Brain Fun and Fitness
With Fellowship

How can we:
- come together
- find common ground
- find satisfaction and pleasure, and
- exercise my available brain connections?

Step one - Gathering
- What song can we use...
- What is the message of the song?
- How familiar is this song?
- What is the rhythm of the song?
- What is the next thing that is going to happen - how will you transition?
- What are two other gathering songs

Brain fitness exercise
- Crossword puzzle
  - 2 options
    - Word based
    - Song based
  - 3 options
    - More paper and pencil
    - More visual auditory
    - More sensory motor
Music to move?

Music to manage energy?
- Energy up
- Energy down
- Smoothing transitions
- Filling space and time

Music to comfort?
Music to connect - reconnect?

- Energy up
- Energy down
- Smoothing transitions
- Filling space and time