

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 3 | GARDENS GALORE

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

CLASS 7 | LET'S HAVE A HOEDOWN

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

CLASS 22 | I SEE YOU

no bin needed