

TOTAL BRAIN HEALTH
BODY • MIND • SPIRIT



TBH BRAIN PLAYS SAMPLE PACKET

- ✓ Fast, fun brain workouts for small groups
- ✓ Take-home worksheets to keep training!

PERFECT FOR:

- After-fitness brain boosting sessions
- Icebreaker exercises to wake up the neurons
- Social hour kickoffs to get everyone connected and engaged
- Afternoon hallway “brain snacks” for sharper thinking
- Anytime, anywhere cognitive training fun!

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TOTAL BRAIN HEALTH **BRAIN PLAYS**

YES AND...



“Yes, and...” is a popular improv workout that gets us to think fast and tests our wits!

HOW IT WORKS

- Begin by sharing a “yes, and ...” prompts from the list below.
- Ask each student to complete the prompt with their own response starting with “yes, and...”.

Example.

Trainer: *“That dog can’t hunt.”*

Student #1: *“Yes and...that rabbit can’t run.”*

Student #2: *“Yes and...that rabbit can’t fly either.”* Keep going until everyone has a turn.

- Encourage students to make their answers as offbeat or funny as they can.
- Try as many prompts as time allow. Add your own prompts as well!

DID YOU KNOW THAT ...

As you lead the brain play, let the group know some fun brain health facts.

- We can keep our thinking fast and flexible when we train against the clock.
- Workouts like this are used by actors and others who need to keep their memories sharp, and their wits quick. It’s one of the ways they can learn all those lines.
- This workout trains our thinking skills, including:
Attention, Speedy Thinking, Nimbleness, Verbal Skills, Memory, Problem Solving, Executive Control

“YES, AND ...” PROMPTS

Share one of these openers to start your group workout – or make up your own!

“That dog can’t hunt.”

“That bear was following me home.”

“There are green men on Mars.”

“Hoarding nuts isn’t just for squirrels.”

“Buttermilk is my favorite mouthwash.”

“Well, I got to the end of that rainbow.”

“Mable Montana makes awful macaroons.”

“I shouldn’t have invited them along.”

TOTAL BRAIN HEALTH TOOLKITS



TRAINING BRAINS, CHANGING LIVES

For more interactive trainer-led small group programs, try our other popular programs:



1.0 TBH BRAIN WORKOUT 1.0

Teach the latest research on wellness and cognitive fitness.



1.0 TBH MEMORY 1.0

Practical strategies to rev up recall for everyday information.



2.0 TBH BRAIN WORKOUT 2.0

A “next level” dive into how whole person body, mind, spirit wellness boosts thinking.



2.0 TBH MEMORY 2.0

“Next level” training in memory strategies and mnemonic systems.



TBH BRAIN PLAYS ON-THE-GO

100 5-minute Brain Play workouts from across all the TBH courses for express training.



1.0 TBH INSPIRE 1.0

Experiential training for the “spirit” side of wellness.

FOR THOSE FACING MEMORY CHALLENGES



1.0 TBH FLEX 1.0

Brain wellness for those living with mild cognitive impairment to early dementia.



1.0 TBH CARE 1.0

Cognitive stimulation for persons living with moderate-moderately severe dementia.

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