

TBH FLEX 1.0 | CLASS LIST

CLASS	TOPIC	DESCRIPTION
1	MIRROR, MIRROR	Connect classmates with a fun, social icebreaker workout
2	SOCIAL PLAY	Practice “social attention” and getting to know each other better
3	GET THE BEAT	Use rhythms and movement to build attention and reaction time
4	LINE GROOVES	Get everyone moving and thinking with line dancing
5	SOUNDS LIKE ...	Addresses auditory attention and helps students build critical listening skills.
6	SOUNDS LIKE A STORY	Improve focus with listening practice
7	WHAT'S THAT SCENT?	Identify common aromatherapy scents
8	HEALTHY SCENTS	Learn how scents can affect mood
9	DAILY DRINKS	understand the value of hydration and sample different drinks
10	SMOOTH SNACKING	use smoothies to learn healthier snack habits
11	POETRY IN MOTION	explore movement in poetry
12	POETRY CLASS	create poetry together
13	GETTING MORE SLEEP	learn relaxation strategies for a better night's sleep
14	RELAXING MASSAGE	practice relaxation through self-massage
15	THINK POSITIVE!	boost self-confidence with a group exploration and discussion
16	TELL ME ABOUT IT	Share memories of past events to build connections
17	REPEAT AFTER ME!	Teach a simple repetition strategy to boost learning and recall
18	ARTFUL EXPLORATIONS	Pair up to explore creative expression with works of art
19	IMPROV TIME	Challenge thinking with some fun improvisational exercises
20	IT'S A DRAW	Pair up for a series of workouts that challenge creativity and communication
21	MATH MATTERS	Boost speedy thinking with fun math-based games
22	KEEPING TRACK	Use a simple organizational strategy to keep better track of personal objects
23	PRESSURE POINTS	Work together to learn simple acupressure movements
24	LET'S CELEBRATE!	Celebrate the accomplishments of students in the course