



THE SCIENCE

Research shows that intellectual pursuits that stretch our thinking such as learning a new language or trying a new hobby are important ways we can lower our dementia risk at every age. Of those intellectual challenges, creative pursuits add a “brain boost” for the investment of your time. Why? Creativity challenges our thinking skills in a different way than activities like reading a book or attending a concert. When we are engaged in creating something, we are more likely to build higher order cognitive abilities such as problem solving, flexible thinking and executive control.

NOW DO IT!

Poetry is a form of creative expression that dates to the earliest writings of humankind. Playing with language to share our deepest thoughts, feelings and desires can take many poetic forms. Use the prompt below to write a poem with your class or on your own. To make this a bit more brain boosting, try adding to the poem with a motion that will then become part of the poem.

“Poets in Session” Prompts

The embers glowing red and smoky ...

Oh! how the mighty roar of the ...

What pleasures bring the ...

At 4 o'clock be here, he said ...

**TBH TAKEAWAY**

Stretching our mind with intellectually engaging activities is one of the most important things we can do to take good care of our brains. Try and include creative pursuits as part of your daily routine for a brain boosting workout that is not only intellectually stimulating but that challenges higher order thinking skills such as problem solving and nimbleness. Some even find staying creative helps them feel more connected to themselves and to others.

Can you think of a creative pursuit you would like to try or go back to doing?