

Wheel of Well-being

Word Association



Overview

Word association is a lively and fast-paced group game where players take turns saying words connected to a starting word. Sitting in a circle or line, each person adds to the chain—dog, cat, mouse, cheese—until someone hesitates, repeats a word, or breaks the link. It's a simple yet exciting way to test quick thinking, creativity, and how far your group can keep the chain going before time runs out!

Why do this?

- 🧠 **Boosts memory:** Games that require us to recall words quickly, strengthen our memory and mental agility. [Studies](#) have shown that frequent play can lead to better performance on memory, reasoning, and attention tasks.
- 🧠 **Improves concentration:** Word games demand sustained focus to solve puzzles, which strengthens connections between brain cells and improves your ability to concentrate on other tasks as well.
- 🧠 **Sharpens cognitive flexibility:** They challenge your brain with patterns and word combinations, stimulating creative thinking and problem-solving skills.



Instructions

1. **Start with a seed word:** The facilitator or a participant chooses a starting word (e.g., "juice").
2. **Chain reaction:** The first person then says a related word (e.g., "orange").
3. **Continue the chain:** Continue the chain: Each subsequent participant says a word that's related to the previous word, continuing the chain (e.g., fruit, vegetables, garden).
4. **End of the round:** The game can end when participants run out of related words, repeat words, or take too long to respond.
5. **Winning:** Winning: The last person left in the game, who can still provide a related word within the time limit, is the winner.



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