



CLASS 23 | SOUP'S UP!

Discusses and samples different soups, a brain-healthy meal popular across all cultures.

TBH FOCUS

 **EAT SMART**

SKILLS WORKED

      

SBBT

 **ALL TOGETHER**

YOU WILL NEED

- A music source and speakers
- *TBH Soup's Up!* card deck or slides
- 2 or 3 samples of warmed-up soup to taste together. You can purchase premade soups or make them beforehand using the *TBH Soup's Up!* recipe cards. Option to make them with the student/s
- Small cups, spoons and napkins for the soup tasting, enough for each student/s



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 "Soup's Up!" Soup is a wonderful food. We can make soup with many different ingredients. We can use meat, like beef or chicken. We can make soup with vegetables, like carrots or onions. We can make sweet soups, with fruits. We can serve soup warm or cold. There is no end to the many ways we can make soup!

Soups are popular in many traditions. Different cultures use special ingredients or spices that make their soups unique and delicious. We may have soups we love from our own traditions.

And soups are a very healthy food choice. They give us the chance to eat a lot of vegetables or fruit. Because they have a lot of liquid, they can also help us stay hydrated.

Do you have a favorite soup?



NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Students should remain seated for this activity.
- Use the *TBH Soup's Up!* cards to prompt discussion about soup. Use the pictures of soup to talk about different kinds of soup, different soup traditions, etc. Use the soup recipe cards to talk about different soup recipes, recipes the student/s have made, etc. Use the single ingredient cards to talk about favorite soup ingredients.
- Have a soup tasting. Bring in premade or prepare in advance a few soups. Select soups that can be safely eaten by your student/s, with attention to any known allergies and/or swallowing issues.
- Warm up the soup as needed. Serve to student/s using the small bowls, spoons and napkins. Talk about the soup ingredients, taste, feelings the soup brings up, etc. as you enjoy the soup together.
- Option to make soup with your student/s using the recipes from the *TBH Soup's Up! Recipe* cards. Talk as you work together to create the soups.
- Continue as long as time allows or to the comfort of your student/s.
- Adapt the workout as directed to allow everyone to benefit optimally from the activity.
- When repeating this class, select different soups for your tasting.

These cards have pictures of some popular soups. Let's look at them together. Do you recognize this soup?



If looking at the individual soup ingredient cards: **Let's look at some of the ingredients we use to make our favorite soups. What are your favorite flavors?**

Now I have a tasty treat. We are going to try some soups together! This is (name of the soup) **soup. It is made from** (list some of the main ingredients). **Let's see how we like it.**

If making the soup together, say this: **Now we are going to have some fun making soup together. Here is a recipe for** (name of the soup). **I have all the ingredients right here. Let's start by** (begin instructions and discussion and continue as you prepare the soup together).



VARIATIONS

- **Make It Harder.** Have student/s talk about their favorite soups. Have student/s talk about recipes from their own cultural traditions, from their childhood, favorite soups to eat when they are unwell, etc. Have students sort the individual ingredient cards to create a "recipe" for a favorite soup.
- **Make It Easier.** Omit the cards. Taste the soups together, discussing the experience of how the soups taste, memories or feelings they bring up, etc.
- **Back-Up Plan.** Play music selections from the *TBH Take a Breath* playlist. Use the soups as sensory prompts, focusing together on how the soups smell, look and taste.



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.

Soup is a wonderful food. We find soup in so many traditions. Soup is a healthy choice for our bodies and our brains. And soup can warm our souls, too!

I really enjoyed exploring soups 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 glad for healthy things to eat.
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 try different soups.

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



CLASS RESOURCES

TBH Soup's Up! 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 Soup's Up! Recipes Cards. Use these TBH recipe cards if making soups from scratch before class or while together in class.