Creative Brain Storming:

# Think of as many uses for a CEREAL BOX as you can.

Participants will generate as many possible uses for a common everyday object. The goal is to try to think as creatively as possible. This activity is challenging for people with Mild Cognitive Impairment and almost im-possible for people with dementia (therefore it is probably an excellent activity to prevent future memory problems). Give participants examples of creative ideas to show them that they don’t need to generate common uses. For example, if the topic is “Use for old newspapers…”, then give creative examples such as: use it for insulation, use it to soak up an oil leak under a car, line a cat litter box, use it to cut letters out and make a ransom note, etc. After participants have worked on the activity for 3-5 minutes, ask them to try and determine which of their responses were the most unique (i.e., no one else generated the answer(s)).