

TOTAL BRAIN HEALTH
BODY • MIND • SPIRIT 

TBH CARE 1.0

SAMPLE CLASS

Offer engaging, meaningful cognitive stimulation
to your clients living with moderate
to moderate-severe dementia

FREE!

- ✓ Everything you need to run a community engagement class
- ✓ No obligation to purchase
- ✓ Like it? Order the TBH CARE 1.0 Toolkit for year-round, science-backed cognitive stimulation classes

[TBHTOOLKITS.COM](https://tbhtoolkits.com)

Hello from Total Brain Health!

Welcome to your **TBH CARE 1.0** sample class. We are excited to have your community try this signature cognitive wellness program, designed to give persons living with moderate to moderate severe dementia ways to engage cognitive skills, connect socially and promote overall well-being. This program is best taught one-to-one or in a small group of 2 to 3 for optimal engagement. This class is designed for one-one-one delivery or to groups of 2 to 3 individuals of similar cognitive ability.

Results You Want

TBH programs bring the cutting-edge research behind cognitive wellness to your community. Every class reflects our TBH methodology, with workouts that include:

- Robust wellness engagement across body, mind and spirit
- Social-Based Brain Training to boost intellectual function, build social skills and encourage deeper connections
- Hands-on experiences that drive home the learning

“Being able to hear all the stories and see how happy it made the resident made it all worth it. You really got to see her mood improve.”

— Engagement Specialist

Ready to Start?

In this packet, you'll find a sample 1-hour class from our TBH CARE 1.0 course with:

- **Scripted Class Materials.** Lead your students in a series of brain healthy workouts. For best results, familiarize yourself with the scripted materials ahead of class. Once in class, we encourage you to find your own voice, and not to read the scripts aloud.

- **TBH I See a Waltz 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. 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.
 - ✓ Print enough copies for all students
- **Participant Survey.** Ask students to complete the survey for valuable feedback as you consider TBH CARE 1.0 for your community.
 - ✓ Use the provided participant survey to gather feedback after your sample class based on a quick “show of hands.”

You've Only Just Begun!

As a TBH partner you can expect everything you need to lead successful programs in your community including:

- **Resident Courses** each with up to 24 repeatable classes for continuous use across your calendar, class worksheets, proprietary games and student handouts.
- **Trainer Education and Planning Resources** that offer you an in-depth understanding of the brain health science and support materials for getting started and staying organized. Add on our Corporate Care package for even more trainer support.
- **Get the Word Out** marketing materials to promote your Total Brain Health program.
- **Custom Solutions** around brain wellness for stand apart market positioning.

What's Next?

We'd love to connect! Email (info@totalbrainhealth.com) or call (973.655.0422) to discuss your community needs. Or schedule a meeting directly at calendly.com/totalbrainhealth/meet

Here's to building better brains, together!

The Team at Total Brain Health



I SEE A WALTZ

Provides meaningful engagement using a visual stimulation activity around a waltz theme.

TBH FOCUS

 **STRETCH YOUR MIND**

SKILLS WORKED

SBBT

 **ALL TOGETHER**

YOU WILL NEED

- A video source and speakers
- A music source and speakers
- Music selections from the [TBH I See a Waltz playlist](#)
- *TBH I See a Waltz* card deck or slides
- Selections from the [TBH I See a Waltz video prompts](#)
- Option to use soft scarves, enough for each student
- Option to use black and white reprints of the photograph prompts, crayons or colored markers if offering the *Back-Up Plan* version



WELCOME TO CLASS!

2 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.
- Option to use music from the [TBH I Hear a Waltz playlist](#) for this 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 "I See a Waltz." 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. It also makes us think. We have to keep to the "beat" of the music. And remember how to move.

There are many famous waltzes. Some are named after places. The Blue Danube waltz is popular. It is named after the Danube River.



NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Use the *TBHI See a Waltz* cards or slides as a discussion prompt. Lead a discussion about what they see in each photograph, including the different 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 selections from the [TBHI See a Waltz video prompts](#). Have student/s follow along with the videos by clapping or humming to the musical 1-2-3 pattern.
- Option to use soft scarves and have student/s wave them to the beat while watching the video clips.
- 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 a photograph. We will talk about what we see in the photograph together.

Now let's watch some waltzes together. We will talk about what we see. We can (clap/hum) along with the music. It will be fun to watch together!

If using scarves: We can wave our scarves and make them dance along with the music!



VARIATIONS

- **Make It Harder.** Have student/s work together to create a short story about the photograph. Have student/s identify the musical instruments, and parts of the orchestra in the video clips.



- **Make It Easier.** Ask guiding questions to engage student/s in discussing the photograph. Lead the group in moving along to the music.
- **Back-Up Plan.** Hum or move along with the music in a manner that best engages student/s. Use the scarves to encourage movement and tactile stimulation, gently running them over student's hands. Print the photograph prompts in black and white and use them to color together with crayons or markers.



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. We looked at photographs of waltzes and watched videos of waltzing.

Can you share something you liked today?



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 take time for myself.
I am glad to see the beautiful waltz.
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. I enjoyed watching the waltzes with you!

I hope you will join me for our next brain wellness class.



PARTICIPANT SURVEY

- Use the provided participant survey form to get feedback from your class.

I'd love to hear what you thought about today's class. Here are a few questions we can answer together. Just raise your hand if you agree with the statement that I read. Ready?



CLASS RESOURCES

[TBH I See a Waltz 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 I See a Waltz Video Prompts](#). Use the videos from this playlist for your class activity.

[TBH I Hear a Waltz Online Playlist](#). Use the musical selections in this playlist for the activity.

**ADDITIONAL RESOURCES**

TBH | Hear a Waltz Playlist. Suggested waltz music if making your own playlist for this class.

| ARTIST | SONG TITLE |
|-------------------|---------------------------------------------------------|
| Peter Tchaikovsky | Waltz of the Flowers (<i>The Nutcracker Suite</i>) |
| Peter Tchaikovsky | Waltz from Swan Lake (<i>Swan Lake</i>) |
| Johann Strauss | Kaiser Waltz |
| Johann Strauss | Blue Danube Waltz |
| Henry Mancini | Moon River (<i>Breakfast at Tiffany's</i>) |
| Henry Mancini | Theme from Romeo and Juliet (<i>Romeo and Juliet</i>) |

TBH CARE 1.0

I SEE A WALTZ CARD



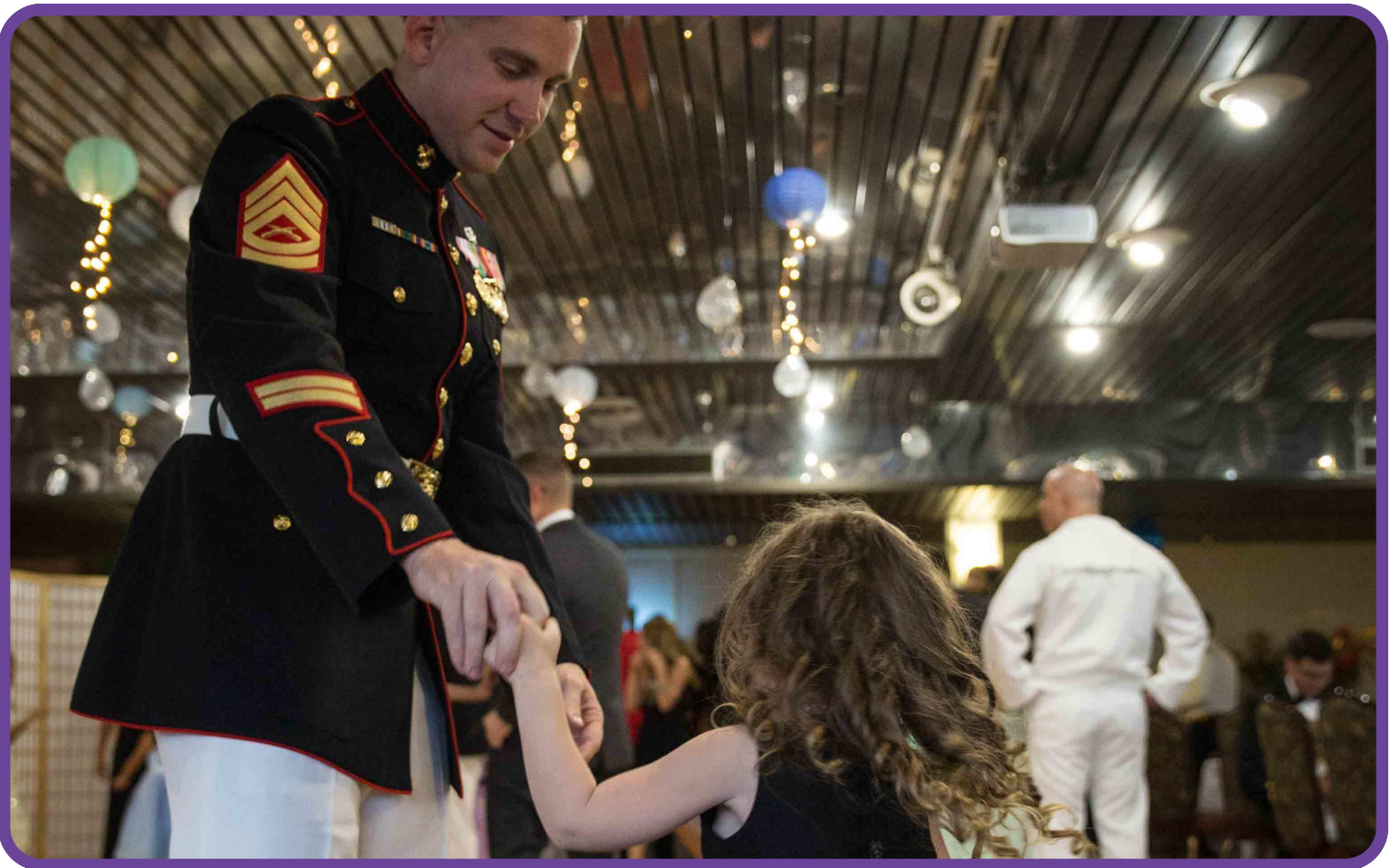
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TBH CARE 1.0

I SEE A WALTZ CARD



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I SEE A WALTZ CARD

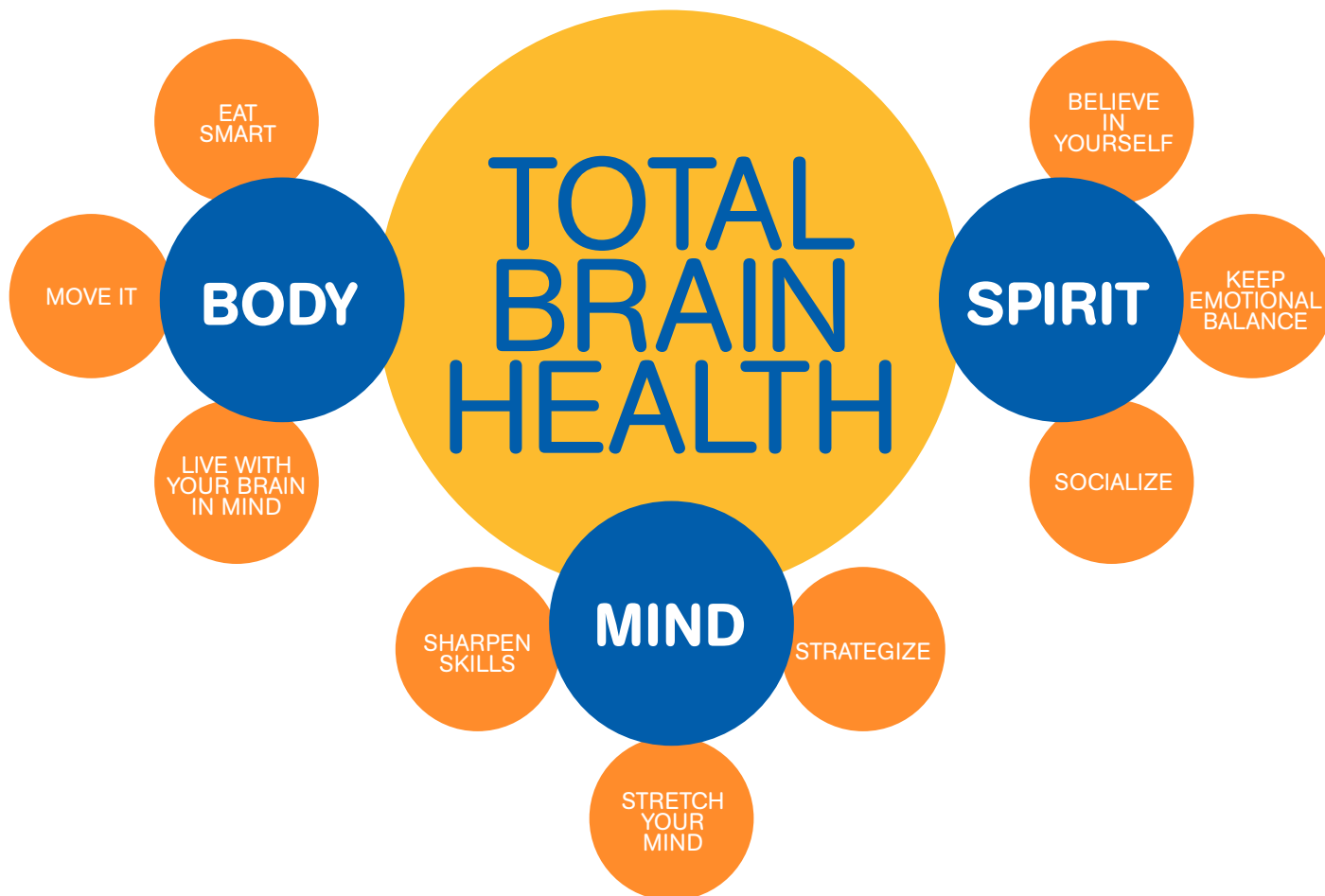


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TOTAL BRAIN HEALTH BLUEPRINT



Our **TBH BLUEPRINT** is the foundational wellness roadmap behind every TBH course. Use it as a roadmap to guide you to the activities proven by research and recommended by the experts to boost daily thinking and long-term brain vitality.

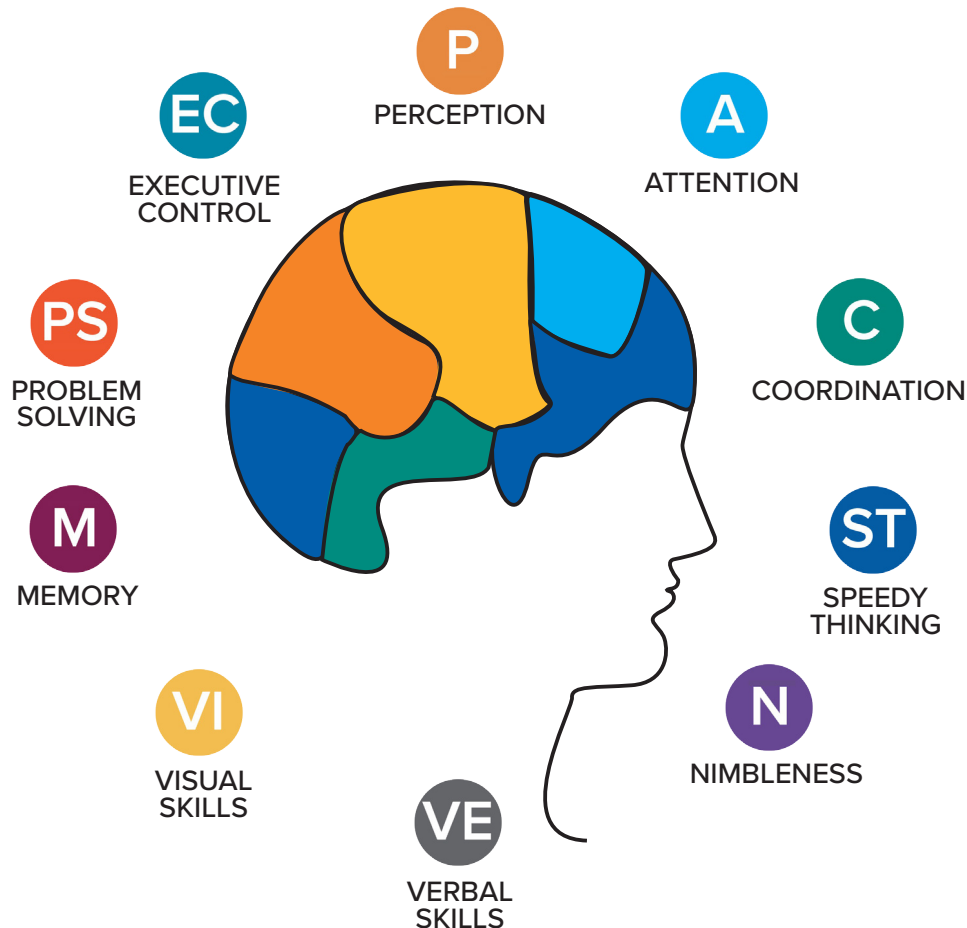
BODY. Staying physically fit, healthy dietary habits, as well as managing everyday choices such as sleep and medications, help sharpen intellectual performance and have been linked to lowered dementia risk and to better well-being for those living with dementia.

MIND. Cognitive training can revive skills diminished by age, such as attention, quick thinking, multi-tasking and reasoning. Continued creative and intellectual challenge as well as strategies to enhance memory also have proven to be critical to cognitive vitality.

SPIRIT. Strong, satisfying social ties, emotional balance and confidence in one's ability to improve memory and brain vitality have been tied by research to better cognitive health and overall well-being.



TBH THINKING SKILLS



Research shows that training in intellectual skills can help us better maintain everyday functioning. Each **Total Brain Health** class highlights the cognitive skills you will be building in that session, including:

Perception Accurately sensing our world.

Attention Our ability to hold focus.

Coordination Moving quickly and nimbly.

Speedy Thinking Quick thinking.

Nimbleness Our ability to multi-task.

Verbal Skills Speaking fluently.

Visual Skills Seeing the world accurately.

Memory Learning & recalling information.

Problem Solving Reasoning & resolving.

Executive Control Judging our world accurately and respond appropriately.



TBH CARE CLASS SURVEY

- Use this form to record responses to the class survey.
- Administer the questions below verbally.
- Ask your student/s to raise their hands if they agree with the question. Count and record the number of students who raise their hands or say “yes.”
- Record additional comments or suggestions on the sheet.

TRAINER NAME: _____

EMAIL: _____

COMMUNITY NAME: _____

CLASS TIME: _____

OF STUDENTS: _____

| ASK STUDENT/S “RAISE YOUR HAND IF YOU ...” RECORD NO. THAT INDICATE “YES” | |
|-----------------------------------------------------------------------------|-----------------------------|
| STATEMENT | # OF STUDENT/S IN AGREEMENT |
| I ENJOYED TODAY’S CLASS | |
| I LEARNED SOMETHING HELPFUL TODAY | |
| I LIKED LEARNING WITH OTHER PEOPLE TODAY | |
| I WILL TRY WHAT I LEARNED TODAY ON MY OWN | |
| I WOULD LIKE MORE CLASSES LIKE THIS | |

ADDITIONAL COMMENTS:

Share the responses by scanning and emailing this form to info@totalbrainhealth.com

Questions? Email us at info@totalbrainhealth.com

Order your TBH CARE Toolkit at tbhtoolkits.com/store

GET STARTED TODAY!

Social-Based Brain Training for Better Brainpower

- **CHOOSE** from 8 highly interactive trainer-led small group programs
- **ENGAGE** with hands-on, high energy cognitive workouts across body, mind and spirit
- **SERVE** everyone in your community across the cognitive continuum
- **ADD ON** professional training with video learning, seasonal activities, and more



TBH INSPIRE 1.0

Experiential training for the “spirit” side of wellness.



TBH BRAIN WORKOUT 1.0

Teach the latest research on how body, mind and spirit health matters to cognitive fitness.



TBH FAIR

All you need to host a community health fair with a brain healthy twist!



TBH BRAIN WORKOUT 2.0

A “next level” dive into how whole person body, mind, spirit wellness boosts thinking.



TBH CARE 1.0

Small group cognitive stimulation for persons living with moderate to moderately severe dementia.



TBH MEMORY 1.0

Practical strategies to rev up recall for everyday information such as names, conversations and more.



TBH FLEX 1.0

Brain wellness for those living with mild cognitive impairment to early dementia.



TBH MEMORY 2.0

“Next level” training in memory strategies and mnemonic systems.

Volume discounts available. Schedule time with a TBH specialist to learn more: <https://calendly.com/totalbrainhealth/meet>

TBH**TOOLKITS**.COM