



WHO ARE YOU?

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 share a fact about themselves, (i.e., I was born in Atlanta, I am a natural blonde, I love science fiction, etc.)
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, ask returning students to share a new fact about themselves.
- Include distance learners by calling their name on their turn.

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 "Who Are You?" Let's see how many facts we can share about ourselves in three minutes, such as where you were born, your favorite dessert, or your favorite type of book. Let's set a good pace by (clapping/snapping our fingers) as we go. Ready? I'll begin.

Excellent teamwork, class!



WHO ARE YOU?

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Working against the clock offers critical opportunities to challenge our processing speed.

BUILD YOUR BRAIN

Using a timer, list facts about yourself against the clock. Give yourself 3 minutes per prompt. As a bonus, try using the same prompts to list facts about a friend or a loved one.

“WHO ARE YOU?” PROMPTS

- Facts about your family
- Facts about your hometown
- Facts about your hobbies
- Facts about your career
- Facts about your favorite vacation
- Facts about your favorite foods

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