

TOTAL BRAIN HEALTH
BODY • MIND • SPIRIT



TBH FLEX 1.0

SAMPLE CLASS

A cognitive wellness program for those living with mild cognitive impairment to early dementia

FREE!

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

TBHTOOLKITS.COM

Hello from Total Brain Health!

Welcome to your **TBH FLEX 1.0** sample class. We are excited to have your community try this signature cognitive wellness program, designed to give persons living with mild cognitive impairment to early stage dementia ways to maintain cognitive skills and promote overall well-being. This program is best taught in small groups of 6 to 8 students for optimal engagement.

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

“Our residents enjoy the cognitive stimulation, socialization, and working as a team!! Great programs!!”

— Engagement Specialist

Ready to Start?

In this packet, you'll find a sample 1-hour class from our TBH FLEX 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 Take This Home Cards.** Reinforce what was learned in class with this printed take-home card.
 - ✓ Print enough copies for all students

- **TBH Blueprint and TBH Thinking Skills Handouts.** Provide students with a road map that visually explains how wellness supports our brain health. Use the TBH Thinking Skills handout as a reference to the skills worked in class.
 - ✓ Print enough copies for all students
- **Participant Survey.** Ask students to complete the survey for valuable feedback as you consider TBH FLEX 1.0 for your community.
 - ✓ Use the provided participant survey to gather feedback after your sample class based on a “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



MIRROR, MIRROR

Lead your class in an engaging movement activity designed to build attention, memory and social cueing.


TBH FOCUS

 **SOCIALIZE**

SKILLS WORKED

SBBT

 **ALL TOGETHER** | Your class will work as one group

YOU WILL NEED

- TBH Take This Home cards, enough for each student.
- TBH Blueprint handout, enough for each student
- TBH Thinking Skills handout, enough for each student
- Video conferencing technology if modifying for virtual delivery



WELCOME TO CLASS!

- Welcome new students to today's class.

Welcome to our Total Brain Health FLEX class. I am so excited you have joined us today!

This class is part of a larger program designed by Dr. Cynthia Green, a recognized cognitive health expert and author. The Total Brain Health courses are grounded in the cutting-edge brain fitness science so you can feel confident that you are doing all the right things to take care of your cognitive health and well-being.

Today's TBH Blueprint focus is the "Socialize" action point. The TBH Blueprint is a road map we can use to understand how staying active across body, mind and spirit supports our brain health. Distribute TBH Blueprint handout.

Memory loss can sometimes make it harder to stay focused on the social cues that help us respond and stay on track when we are speaking with each other. Today's topic is "Mirror, Mirror" and we'll be working to build our focus to social cues so we can all stay more connected.

We will be working on the following thinking skills today:

 **PERCEPTION**  **ATTENTION**  **COORDINATION**  **SPEEDY THINKING**
 **NIMBLENESS**  **VISUAL SKILLS**  **EXECUTIVE CONTROL**

Here is a handout that explains those different thinking skills. Distribute TBH Thinking Skills handout.



TBH LET'S GET IT STARTED!

5 MINUTES

- Lead this upbeat, seated warm-up to build focus, energy and get everyone ready to learn.
- Encourage class to count along and support each other.
- Option to play music to set the pace of your workout.
- Mute distance learners to avoid noisy distractions.

We are going to start with a great warm-up for our bodies and brains called *TBH Let's Get It Started*. It is a wonderful way to get us ready to focus and learn together. We'll do this right at our seats at the beginning of every class. Just 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.
- ▶ Alternate toe taps. 10 repetitions. Count together using the alphabet A to J.

LEGS GET STARTED!

- ▶ Stamp feet on the ground, alternating feet. Make “noise” with group.
- ▶ Gently kick legs out from the knee, alternating legs. 10 repetitions. Count together from A to J.
- ▶ March in place, alternating legs. 10 repetitions. If your class is physically able to march in place safely while standing, you may choose that option. Count together from 1 to 10.

ARMS GET STARTED!

- ▶ Gently shake arms, open and close hands.
- ▶ Circle wrists a few times in clockwise and counterclockwise.
- ▶ Hold arms straight out in front, shoulder level, palms facing down. Slowly lower both hands to thighs and then raise them back to shoulder level. 5 repetitions. Count from 1 to 5.
- ▶ Shrug shoulders up and down, with hands on knees. 5 repetitions. Count from A to E.

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.
- ▶ Say “OH – EH – AH.” Hold each sound for a few seconds. 3 repetitions.

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.
- ▶ 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

5 MINUTES

- Present the science behind the class.
- Allow for brief discussion of the science with your students.

Let's move to today's topic, "Mirror, Mirror." It's nice to spend time with other people, in person, over video and even on the telephone. Time with others, whether you are doing something together or just having a chat, helps keep your brain healthy. In fact, scientists have found many different ways being social is good for our brains.

Here's one way: Socializing helps keep our thinking sharp. When we spend time together, we have to pay attention and be quick and nimble in our thinking and then, we have to remember. These are all skills that become harder with age, and also when we are living with memory loss. Being social helps us keep up those skills because when we are with other people we need to use those skills to communicate and connect with each other.

One important way we can help ourselves stay social is to strengthen our ability to react to social cues. Why? We communicate better when we pay close attention to social cues. For example, if the other person is smiling, we get a clue that they are feeling happy. If they look sad, something could be wrong that we want to ask about.



NOW DO IT!

15+ MINUTES

- Lead your class in this workout to personalize their learning of the science.
- Make simple movements with your hands, arms and face that students can "mirror" by following your motions. Use a mix of the suggested movements below alone or in combination. Try some of your own movements as well.
- With the first few movements, make sure students gets the idea of "mirroring" or following your movement. Their motions can be approximate to yours.
- Adjust the number, complexity and pace of the movements according to the ability of your students.
- When repeating this class, offer an alternative selection and order of the movements.

Now let's try our workout. "Mirror, Mirror" is a great way to practice paying attention to social cues. It's also fun! I'm going to make some movements, one at a time. You need to watch me closely, then do exactly what I am doing. We'll do this workout together. Chances are none of us will move in exactly the same way, so don't worry about being right or wrong. In this class, we learn and get better by doing the workouts and supporting each other! Ready?



SUGGESTED MIRROR, MIRROR MOVEMENTS

- **Clockwise Circles.** Begin by making a few big clockwise circles with your right hand. Then switch the direction of the circle. Next, do the same using your left hand.
- **Figure Eight.** Draw a figure eight in the air using your right hand. Repeat with your left hand.
- **Shoulder Shrugs.** Shrug your shoulders up and down.
- **Shoulder Brush.** “Brush” off your shoulder using your opposite hand (left shoulder, right hand).
- **Shoulder In.** Turn at the waist, putting one shoulder and then the other towards your midline.
- **Ear Tugs.** Tug gently on your ear lobes.
- **Head Pat.** Pat the top of your head.
- **Thinker’s Pose.** Cross one arm across your waist, resting the elbow of the opposite arm in your hand. Rest your chin in the palm of the opposite arm.
- **Face Squints.** “Squint” your face, tightening up and releasing your eyes, nose and mouth.
- **All Smiles.** Smile broadly, looking around at the students.



VARIATIONS

- **Make It Harder.** Have students take turns setting the movement for others to follow. If physically together, break your class into pairs. Have members of each pair take turns making movements for the other to “mirror.”
- **Make It Easier.** Keep movements very simple and go slowly. Repeat a few movements a few times rather than creating lots of new ones.
- **One-to-One Delivery.** Take turns creating movements for each other to follow, adapting for your client’s ability level. Add additional things to “mirror” such as repeating words after each other (try some easy lines of poetry, for example) or drawing simple shapes with colored pencils or pens.
- **Virtual Delivery.** Encourage distance learners individually. Narrate your movements as you make them (i.e., “*I am making a big circle with my right hand*”).



TBH TAKEAWAY

10 MINUTES

- Share this brief wrap-up to end the workout.
- Distribute the *TBH Take This Home* card for this class.
- Ask students to share how they feel after today’s class.

That was great, I enjoyed practicing “Mirror, Mirror” with all of you. It’s a great way to improve our attention to social cues, which are so important to staying connected to each other. I hope you will keep building your awareness of social cues by practicing with each other, with friends and with family. This is an easy exercise to do over video as well.

Here is a *TBH Take This Home* card for this class. It will remind you what we learned together today and help you keep up this brain workout on your own.

How do you feel after today’s workout?



TBH TAKE A BREATH

5 MINUTES

- Lead this signature relaxation and affirmation exercise to close the class.
- Option to play music to set the pace of your workout.
- See the course introduction for a fully scripted version of this workout.
- Mute distance learners to avoid noisy distractions.

Let's wrap up with "TBH Take a Breath." Being mindful and sharing some positive thoughts gives us a chance to think about what we have learned together and how we can use it in our daily lives. Research shows that mindfulness practices like this supports brain health when living with dementia. And it is a wonderful way to end our time in class together.

- *Have students get comfortable, resting both feet flat on the floor, hands resting in their laps.*
- *Have students close their eyes and keep them gently closed.*
- *Ask students 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 students 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 students 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 students to simply listen, repeat the phrase silently to themselves, or to think about what each statement means to them.*

**My body is relaxed.
I am grateful for my family.
I am grateful for my friends.
I am grateful for myself.**

- *Pause for several moments.*
- *End the exercise by inviting students to bring their awareness back to the room, gently opening their eyes and becoming more aware of their surroundings.*
- *Invite them to end practice with gratitude for taking a moment for themselves, for the chance to learn together and connect with each other.*



COMING UP NEXT!

- Thank students for attending the class.
- Invite students to join you for the next TBH class.

You all did an amazing job today. Thank you for joining me for this Total Brain Health 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 TAKEAWAY HANDOUTS

Download and provide your students with the following handouts.

TBH Take This Home cards. Print out enough copies of the cards so that each class member has one to take home. Print the cards two-sided and in color. Cut them apart. If possible, laminate the cards for easier handling and durability. If you'd like, punch a hole in the card and provide a small mountable hook so students can keep the cards in a visible spot at home. If needed, email the cards to distance learners.

OTHER RESOURCES

AARP Foundation Connect 2 Affect Website. This website has a number of resources you can use to combat isolation in your community.

The Brain and Social Connectedness: GCBH Recommendations on Social Engagement and Brain Health. Global Council on Brain Health (2017).

TBH FLEX 1.0

TAKE THIS HOME CARD



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TBH FLEX 1.0

TAKE THIS HOME CARD



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MIRROR, MIRROR

Socializing keeps us sharper.
Focus on social cues to help you
better follow conversations and
stay connected.



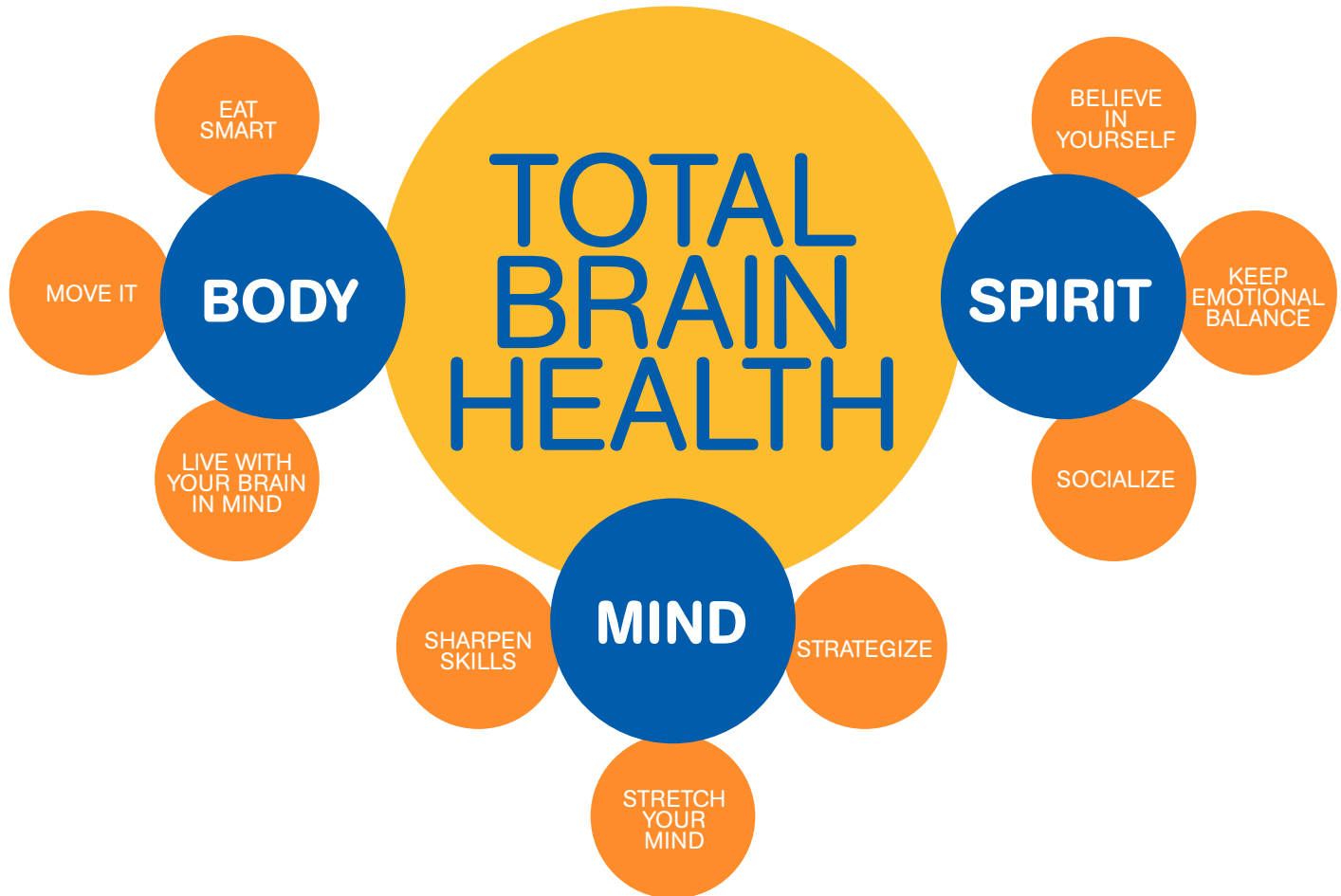
MIRROR, MIRROR

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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.

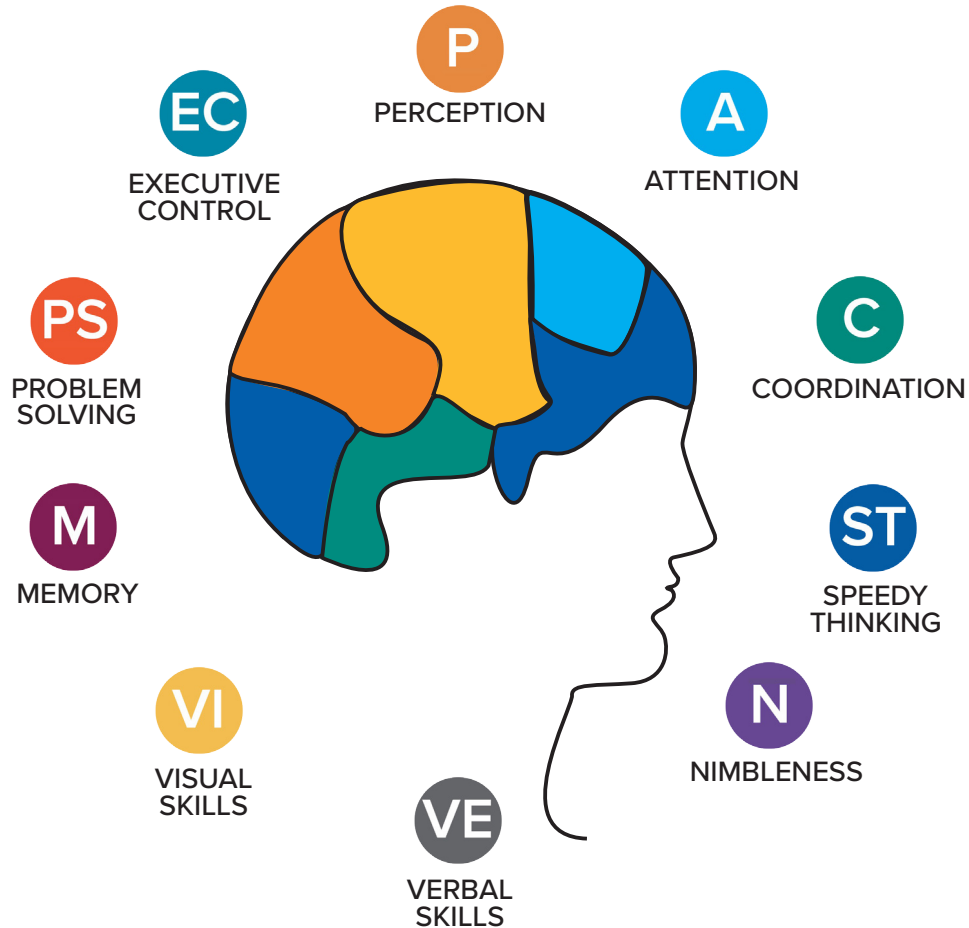
BODY. Staying physically fit, healthy dietary habits, as well as managing everyday choices such as sleep and medications, help sharpen intellectual performance and have been linked to lowered dementia risk and to better well-being for those living with dementia.

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 FLEX CLASS SURVEY

- Use this form to record responses to the class survey.
- Administer the questions below verbally.
- Ask your students 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 STUDENTS “RAISE YOUR HAND IF YOU ...” RECORD NO. THAT INDICATE “YES”	
STATEMENT	# OF STUDENTS 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 FLEX 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



1.0

TBH INSPIRE 1.0

Experiential training for the “spirit” side of wellness.



1.0

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!



2.0

TBH BRAIN WORKOUT 2.0

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



1.0

TBH CARE 1.0

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



1.0

TBH MEMORY 1.0

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



1.0

TBH FLEX 1.0

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



2.0

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