's do our "Brain Play."

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 "Things That Get Better with Age." As a group we will name things that get better with age - but with a twist. One person will name a thing, then call on a fellow student who has to say WHY that thing gets better with age. Let's clap, snap or tap the table as a group to keep a good pace.

© TBH Brands LLC 2021 | Cedar Grove, NJ. All rights reserved.

THINGS THAT GET BETTER WITH AGE

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH **BRAIN PLAYS**

You may have heard of the phrase “use it or lose it?” Well, that applies to your brain skills too. Science shows we can maintain and even improve cognitive skills through regular cognitive workouts.

BUILD YOUR BRAIN

Here’s a fun thinking challenge! Set your timer to 3 minutes, and work to find as many words as you can from the letters in the word grids. The only rule is that you must use the center letter at least once in each word. You can use all other letters as many times as you want in any order. Bonus: Each grid has at least one 7-letter word with no repeating letters. See if you can find it to add to your full word list.

Fun? Reset your timer and try a new circle.

“BETTER WITH AGE” WORD CIRCLES

1

2

6

3

5

4

7-Letter Word Answers: **1.** WHISTLE, **2.** VIBRANT, **3.** TWINKLE, **4.** LADYBUG, **5.** HOPEFUL, **6.** BUOYANT

© TBH Brands LLC 2021 | Cedar Grove, NJ. All rights reserved.