



WORD BRAINSTORMING

SMALL GROUP ACTIVITY

5+ MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Instruct students to work together to find as many words as they can using the letters in the word “brainstorming.” Words must be at least 3 letters in length. No repeating words.
- Use the whiteboard/flip chart and markers. Write the word BRAINSTORMING at the top, then record the words offered by your students below.
- Allow 3 minutes for students to call out words. When done, review and count the words the class found together.
- When repeating this class, use an alternate word prompt for the activity: INFORMATIONAL COGNITION IDENTIFICATION
- 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 “Word Brainstorming.” We’re going to wake up our brains with a fast-paced word game. In a moment, I’m going to write a word at the top of the (whiteboard/flip chart). We’ll have 3 minutes to work together and see how many words we can come up with using the letters of that word. Our words have to be at least 3 letters long, and we can’t repeat any words. Let’s see how many words we can come up with together! Our word is BRAINSTORMING. Ready?



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Improve your memory, focus, concentration, and other cognitive skills with brain exercises that you practice against the clock.

BUILD YOUR BRAIN

Wake up your brain with a fast-paced word game. Starting from a word prompt below, give yourself 3 minutes to see how many words you can come up with using the letters of that word. The words must be at least 3 letters long. Ready?

“WORD BRAINSTORMING” PROMPTS

ECSTATIC
LEGENDARY
MAGNITUDE
PHENOMENAL

BRAINWAVE
REASONING
VERBALIZE
VIBRANTLY