



WORD SCRAMBLES

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.
- Select a prompt word from the list below and write it at the top of your whiteboard/flip chart.
- Instruct students to work together to find as many words as they can using the letters of the prompt word. Words have to be at least 3 letters or more in length. Words cannot repeat.
- Allow 3 minutes. Write the words suggested by the class on the whiteboard/flip chart as they call them out.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use different prompts.
- 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 Scrambles." You might have done this before! This is a fun, challenging way to think against the clock. I'm going to write a word up here. Then you will all work together to find as many words as you can using the letters of this word. Let's see how many you can find in 3 minutes. Words have to be 3 letters or more and there can be no repeats! Let's set a good pace by (clapping/snapping our fingers) as we go.

"WORD SCRAMBLES" PROMPT WORDS

AMBIDEXTROUS

RESOURCEFUL

SOCIALIZATION

ONOMATOPOEIA

ATHAZAGORAPHOBIA

INTELLECTUALIZING



WORD SCRAMBLES

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Challenging our verbal skills against the clock is a terrific way to boost thinking skills and improve memory.

BUILD YOUR BRAIN

Set your timer to 3 minutes, and see how many of the phrases below you can complete by adding the missing word. For added challenge, come up with another phrase that shares that same missing word.

Example: Time _____ when you're having fun. (Answer: flies)

Alternate Phrase: You can catch more flies with honey than you can with vinegar.

Fill in the missing word.	Alternate Phrase
1. Get a second _____	
2. Haste makes _____	
3. The calm before the _____	
4. As right as _____	
5. On thin _____	
6. Kill two _____ with one stone	
7. Don't beat around the _____	
8. A _____ saved is a _____ earned	
9. Don't put all your _____ in one basket	
10. Don't beat a dead _____	
11. _____ the storm	
12. Let the _____ out of the bag	

(CONTINUES)



WORD SCRAMBLES

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

WORD SCRAMBLES (CONTINUED)

Answer Key:

Solutions	Alternate Phrase
1. Wind	Get wind of something Or , Put wind in my sails
2. Waste	Waste not, want not
3. Storm	A perfect storm
4. Rain	Come rain or shine Or , Rain on someone's parade Or , Take a rain check
5. Ice	Break the ice
6. Birds	Birds of a feather flock together
7. Bush	A bird in the hand is worth two in the bush
8. Penny	A penny for your thoughts
9. Eggs	You can't make an omelette without breaking some eggs
10. Horse	You can lead a horse to water, but you can't make it drink Or , Hear something straight from the horse's mouth
11. Weather	Under the weather
12. Cat	Curiosity killed the cat