Trigger Word Activity

The Trigger Word Activity involves giving the group a word (e.g., cortex, memory, brain, friend). When the instructor (or anyone else) says the trigger word everyone must do a pre-designated behaviors, such as putting their right hand on their head or putting their right index finger on their nose.

Use different trigger words and behaviors for different sessions. The activity is fun and requires that the participants remember the word and pay attention to whether or not it is said.