



BRAIN PLAY | LET'S CONNECT

5 MINUTES

- Lead this quick cognitive warm up to build attention, processing speed, nimbleness and other cognitive skills, as well as group connection.
- Begin this Brain Play by naming a word, such as “golf,” “chair,” or “happiness.”
- Ask the student to your right to add a word that begins with the last letter of your word. Continue with each student taking a turn, using the last letter of the previous word as the first letter of their word. Go for as long as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, use a new starter word.
- Encourage distance learners to join in from home.

Now let's do our “Brain Play.” Research shows that working against the clock is an important way we can keep our thinking focused, fast and nimble. And all these skills are essential to learning and remembering better! We will “play” with our brains at the start of every class to support these important cognitive skills.

Today's Brain Play is called “Let's Connect.” I'll start us off by naming a word. The next person will take the last letter of that word and share a different word that begins with that letter, and so on with everyone taking their turn. For example, the word “happiness” might be followed by “sister,” and then the next person might say “raisin.” Just remember, you can't use a word someone already used! We'll follow that pattern until we run out of time. Let's set a good pace by (clapping/snapping our fingers) as we go. Ready?



LEARN THE TBH SCIENCE

5 MINUTES

- Present the science behind the class.
- Allow for brief discussion of the science with your students.

Today we're going to learn the “Connection Strategy.” The Connection Strategy is a simple verbal association technique that works by giving meaning to new information through attaching it to information we already know.

To use the Connection Strategy, you simply make a connection between something new you are learning and something that you already know well. For example, if I meet someone named Michelle and need to remember her name, I can think about another “Michelle” I know, perhaps a friend with that name, or Michelle Obama, or even the Beatles' song “Michelle Ma Belle.”



Here's another example: Let's say you just received new license plates and need to remember:

V 5 9 D W K

This combination of letters and numbers is pretty nonsensical, until you break it down and give each part meaning. Perhaps your favorite flower is violets, so the **V** can stand for violets. You were born in **1959**, so the **59** is meaningful in that way. Now let's say you spend a lot of your time in the car chauffeuring children: **D W K** could stand for "driving with kids." Now your license plate is no longer a crazy jumble — it has meaning: A flower you love, a familiar date, and a phrase that sums up the main way you use your car. Violet 59 driving with kids!



NOW DO IT!

15 MINUTES

- Lead your class in this workout to personalize their learning of the science. Option to distribute class worksheets.
- Break your class into pairs of two or three students.
- Write the *Connect It!* prompts on the whiteboard or flip chart, one at a time.
- Have pairs work together to apply the Connection Strategy to learn and remember the *Connect It!* prompts. Encourage all students to participate.
- Allow time for pairs to share their Connection Strategies with the group.
- Use as many prompts as time allows.
- When repeating this class, use different prompts.
- For virtual delivery modify workout to do "All Together." Adjust scripting accordingly.

Let's train our brains by practicing the "Connection Strategy." Let's break into pairs. Now, I'm going to write a prompt on the (whiteboard/flip chart). You will work with your partner to come up with a Connection Strategy to help you remember that information. You'll have about a minute to discuss your strategy and then each pair will talk about the way they've connected the prompt to make it more memory-able! We'll do as many rounds as time allows. Ready?

CONNECT IT! PROMPTS

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