



## CLASS 22 | I SEE YOU

*Builds social skills and connection with this visually based workout.*

### TBH FOCUS



### SOCIALIZE

### SKILLS WORKED



### SBBT



### ALL TOGETHER

### YOU WILL NEED

- A music source and speakers



## 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 "I See You." We may see people each day. We may pass them in the hall. We may sit with them to eat. But sometimes we aren't really paying attention to the other person. We may be thinking about something else.**

**Everyone likes to be noticed. We can feel closer to each other when we notice things about them. Maybe they have a nice smile! Or maybe they are wearing a pretty color.**

**When someone notices something about us, we can feel more supported. It is nice to know that someone is paying attention to us. Noticing details about someone is an important way we can stay connected.**



## NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Students should remain seated for this activity.
- Take turns stating things that you "see" about each other. Prompt student/s to say, "I see you ..." and then add what they notice. Talk briefly about what they share.
- Continue as long as time allows or to the comfort of your student/s.
- Option to prompt student/s with things they can notice, using phrasing "do you see ..." as an alternate.
- Adapt the workout as directed to allow everyone to benefit optimally from the activity.
- When repeating this class, try having student/s notice specific attributes such as hair, clothing, etc.

**Today we are going to practice building our attention skills. We are going to see what we notice about each other. I might notice that you have a nice smile. I would say "I see you have a nice smile." You might notice I am wearing a shirt you like. So you might say "I see you have a lovely shirt." We'll take turns showing the different ways we "see" each other. Ready?**



## VARIATIONS

- **Make It Harder.** Pair up students. Have them talk together about the different things they see about each other.



- **Make It Easier.** Lead the activity by stating the different things you see about the student/s, with a brief discussion to engage them each time.
- **Back-Up Plan.** Play music selections from the *TBH Take a Breath* playlist. Gently engage the student/s with your observations about what you see in the room.



## 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.

**Today we practiced paying closer attention to each other. When we really notice each other, we can feel closer and more supported.**

**I really enjoyed trying this with you.**



## 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 feel seen.  
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 spend time together noticing each other.**

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