



CLASS 8 | I SEE A WALTZ

TBH CARE 1.0 PROGRAM

TBH FOCUS

MIND STRETCH
YOUR MIND

SBBT

ALL TOGETHER

SKILLS WORKED

P A VE
VI M

TOPIC

How we can boost our visual attention and discrimination skills using visual imagery.

WHAT

Use visual senses to explore the waltz together.

YOU WILL NEED

- A video source and speakers
- *TBH I See a Waltz* slides. Option to print as cards if needed.
- *TBH I See a Waltz* music selections
- *TBH I See a Waltz* video selections
- Option to use soft scarves
- Option to use black and white reprints of the cards, crayons or colored markers if offering the *Backup Plan* version



WELCOME

10 MINUTES

- Welcome students with a short orientation to the location, time, and people in the room.
- Share in simple terms how engaging our minds together is good for our thinking and wellbeing.



LET'S GET IT STARTED

10 MINUTES

- Lead the optional seated physical warmup.
- See online class for directions.

SHARE THE SCIENCE

Share these science facts before or during the training workout.

- Waltzing is a very popular dance. Who knows the waltz?
- Moving our bodies is a good way we can stay healthy, no matter who we are.
- Dancing is a fun way to get exercise.
- Dancing also makes us think. We must keep the “beat” of the music and remember how to move.
- There are many famous waltzes. Some are named after places. Can you name some waltzes?
- The Blue Danube waltz is popular. It is named after the Danube River.



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LET'S TRAIN

20+ MINUTES

- Select a *TBH I See a Waltz* slide. Option to print as card if needed.
- Talk together about the photograph, such as different objects, colors, what the people are doing, how the people are feeling, the feelings they have looking at the photographs together, etc.
- Watch a *TBH I See a Waltz* video prompt together. Have students follow along with the videos by clapping or humming to the musical 1-2-3 pattern.
- Option to use soft scarves and have students wave them to the beat while watching the video.



ADAPT THE WORKOUT

Adapt as needed so everyone can fully benefit from the workout.

- **Make It Harder.** Have students create a short story about the photograph together. Have students identify the musical instruments, and parts of the orchestra in the video.
- **Make It Easier.** Ask guiding questions to engage students in discussing the photograph. Have students move to the music. Talk about the music's pace, feelings the music brings up. Use scarves as you move to the music together.
- **Backup Plan.** Hum or move along with the music in a manner that best engages students. Gently run the scarves over students' hands. Print the photograph prompts in black and white and use them to color together with crayons or markers.



TAKE A BREATH

10 MINUTES

- Lead this optional breathing relaxation cooldown.
- See online class for directions.



JOIN ANOTHER CLASS!

5 MINUTES

- Thank students for attending class and exploring the waltz together.
- Invite them to join your next class session.



MORE RESOURCES

- See online class.

FOR NEXT TIME

Repeat the class to boost mastery and confidence.

- Repeat the class using different music or video selections.