



CLASS 16 | AT THE MOVIES

Have fun using famous flicks to prompt creative engagement as you make your own movies.

TBH FOCUS



STRETCH YOUR MIND

SKILLS WORKED



SBBT



ALL TOGETHER

YOU WILL NEED

- A video source and speakers
- A music source and speakers
- Smart tablet, smartphone or video recorder
- *TBH At the Movies* card deck or slides
- *TBH At the Movies* video clips from the video playlist
- Movie props such as a fruit, hats, musical instruments, etc.



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 "At The Movies." Many of us love to go to the movies. Movies tell stories. Movies can help us imagine how other people live, or what other worlds might be like.

Movies bring us together. We can all share in an imaginary world or love the same character. They give us something in common. We might remember going to a double feature or watching a news reel before the movie. We can talk about famous actors, like Clark Gable or Debbie Reynolds.

Do you have a favorite movie? What memories can you share about the movies?



NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Use selections from the *TBH At the Movies* video playlist for this activity. Watch short clips of video from 1 or 2 of the videos together. Discuss what is happening in the film scene, how the characters are feeling, memories the student/s may have about the film, character or actor.
- Option to use the *TBH At the Movies* card deck or slides to engage student/s in talking about the movies instead of the video clips.
- Invite student/s to join you in making a short movie of your own. Decide on a prop and what you will do with the prop for a simple, "scene" of approximately 1 minute in length. (i.e., put on hats and then take them off, throwing them in the air). Film the "scene" using a smart tablet, smart-phone or video camera. When done, enjoy watching it together.
- Repeat with other props, continuing 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 props and create different short films together.

Let's look at some movies together.

What happened in the movie? How did (name a character) feel?

Do you remember this movie from when you were younger? What do you remember about it?

(If using the prompt cards or slides) **What does this remind you of? What do you remember about (name of actor/description of scene or object on card)?**

Now let's make our own movie! Here is a (name provided props). We will use it in our movie.

Our movie will be short. We can (describe what you can do with the prop, i.e., toss the hat, dance with the scarf, etc.) What should we do in our movie?



Ready? Let's make our movie. Wait until I say go. Then we will (restate what you decided to do).
That was great! Let's watch our movie together.



VARIATIONS

- **Make It Harder.** Collaborate to add dialogue to your "scene." Allow students to ad lib along a chosen theme. Have students reenact scenes from famous movies or plays.
- **Make It Easier.** Watch additional video clips together. Look through the photographs together. Create film scenes that are simple and shorter in length, chose simple props.
- **Back-Up Plan.** Watch videos from the *TBH At the Movies* video playlist together.



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

The movies are a wonderful way we can stretch our minds and feel closer to each other. We share our love for movies, movie characters and favorite actors with so many people. Today it was fun to watch some movies together, and to use our imaginations to create our own movie scenes!

Can you share something you liked 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 to use my imagination.
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. Movies are a fun topic to explore.

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



CLASS RESOURCES

[*TBH At the Movies Card Deck or Slides*](#). Use the photograph prints or slides for the activity as an alternative to watching the video clips. [*TBH At The Movies 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 At the Movies Video Prompts*](#). Use the video selections in this playlist for the activity. You can use the videos for the music only.

ADDITIONAL RESOURCES

[*Essential Movies from the 30's and 40's*](#). You can use this online article to further explore favorite films from these decades from CNN Entertainment.