

TBH CARE 1.0 | CLASS LIST

CLASS	TOPIC	DESCRIPTION
1	WELCOME FRIENDS	Focuses on gratefulness and emotional health with an engaging creative activity.
2	I HEAR A WALTZ	Engages your students with an auditory stimulation activity using a waltz theme.
3	GARDENS GALORE	Uses gardening images for cognitive stimulation and connection.
4	POETRY MOVES	Uses poetry to encourage creative engagement through movement and connection.
5	PLANTING SEEDS	Engages with sensory stimulation activity around a gardening theme.
6	TOUCH POINTS	Introduces simple acupressure self-massage to promote relaxation and calm.
7	LET'S HAVE A HOEDOWN!	Have fun with square dancing traditions for an energizing workout.
8	I SEE A WALTZ	Provides meaningful engagement with a visual stimulation activity around a waltz theme.
9	SCENTED MOMENTS	Uses aromas and photograph prompts to evoke feelings and memories with scent.
10	ROCK ON	Uses creative arts to build inspiration and connection.
11	WISE ADVICE	Share and create “wise advice” to boost confidence.
12	GARDENING 101	Explores gardening for intellectual stimulation and reminiscence.
13	BALLS AWAY!	Provides opportunity for movement and engagement to familiar sports themes.
14	TAKE A BREATH	Teaches simple breathing relaxation strategies to promote focus and calm.
15	BIG TOP FUN	Have fun under the “big top” with simple circus-themed games and discussion.
16	AT THE MOVIES	Have fun using famous flicks to prompt creative engagement and make your own movies.
17	I HEAR A SYMPHONY	Uses classical instrumental music to anchor a fun, complex ideomotor workout.
18	I DRAW A WALTZ	Provides meaningful engagement using a creative arts stimulation activity around a waltz theme.
19	CALMING CHANTS	Fosters a sense of calm with an exploration of chants from different traditions.
20	ON BROADWAY	Everyone will be ready for the applause with this Broadway-inspired dance workout!
21	FRUIT BOWL ART	Creates fruit bowl art, with inspiration from classic still life artwork.
22	I SEE YOU	Builds social skills and connection with this visually based workout.
23	SOUP'S UP!	Discusses and samples different soups, a brain-healthy meal popular in all cultures.
24	YES, I CAN!	Lifts everyone's spirits with this fun “can do” workout that builds self-efficacy.