



NAME THAT TUNE

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.
- Listen to 3 musical selections from the list below. Write down the song title on a whiteboard or flip chart as you listen to the song snippet.
- Option to play 3 musical selections from your own music library.
- Replay the musical selections in a different order and ask students to identify the song title that belongs to the selection.
- Option to cover up the song names before replaying the music. Option to add 1 or 2 more song selections to increase the challenge. Option to play shorter snippets of the songs as your students try to identify them.
- When repeating this class, select different songs.
- 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 "Name That Tune." I am going to share with you 3 (or more) songs and their song titles. After you've had a chance to hear each song and learn the song titles, I'm going to replay the songs for you in a different order. As you hear each song replayed, let me know the song title that matches the recording.

Excellent teamwork, class!

"NAME THAT TUNE" PROMPTS

Song selections can be found at: <https://totalbrainhealth.com/tbh-brain-plays-music-selections-1>

Hometown Hoedown
Upbeat Jazz Swing
Tchaikovsky Waltz of the Flowers
Vaudeville Rag

Clap Clap
I Own This Town Honking
Roadhouse Jukebox
Viva La Musica



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TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH **BRAIN PLAYS**

A recent survey by the AARP found that music listeners had higher scores of mental well-being and reduced levels of anxiety and depression compared to the overall population.

BUILD YOUR BRAIN

Have you ever dreamt of conducting an orchestra? Now's your chance! Turn up some of your favorite orchestra songs, grab a pencil for your baton, and get started.

But first, here are a few tips to making sure your tunes are pitch perfect:

- For songs with 4 beats, move your baton starting from top to bottom, then left to right. Repeat with the beat of the song.
- For songs with 3 beats like waltzes, move your baton in a triangle motion from top to bottom, across and up.
- And, for songs with 2 beats like marches, move your baton up and down to the time of music.
- If the song is loud (forte) have fun and exaggerate your arm movements.
- If the song is soft (piano) rein in your arm movements for a calmer presentation.

When the music stops, don't forget to take a bow!