



WORD STORIES

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 story title prompt from the list below. Share the prompt with the class.
- Have the group “write” a short story together in response to the prompt by going around and having each person add one word to the story at a time.
- Keep going until the story ends. If time allows, select another prompt for a second round.
- When repeating this class, choose a different story prompt.
- Encourage distance learners to join in from home.

Now let’s do our “Brain Play.” These fast-paced warm-ups at the start of every class are an important way we can keep our thinking focused, fast and nimble. Let’s get started!

Today’s “Brain Play” is called “Word Stories.” I’m going to give a title of a story, and then we will work together to create a story based on it. However, here’s the twist! We’re going to “write” the story by going around and having each person add only one word at a time. I’ll start. Are you ready? Here’s our story title!

“WORD STORIES” TITLE PROMPTS

“That Most Memorable Moment”

“If I’d Only Known”

“Mom’s Best Advice”

“The Crazy Vacation”

“Kids Today!”

“The Mysterious Creature”

“Trouble at the Zoo”

“How My Date Went All Wrong!”

Excellent brain playing, everyone. We have lots of creative minds in this room!



WORD STORIES

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

Flexing our brains by performing certain tasks, like writing, can help us build brain plasticity, secure our memories, and may even help us stave off cognitive decline.

BUILD YOUR BRAIN

Using the prompt words below, build a short story that incorporates each of the words on the list. Try to make your story as outrageous, exaggerated, humorous, and wildly odd as your imagination allows. Ready to get your pens out? Set your timer to 3 minutes per story. And, go!

“WORD STORIES” PROMPT LIST

Chocolate Syrup, Dandelions, Sunglasses, German Shepherd, Polka Dot Pajamas

Stop Sign, Elf, Pine Tree, Mint Tea Bag, Guinea Pig

Electric Car, Scrabble Piece, Tofu, Mickey Mouse, Top Hat

Bathroom Sink, Leaning Tower of Pisa, Frank Sinatra, Blue Socks, Fainting Goat

Ipad, Lollipop, Race Car, Wheel Chair, Sahara Desert
