



CLASS 10 | ROCK ON

Uses creative arts to build inspiration and connection.

TBH FOCUS



STRETCH YOUR MIND

SKILLS WORKED



SBBT



ALL TOGETHER

YOU WILL NEED

- A music source and speakers
- *TBH Rock On* card deck or slides
- Several river rocks, washed and ready for painting (see Resources)
- Acrylic paint pens or permanent markers in a variety of colors (see Resources)
- Acrylic white paint or spray sealer to prime the rocks for painting (see Resources)



WELCOME TO CLASS!

2 MINUTES

- Welcome everyone to the activity.
- Provide opportunity for orientation to person, place and time.
- Introduce the class topic.
- If teaching one-to-one, adjust scripting accordingly.

Welcome everyone! I'm so glad we are here together.

Let's make sure we all know each other. I'm (state your name and your role, if applicable). **And this is** (if in a group, allow time for introductions providing assistance as needed).

We are sitting in the (description of room or location). **Today is** (day of the week, month, date). **It is** (share description of the weather, time of year, important anniversary date, etc.).

This is our brain wellness class. We are here to learn and enjoy our time together. We will do some things to keep us healthy across body, mind and spirit. And we will have fun!



TBH LET'S GET IT STARTED!

3 MINUTES

- Lead this upbeat, seated warm-up to build focus, energy, and get everyone ready to learn.
- See the *TBH Let's Get It Started!* playlist for suggested music to set the pace of your workout.
- See the course introduction for a fully scripted version of this workout.

Let's start with a warm-up exercise. We will be moving and thinking together right in our seats! Watch what I do and follow along.

FEET GET STARTED!

- ▶ *Tap toes on both feet, up and down. 10 repetitions. Count together 1 to 10.*

LEGS GET STARTED!

- ▶ *Stamp feet on the ground to the beat of the music. Make "noise" with group.*
- ▶ *Gently kick legs out from the knee, alternating legs. 10 repetitions. Count together 1 to 10.*
- ▶ *March in place, alternating legs. 10 repetitions. Count together 1 to 10.*

ARMS GET STARTED!

- ▶ *Gently shake arms, open and close hands.*
- ▶ *Circle wrists a few times in clockwise and counterclockwise.*
- ▶ *Gently circle arms. 5 repetitions. Count together 1 to 5.*
- ▶ *Shrug shoulders up and down, with hands on knees. 5 repetitions. Count together 1 to 5.*

VOICES GET STARTED!

- ▶ *Say "OHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- ▶ *Say "EHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- ▶ *Say "AHHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- ▶ *Repeat each sound again. Have group say sound with you. Hold for a few seconds.*

BREATH GETS STARTED!

- ▶ *Slow focus to bring awareness to sitting still in chair.*
- ▶ *Take a deep breath in through the nose. Exhale out through the mouth.*
- ▶ *Repeat slow, focused breathing for 5 rounds.*
- ▶ *Give selves big hug, wrapping arms across waist and squeezing gently, as able.*
- ▶ *Thank selves and send some "TBH love" to our brains!*

Great job, everyone! We are started up and ready to go!



LEARN THE TBH SCIENCE

3 MINUTES

- Engage everyone in a brief discussion about the class.
- Adapt the discussion as needed to ensure everyone is included and participating as they are able, verbally or non-verbally.

Today's workout is called "Rock On." We are going to stretch our minds and get creative with rocks!

Rock art has been around for a very long time. In fact, prehistoric people painted on rock walls in caves! Recently it has become very popular to paint on rocks.

Rocks are a nice surface for painting. Painting is a wonderful way we can be creative and "stretch" our minds. Painted rocks are also a nice way to connect with our friends and neighbors. We can write a special word on the rock, like "love" or "joy." These words can boost our spirits and boost other people's spirits when we share them.

Have you ever seen a painted rock before? Have you ever painted a rock?



NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Students should remain seated for this activity.
- Note! Before class, seal the river rocks using white paint or acrylic spray sealer.
- Paint the rocks with your student/s, using the acrylic paint pens or permanent markers to create rocks with inspiring words and art.
- Use the *TBH Rock On* card deck or slides as prompts for examples and inspirational words.
- Continue as long as time allows or to the comfort of your student/s.
- Option for student/s to give painted rocks as gifts or place them around the community.
- Adapt the workout as directed to allow everyone to benefit optimally from the activity.
- When repeating this class, select different words for the art.

Today we are going to paint some rocks together. I have rocks ready for us to paint.

We can paint rocks to inspire ourselves. We can paint rocks to give as a gift. We can paint rocks to put in places around our community to help people feel better.

These cards have examples of painted rocks. Here are some words we can use on our rocks if we'd like. Is there a word you'd like to write on your rock?



VARIATIONS

- **Make It Harder.** Have student/s talk about their creative process as they paint, i.e. why they chose their inspirational word, what they are painting, color choices, etc.
- **Make It Easier.** Omit the cards. Assist student/s as they freely paint the rocks. Play with rocks by stacking them.
- **Back-Up Plan.** Omit the cards. Use a rock for tactile stimulation. Talk about how the rock feels, looks, the weight of the rock as you hold it, etc.



TBH TAKEAWAY

3 MINUTES

- Engage everyone in a brief recap of the class.
- Adapt the discussion as needed to ensure everyone is included and participating as they are able, verbally or non-verbally.

Today we made our own art works using rocks. We stretched our minds by being creative. And we found a way to feel inspired and to connect with other people. Your painted rocks are lovely!

I really enjoyed painting with you today.



TBH TAKE A BREATH

3 MINUTES

- Lead this signature TBH relaxation and affirmation exercise to close class.
- See the *TBH Take a Breath* playlist for suggested music to set the pace of your workout.
- See the course introduction for a fully scripted version of this workout.

We will finish by relaxing together. We will use our breath to help us focus and feel calm. We will share how grateful we are to be together.

- ▶ *Have student/s get comfortable, resting both feet flat on the floor, hands resting in their laps on their thighs.*
- ▶ *Have student/s close their eyes and keep them gently closed if they are comfortable doing so.*
- ▶ *Ask student/s to focus their attention on their breathing, noticing the rate and rhythm of their breath. Allow them to focus on their natural breathing for a few moments.*
- ▶ *Instruct student/s to begin rhythmic breathing. Ask them to inhale slowly and deeply through their nostrils, breathing gently into their chest and belly. Then ask them to exhale slowly through their lips, slowing the rate and rhythm of their breath.*



- ▶ Have student/s continue rhythmic breathing, instructing them to continue to focus on gently and slowly inhaling and exhaling, allowing their attention to simply “ride” the wave of their breath. Allow them to focus on rhythmic breathing for several moments.
- ▶ Offer the following positive affirmation statements below in a calm, slow voice.
- ▶ Invite student/s to simply listen or to repeat the phrase together with you.

My mind is relaxed.
I am happy to be creative.
I am glad to meet new people.
I am glad to be with friends.

- ▶ Pause for several moments, allowing your student/s to continue focusing on their breathing.
- ▶ End the exercise by inviting your student/s to bring their awareness back to the room, gently opening their eyes if closed, and becoming more aware of the room and of each other.
- ▶ Invite them to end practice with gratitude for taking a moment for themselves, for the chance to learn together and to connect with each other.



COMING UP NEXT!

1 MINUTE

- Thank student/s for attending the class.
- Invite student/s to join you for the next class.

I am glad we had time together today. It was fun to paint together, and to create something beautiful.

I hope you will join me for our next brain wellness class.



CLASS RESOURCES

TBH Rock On Card Deck or Slides. Print out 1 deck to use for the activity. Print the cards 2-sided and in color. Cut them apart. Option to print out 1 deck for each student to comply with sanitary requirements. If possible, laminate the cards for easier handling, cleaning and durability. Or use the provided slide deck to share the cards with your student/s.

ADDITIONAL RESOURCES

River rocks are suggested for this activity as they are more likely to have a flat surface and easily stack. You can purchase river rocks at a reasonable price or use rocks you find on your own. The other resources for this activity are usually available in the arts area of a community; however, resources for purchasing them are provided below.



River Rocks for Crafting. Purchase river rocks that are approximately 2-3 inches in diameter, flat and ready for painting or stacking. You can buy them [here on Amazon](#) or find them locally.

Acrylic Paint Pens. Purchase acrylic paint pens for rock painting or use permanent markers. If purchasing acrylic paint pens, you can buy them [here on Amazon](#) or find them locally.

Acrylic Sealer Spray or white paint. Apply the sealer or white paint to the rocks before your class to seal the surface so the rocks will be primed, and the paint will “stick.” You can purchase sealer spray [here on Amazon](#) or find it locally.

Mod Podge Rocks. [Easy painted rocks that are fun to make and tips!](#) A great beginner’s how-to guide for painting rocks.