

# Total Brain Health CARE 1.0 Program

## GET ORGANIZED TO GO! GUIDE

Kicking off your TBH program? Organization is key to making your workouts easy and successful! Here's a step-by-step action plan with tips you can use to make sure your program is ready to go when you are!

- 1 SKIM AHEAD!** Invest time to familiarize yourself with the program, including the class modules and materials. Nothing will make it easier to find your own teaching voice and comfort with the materials than taking just an hour ahead to check out the workouts and take some notes!
- 2 PICK YOUR TEACHING TOOL** Plan ahead if you will be teaching from a tablet or printed materials. If you print your course materials, be sure to organize them in a binder or folders.
- 3 PRINT THE STUDENT MATERIALS YOU WILL NEED.** Check the class module resources for any materials you need to print in advance to use in the class.
- 4 PREP YOUR AV.** TBH programs include music and videos. Prepare in advance how you will these digital assets.
- 5 IT'S BETTER WITH BINS.** Want a grab n'go solution when it is time to teach? Pro tip! Get organized in advance with "class bins" that hold all you'll need. Use the *TBH CARE 1.0 CLASS MODULE BIN SUPPLIES LIST* to "bin up" ahead of class.



# TBH CARE 1.0 PROGRAM

## CLASS MODULE BIN SUPPLIES CHECKLISTS

CUT OUT CHECKLIST CARDS AND PLACE IN BINS



### CLASS 1 | WELCOME FRIENDS

- Blank paper, colored pencils, crayons, or non-toxic markers
- Large letter stencils and/or stick-on letters
- Scissors
- String
- Hole punch

### CLASS 2 | I HEAR A WALTZ

- Musical instruments such as bells, egg shakers, or small drums
- Blank paper
- Colored markers or crayons

### CLASS 3 | GARDENS GALORE

- TBH Gardens Galore* card deck, laminated (if not using slides)
- Washable markers

### CLASS 4 | POETRY MOVES

- Squeezable soft balls, enough for everyone

### CLASS 5 | PLANTING SEEDS

- A 4" or 6" plastic or clay planter and tray, or a large bowl
- Small pebbles or stones, enough to create a 1" inch layer at the bottom of each planter
- Potting soil, enough to fill each planter
- Grass seed, enough for a fine layer across the top of each planter
- Small spray bottle filled with water

### CLASS 6 | TOUCH POINTS

- TBH Touch Points* card deck, laminated (if not using slides)



- Lavender essential oil (optional)

## CLASS 7 | LET'S HAVE A HOEDOWN

- Square dance props such as bandanas, cowboy hats, calico kerchiefs, etc.

## CLASS 8 | I SEE A WALTZ

- TBH I See a Waltz* card deck, laminated (if not using slides)
- Soft scarves (optional)
- Black and white reprints of the photograph prompts
- Crayons, or colored markers

## CLASS 9 | SCENTED MOMENTS

- TBH Scented Moments* card deck, laminated (if not using slides)
- Strongly scented objects such as pine boughs, peppermint leaves, cinnamon sticks, vanilla beans, coffee, rosemary leaves, lavender boughs, lemons, oranges, etc.
- Essential oils (optional)
- Cotton round pads (optional)

## CLASS 10 | ROCK ON

- TBH Rock On* card deck, laminated (if not using slides)
- Several river rocks, washed and ready for painting
- Acrylic paint pens or permanent markers in a variety of colors
- Acrylic white paint or spray sealer to prime the rocks for painting

## CLASS 11 | WISE ADVICE

- TBH Wise Advice* card deck, laminated (if not using slides)
- Blank large white cards and colored markers

## CLASS 12 | GARDENING 101

- TBH Gardening 101* card deck, laminated (if not using slides)
- Gardening tools and other gardening objects, such as seed packets, planting soil, watering can, etc. (optional)

## CLASS 13 | BALLS AWAY

- TBH Balls Away* card deck, laminated (if not using slides)
- Soft foam balls for tossing
- A selection of balls used in various sports such as tennis, baseball, basketball, golf, volleyball, bocce, etc. (optional)

## CLASS 14 | TAKE A BREATH

*no bin needed*



## CLASS 15 | BIG TOP FUN

- TBH Big Top Fun* card deck, laminated (if not using slides)
- 3-Ring Circus Workout*:
  - o 3 large (1/2 liter) soda bottles, cleaned and emptied
  - o Large plastic tossing ring
- Circus Animal Toss*:
  - o Small plush animal toys such as lions, tigers, elephants, horses
  - o Large plastic tossing rings, in multiple colors
- Big Tent Dunk*:
  - o 6 medium-sized clear plastic cups
  - o Colored sand, small amounts in various colors
  - o Small, tossable circus-themed items such as popcorn, foam clown noses

## CLASS 16 | AT THE MOVIES

- TBH At the Movies* card deck, laminated (if not using slides)
- Movie props such as a fruit, hats, musical instruments, etc. (optional)

## CLASS 17 | I HEAR A SYMPHONY

- TBH I Hear a Symphony* card deck, laminated (if not using slides)
- Chopsticks or other long sticks, enough for each student

## CLASS 18 | I DRAW A WALTZ

- Sheets of blank white paper
- A large sheet of blank white paper (optional)
- Non-toxic markers, crayons, or finger paints, in several colors

## CLASS 19 | CALMING CHANTS

- TBH Kirtan Kriya Meditation Trainer Guide* (for the “Make It Harder” option)

## CLASS 20 | ON BROADWAY

- Dance props such as top hats, canes, feather boas (optional)

## CLASS 21 | FRUIT BOWL ART

- TBH Fruit Bowl Art* card deck, laminated (if not using slides)
- Whole fruits such as apples, pears, bananas, oranges, lemons, grapes, etc.
- A large, shallow bowl or container
- A smartphone, smart tablet, or camera
- Dark-colored fabric to use as a photograph backdrop (optional)



## CLASS 22 | I SEE YOU

*no bin needed*

## CLASS 23 | SOUP'S UP!

- TBH Soup's Up!* card deck, laminated (if not using slides)
- 2 or 3 kinds of dried soup mix
- TBH Soup's Up!* recipe cards and ingredients to make soup (optional)
- Small cups, spoons and napkins for the soup tasting

## CLASS 24 | YES, I CAN!

- TBH Yes, I Can!* card deck, laminated (if not using slides)