Tongue Twister 1: A Big Black Bug

Tongue twisters are another fun way to exercise at least two cognitive abilities at once. Speaking tongue twisters requires concentration and challenging pronunciation tasks. In addition, participants can memorize the twisters between sessions. Finally, twisters are an excellent dual tasking activity; participants can simultaneously say the twisters while performing at task such as stepping up and down from a step.

# Instructions

Make a copy of the tongue twister for each participant. Begin by having each person in the group read one line. Then, ask them to remember their line and read it without looking. Depending on the size of the group, you may be able to have each participants try remembering two lines. After working on the twister for a few minutes, ask them to take it home and practice it. You can assign each person certain line(s) to remember for the next session.

A Big Black Bug

A big black bug bit a big black bear,

made the big black bear bleed blood.