CLASS 15 | BIG TOP FUN

Have fun under the "big top" with simple circus-themed tossing games and discussion.

TBH FOCUS BODY **MOVE IT**

SKILLS WORKED P A C N VE VI M

SBBT **ALL TOGETHER**

YOU WILL NEED

- A video source and speakers
- A music source and speakers
- Music selections from the *TBH Big Top* playlist
- *TBH Big Top Fun* card deck or slides
- Option to use *TBH Big Top Fun* video
- For the *TBH Big Top Fun* activities, enough materials for each student to play (choose 1 activity):

3-Ring Circus
3 large (½-liter) soda bottles, cleaned and emptied
Large plastic tossing rings (see Resources)

Circus Animal Toss
Small plush animal toys such as lions, tigers, elephants, horses
Large plastic tossing rings, in multiple colors

Big Tent Dunk
6 medium-sized clear plastic cups
Colored sand, small amounts in various colors
Small tossable circus-themed items such as carnival roll tickets, popped popcorn, foam clown noses

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).

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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 "OHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- *Say "EHHHHHHHHHH." Have group say sound with you. Hold for a few seconds.*
- *Say "AHHHHHHHHHH." 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!

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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 "Big Top Fun." Many of us have gone to a circus. The circus would travel from town to town. They would set up a big tent called the "big top."

There are many things that happened under the "big top." There were clowns. There were animals. There were tightrope walkers and strong men! There were special foods, like popcorn, roasted nuts, or cotton candy.

What other things do we remember about the circus?

NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Use the *TBH Big Top Fun* cards or slides to engage student/s in talking about the sights and sounds of the circus.
- Option to share *TBH Big Top Fun* video to engage student/s further in reminiscing about the circus.
- Play your selected *TBH Big Top Fun* game with the student/s. Option to play standing or seated for increased safety.
- Option to play music selections from the *TBH Big Top Fun* music playlist as you play.
- Adapt the workout as directed to allow everyone to benefit optimally from the activity.
- When repeating this class, select a different *Big Top Fun* game to play.

Let's look together at some things that will bring back circus memories. Here are some photographs of the circus.

If including the video prompt option: **Here is a video about the circus. Let's watch some of it together.**

Now let's play a game together! We can have fun and move our bodies, too.

TBH BIG TOP FUN GAME DIRECTIONS

3-Ring Circus

- Fill the cleaned and emptied soda bottles with water. Option to use red, blue and yellow food coloring to color the water with a "circus" theme.

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- Set the bottles within tossing distance of the student/s. Move the bottles closer or further away depending on the difficulty level you wish to set. Be sure to set the bottles far enough apart so that the rings can fit easily over the bottles.
- Take turns tossing the large plastic tossing rings, trying to place them over the bottles.

Circus Animal Toss

- Set the large plastic tossing rings on the floor within tossing distance of the student/s. Move the rings closer or further away depending on the difficulty level you wish to set.
- Take turns tossing the plush toys, aiming to get them into the rings.

Big Tent Dunk

- Fill the cups ¼-way with the colored sand to anchor the cups. Put a different color sand in each cup.
- Place the cups on a tabletop or on the floor within tossing distance of the student/s. Move the cups closer or further away depending on the difficulty level you wish to set.
- Take turns trying to get the tossable circus-themed items into the cups.

VARIATIONS

- **Make It Harder.** Set the bottles, rings or cups farther away to add difficulty to the game. Have student/s aim for a specifically colored bottle, ring or cup.

- **Make It Easier.** Have students place the objects on the bottles, rings or cups. Talk through the activity as you are doing it together to provide further guidance.

- **Back-Up Plan.** Sing along, hum or move gently to music from the *TBH Big Top Fun* playlist in a manner that best engages the student/s. Use the photographs and game materials for connection, talking about what you see and memories they might evoke, to the comfort level of the student/s.

TBH TAKEAWAY

3 MINUTES

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

I hope you enjoyed class today. We talked about the circus and looked at photographs of the different things we might find under the "big top." And we had fun and played a circus game together.

Can you share something you liked today?

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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 glad to play and move.
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. I enjoyed talking about circuses with you!

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

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CLASS RESOURCES

TBH Big Top Fun 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.

TBH Big Top Fun Online Playlist. Use the musical selections in this playlist for the activity.

ADDITIONAL RESOURCES

TBH Big Top Fun Playlist. Suggested circus music if making your own playlist for this class.

SONG TITLE
The Elephant Has a Great Big Trunk
I Went to the Animal Fair
Circus Theme - Entry of the Gladiators

Latex-Free Rubber Rings. If needed, bright colored, 6' soft, easy to hold, non-sting finish balls available on *S&S Worldwide* or purchase locally.

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