CLASS 12 | GARDENING 101

Explores gardening with a card-based activity for intellectual stimulation and reminiscence.

TBH FOCUS MIND **STRETCH YOUR MIND**

SKILLS WORKED P A C VE VI M

SBBT **ALL TOGETHER**

YOU WILL NEED

- A music source and speakers
- *TBH Gardening 101* card deck or slides
- Option to use gardening tools and other objects, such as seed packets, planting soil, watering can, etc. for this activity
- A video source and speakers if offering the *Back-Up Plan* version of this activity

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!

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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 "Gardening 101." Gardening is a very popular hobby.

There are many ways kinds of gardens. There are vegetable gardens, flower gardens and rock gardens.

Did you ever have a garden?

NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Look at the *TBH Gardening 101* cards or slides together, one at a time. Use as many cards as time allows. Talk together about the object, what it is called, what it is used for, whether the student/s ever used the object to garden, etc.
- Option to use gardening tools, seed packets and other objects pictured in the cards as prompts for the activity.
- Engage student/s with movement, miming the use of the object pictured.
- Adapt the workout as directed to allow everyone to benefit optimally from the activity.
- When repeating this class, use different cards or gardening tools for the activity.

Let's talk about the different things we use to garden. Here is a (name of object pictured on card/name of object). **What do we know about a** (name of object pictured on card/name of object)?

VARIATIONS

- **Make It Harder.** Use the *TBH Gardening 101* cards or objects to create a gardening sequence together. Lay out all the cards on a tabletop. Order them together to demonstrate the steps you would take to plant a garden, or harvest vegetables, etc. Take your student/s outdoors to see and work in the garden with tools.

- **Make It Easier.** Use the *TBH Gardening 101* cards or objects to engage through description of the objects, noting their shape, color, weight etc.

- **Back-Up Plan.** Use the *TBH Gardens Galore* video prompt to engage your student with music and imagery. Use the *TBH Gardening 101* cards to talk about different things about gardening, being in nature, etc.

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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.

I hope you enjoyed class today. Gardening can be a good way to engage our minds.

How did today's class make you feel?

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 think about a garden.
I am glad to connect with others.
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.*

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- *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. We enjoyed exploring gardens together!

I hope you will join me for another class soon.

CLASS RESOURCES

TBH Gardening 101 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

TBH Gardens Galore Video Prompt. Use the video for the *Back-Up Plan* option for this activity.

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