




# POCKET GUIDE: Five Minute Engagements for Busy Teams!


## Category

## Action

## Example

 Chat Ask a memory-triggering question (without asking "Do you remember?")


"Would you ever travel to a foreign place?"

 Music Play or Sing a Favorite Song

"Let's hear some Beatles music!"

 Relaxation Lead a stretch break

"Let's see how high we can reach!"

 Humor Share a joke or riddle of the day


"I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?" (Answer: An Echo)

 Creative Offer a short creative task

"Can you help me pick the color for this month's bulletin board?"

 Sensory Share a scent, texture, or warmth

Share some lavender hand lotion, or ask an opinion on your favorite fragrance

 Read Share a short poem or fun fact

"Did you know that the world's oldest cat lived to 38 years old?"