



CLASS 3 | GARDENS GALORE

Uses gardening images for cognitive stimulation and connection.

TBH FOCUS



STRETCH YOUR MIND

SKILLS WORKED



SBBT



ALL TOGETHER

YOU WILL NEED

- A video source and speakers
- A music source and speakers
- *TBH Gardens Galore* card deck or slides
- *TBH Gardens Galore* video prompt
- Washable markers, if using the easier version of this activity



WELCOME TO CLASS!

3 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 "Gardens Galore." Gardens are beautiful places to visit. There are many famous gardens around the world. Have you ever visited a famous garden?

There are many things we might see when we visit a garden. What are some of those things? (Flowers, trees, plants, pathways, fountains, lakes, ponds, pools, statues, fences, benches, garden sheds, etc.).



NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Use the *TBH Gardens Galore* cards or slides as a discussion prompt. Lead a discussion about each photograph, including the objects and colors in the photograph, what the people in the photograph are doing, how the people in the photograph are feeling, the feelings student/s have looking at the photographs together, etc.
- Watch the *TBH Gardens Galore* video prompt. Talk together about what you see in the video, including details about the gardens, colors in the video, etc.
- Adapt the workout as directed to allow everyone to benefit optimally from the activity.
- When repeating this class, use different photographs and video prompts.

Let's start our workout. We are going to look at some photographs of gardens. We will talk about what we see in the photographs together.

Now let's watch a video of some gardens together. We will talk about what we see. It will be fun to tour the gardens together.



VARIATIONS

- **Make It Harder.** Have student/s work together to list items we commonly see in famous gardens. Have student/s identify different flowers, plants, and other features common to gardens.
- **Make It Easier.** Lead student/s in naming different objects in the photographs and video. Print the photographs in black and white and color the photographs together using washable markers.
- **Back-Up Plan.** Watch the video together, using the accompanying music to inspire movement as your student is able. Or use music from the playlist below for this activity.



COMPOSER	TITLE
Tchaikovsky	Dance of the Flowers (from the Nutcracker Suite)
Vivaldi	Spring Part I (Four Seasons)
Johnny Cash	In the Garden



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. I liked exploring gardens together with you!

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 see the gardens.
I am happy to think about plants and flowers.
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. We enjoyed exploring gardens together!

I hope you will join me for another class soon.



CLASS RESOURCES

[TBH Gardens Galore Card Deck or Slides](#). Print the cards or use the slide deck for the activity. If using the cards, 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 Gardens Galore Video Prompt](#). Use the video for your class activity.