



WHO ELSE?

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Select a student to begin. They will share a personal fact (i.e., “I have an older sister,” “I collect seashells,” “I love Cary Grant movies”) then ask, “who else (restate the personal fact)?” Those who share the same personal fact will raise their hands. They will then pick one of those students to continue. That student will then share their own personal fact, etc.
- Encourage students to share personal facts that are unusual or funny.
- Continue until all students have had a turn or as long as time allows.
- When repeating this class, encourage students to share a new personal fact.
- 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 “Who Else?” One of us will begin by sharing a personal fact -- such as “I love Cary Grant movies” or “I collect seashells” -- then ask “who else” shares that personal fact. Anyone who has that fact in common will raise their hand. Then the first person will call on someone who has their hand raised to continue. They will then share their own personal fact, ask “who else” has that in common, and call on someone to continue with their turn. We’ll keep going like this until time runs out.

It can be fun to try and share an unusual personal fact and see “who else” we have that in common with! If no one shares your personal fact at first, you’ll just share a different personal fact! Let’s try to keep a nice pace. (Name of first student) why don’t you begin?



WHO ELSE?

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Working against the clock is an excellent way to boost speed of processing for more nimble thinking.

BUILD YOUR BRAIN

Set your timer to 3 minutes and list as many answers as you can to the “Who Else?” questions below. An example answer is provided for each prompt question to get you started.

“WHO ELSE?” PROMPTS (pick one)

Who else is a famous movie actor? Example: John Wayne

Who else is a world famous musician? Example: Frank Sinatra

Who else is a sports star? Example: Joe Namath

Who else is a wonderful friend? Example: My dog

Who else is someone you have admired? Example: Mother Teresa

Who else is someone you’ve been meaning to get in touch with? Example: My best friend

Who else has been President of the United States? Example: Joe Biden

Who else has been a famous scientist? Example: Marie Curie.
