

IT'S TIME TO BRAIN PLAY!

A Brain Awareness Week Event Just for You!

THANK YOU FOR ATTENDING!



Get ready to boost your brainpower!

The **Total Brain Health** team is happy you are joining Dr. Cynthia Green and some special guests to:

- Learn the many reasons why play is so good for our brains
- Try some interactive workouts so we can experience the benefits of brain play for ourselves

In this packet you will find 2 take-home worksheets. We invite you to use these on your own to continue playing with your brains.

Happy Brain Awareness Week from all of us here at Total Brain Health!

Want more ways to train for sharper thinking, better memory, and stronger cognitive vitality? Visit:

my.totalbrainhealth.com



HOBBY CHAIN

TAKE-HOME WORKSHEET

TOTAL BRAIN HEALTH BRAIN PLAYS

One good way to build better brain health is by trying an activity that we've never done before or starting a new hobby.

BUILD YOUR BRAIN

Using a timer, see how many hobbies you can name in the following categories giving yourself one minute per prompt.

“NAME THAT HOBBY” PROMPTS

- Hobbies that are done outdoors
- Hobbies that are competitive
- Hobbies that include spending time observing
- Hobbies that begin with the letter C
- Hobbies that involve collecting



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
