



CLASS 3 | NATURAL MOVES

Focuses on the role of naturalistic movement in healthy aging with a fun team-based activity.

TBH FOCUS

 **MOVE IT**

SKILLS WORKED

        

SBBT

 **TEAM UP**

YOU WILL NEED

- Timer or stopwatch
- Whiteboards or flip charts and markers, enough for each team
- *TBH Inspiration Notes* collection, so each student can choose one to take home
- *Now Do It!* worksheets, enough for each student.
Distribute to distance learners ahead of class
- Video conferencing technology if modifying for virtual delivery



WELCOME TO CLASS!

- Welcome any new students using the *Welcome to the TBH Course* introduction.
- Introduce today's class.

Welcome to class! I'm glad we are here together. This course explores the social and emotional areas of well-being that support cognitive vitality and overall well-being. It is especially designed to help us build a deeper understanding of ourselves and our connections to each other in this third stage of life.

Today's topic is "Natural Moves." Our TBH Blueprint focus is in the "Move It!" action point. We will learn about the role physical activity plays in healthy aging and how natural movement can help.

We will be working on the following thinking skills today:

 **PERCEPTION**  **ATTENTION**  **COORDINATION**  **SPEEDY THINKING**
 **VERBAL SKILLS**  **VISUAL SKILLS**  **MEMORY**  **PROBLEM SOLVING**



TBH LET'S GET IT STARTED!

3 MINUTES

- Lead this gentle seated warm-up to build focus, self-awareness, and get everyone ready to learn and explore together.
- See the [TBH Let's Get It Started!](#) playlist for suggested 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.



TBH LET'S GET IT STARTED!

CONTINUED

We are going to begin with *TBH Let's Get It Started!* Being physically engaged is great for our focus, thinking and awareness. This quick warmup is a great way to get us ready to learn and explore 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!

- ▶ Lift right foot slightly off the floor. Point toes up and down, repeat a few times. Circle foot at the ankle. Circle twice to the left then to the right.
- ▶ Lift left foot slightly off the floor. Point toes up and down, repeat a few times. Circle foot at the ankle. Circle twice to the left then to the right.

LEGS GET STARTED!

- ▶ Put both feet on the floor, about hips-distance apart.
- ▶ Extend right leg in front, resting heel on the floor if able.
- ▶ Gently firm up leg muscles from thigh to calf. Focus on feeling. Pause for a few seconds. Then relax leg, releasing tension. Give leg a little stretch and shake.
- ▶ Repeat with left leg. Extend left leg in front, resting heel on the floor if able. Gently firm up leg muscles from thigh to calf. Focus on feeling. Pause for a few seconds. Then relax leg, releasing tension. Give leg a little stretch and shake.

BACKS GET STARTED!

- ▶ While seated, gently twist upper body to the right. Hold for two deep breaths. Release.
- ▶ Repeat to the left, gently twisting the upper body. Hold for two deep breaths. Release.
- ▶ Reach arms forward, gently rounding the upper back. Hold for a few seconds. Release.
- ▶ Reach arms up, straightening upper back, sitting up tall. Hold for a few seconds. Release.

ARMS GET STARTED!

- ▶ Make fists with both hands. Hold for a few seconds. Release. Give hands a little shake.
- ▶ Circle wrists a few times clockwise and counterclockwise.
- ▶ Extend right arm in front, resting arm on right thigh. Gently firm up arm muscles from shoulder to wrist. Focus on feeling. Pause for a few seconds. Then relax arm, releasing tension. Give arm a little stretch and shake.
- ▶ Repeat with left arm. Extend left arm in front, resting arm on left thigh. Gently firm up arm muscles from shoulder to wrist. Focus on feeling. Pause for a few seconds. Then relax arm, releasing tension. Give arm a little stretch and shake.
- ▶ Rest hands on thighs. Gently tense shoulders as you raise them up, and relax and release down, repeat a few times.



VOICES GET STARTED!

- ▶ Gently open and close jaw, repeating a few times.
- ▶ Gently stick tongue out and say “AHHHHH.” Then wiggle tongue back and forth a few times.
- ▶ Squeeze eyes firmly shut, hold for a few seconds. Then release and relax. Open eyes widely.
- ▶ 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. Repeat 3 times.
- ▶ Have class repeat 3 times with you the phrase “live every moment, laugh every day, love beyond words.”

BREATH GETS STARTED!

- ▶ Take a deep breath in through the nose and exhale out through the mouth.
- ▶ Spread arms apart and bring hands together in front, making a big circle as if hugging a large globe.
- ▶ Give selves big hug, wrapping arms across waist and squeezing gently, as able.

Great job, everyone.



BRAIN PLAYS | MIRROR GO ROUND

5 MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Have students stand in a circle. Option to allow students to stay seated.
- Begin with one of the physical motions listed below. Turn and “pass” the motion to the student on your right. That student will repeat your motion, then turn and “pass” it to the next student, who will repeat the motion. Continue like this until the motion has been passed around the circle.
- Begin another round with a new motion. Continue as long as time allows.
- When repeating this class, select different physical motions or create your own.
- Encourage distance learners to join in from home.

We will begin each class with a quick warm up called “Brain Plays.” These exercises are designed to flex our thinking and get us ready for the work we will do together.

Today’s “Brain Play” is called “Mirror Go Round.” This is a great exercise that boosts our attention to non-verbal communication cues. Let’s get into a circle. I am going to start by making a gentle movement. Then I will pass that movement to (student’s name), who will make that same movement. Then (student’s name) will pass that movement to (next student’s name) who will take that movement and then pass it on. We’ll keep going until the movement has made its way around our entire circle. Then I’ll start a new movement for us to mirror. We’ll go around like this until time runs out. Ready?



MIRROR GO ROUND SUGGESTED MOVEMENTS

Rub hands in a circle over belly

Brush shoulders with opposite hand

Cradle and rock arms

Hands in prayer position at chest

Cup hands

Stroke cheeks

Hands on hips, twist gently left and right

Tug earlobes



LEARN THE TBH SCIENCE

5 MINUTES

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

Today we are going to focus on our physical selves. Without doubt one of the most significant ways we experience aging is physically.

Aging is in fact a physical phenomenon. Scientists believe this is due to limitations of cellular function, known as the Hayflick limit (named after Dr. Leonard Hayflick, who is now in his nineties). Regardless of the science, physical aging is something we can all relate to. We may not see or hear as well as we did when we were younger. We may not have the endurance or strength we once had.

Yet our bodies, no matter how they may have changed, are still very remarkable. Think of all the things our bodies still can do! By reframing how we perceive ourselves physically and focusing on the positives, we can better appreciate and care for our bodies.

In fact, there are more, not less, reasons to take care of our bodies as we grow older. And one of the best ways we can take good care of our bodies is by getting regular exercise. We know that being physically active can help us lower our risk for disease and help us manage chronic diseases such as high blood pressure or diabetes. It can lower our risk for injury from falls by improving muscle strength and balance. What you may not know is that getting regular exercise has been found to sharpen our thinking, reduce our risk for dementia and support our overall cognitive vitality. All this gives us a better chance of aging well.

Finally, while you may think of exercise as something you need to go to the gym or take a class to do, you can actually get a good workout by just moving more in your daily routine. In research on communities where people frequently live past the age of 100 and healthy aging is the norm, known as “blue zones,” scientists found that folks get most of their exercise naturally. Being physically active is just woven into their everyday lifestyle, at every age. Studies have shown folks in these cultures rarely sit for more than 20 minutes at a time.. And socializing was another key factor to their physical activity, as these folks would walk together, climb steep hillsides for a visit, or even meet for communal morning workouts, like tai chi. Natural moves like these make it easier to get your exercise in, whether or not you like going to the gym.

**NOW DO IT!****15+ MINUTES**

- Lead your class in this workout to personalize their learning of the science. Option to distribute class worksheets.
- Break your students into 2 teams.
- Allow teams 3 minutes to work together and list natural activities they can do daily for an aerobic workout (i.e., walking, taking the stairs, dancing). Have each team present their list.
- Allow teams 3 minutes to work together and list natural activities they can do daily to build strength (i.e., unpacking groceries, carrying small items). Have each team present their list.
- Allow teams 3 minutes to work together and list other natural movements they can do daily to improve physical fitness (i.e., sitting less, stretching). Have each team present their list.
- When repeating this class, switch teammates. Ask teams to also identify where they can get more natural exercise in the community. Or, invite an expert in tai chi or yoga to teach simple exercise movements students can do daily on their own.
- For virtual delivery, modify to do All Together. Adjust scripting accordingly.

We don't have to live in a "blue zone" to get more exercise through natural movements. We can do that right here! Consider some of the ways you might try to move every 20 minutes or so, even if you just get up to stretch. What are some of the many different things we can do as part of our natural routine to get more physical activity into our day.

First, let's break into teams. Each team will get a (whiteboard / flip chart) and markers. Be sure to select your team's "scribe." Divide your class into 2 or more teams.

In a moment I'm going to ask you to create a list. Each team will have 3 minutes to work together. Then we will take a look at each team's list, together. We'll do this a few times with different topics. Ready?

Teams! Please list natural activities we can do daily for an aerobic workout! You have 3 minutes! Allow teams 3 minutes to create the list then review as a class.

Teams! Please list natural activities we can do daily to build endurance and strength! You have 3 minutes! Allow teams 3 minutes to create the list then review as a class.

Teams! Please list other natural movements we can do daily to improve our physical fitness. We can sit less, for example. You have 3 minutes! Allow teams 3 minutes to create the list then review as a class.

Great job, teams!



TBH TAKEAWAY

10 MINUTES

- Share this brief wrap-up to end the workout.
- Distribute or email class handouts.
- Ask students to share one thing they will “take away” from today’s class.

As the saying goes, we’re in pretty good shape for the shape we are in. And while that shape may have changed, our bodies remain remarkable and deserve good care. Research shows that staying physically active is a great way we can take care of our bodies at every age. That activity can be things we do naturally, every day. And taking care of our physical selves can build our confidence and inspire us to live healthier lives.

Which of the natural movements we’ve talked about are you inspired to add to your day? How will you do it?



TBH TAKE A BREATH

5 MINUTES

- Lead this signature relaxation and affirmation exercise to close the 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.
- Mute distance learners to avoid noisy distractions.

Let’s wrap up with our “TBH Take a Breath.” Being mindful of our breath and sharing some positive thoughts are wonderful ways to acknowledge what we’ve learned together before we go back to our day. Research also shows that these kinds of exercises help us focus better and even learn more effectively.

- ▶ *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 wonderful body.
I am grateful to move, to think and to connect.
I am grateful for myself.
I take this time and this breath for me.

- ▶ *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!

2 MINUTES

- Thank students for attending the class.
- Ask students to take a *TBH Inspiring Note* to take home.
- Invite students to join you for the next TBH class.

I am so glad we had this time to be together today. Working in teams to figure out ways we can get more “natural moves” into our day really got us thinking!

Before you go, please take a *TBH Inspiration Note* from this (bag/box/bowl). Each one has a special quote to inspire you over the days ahead.

I look forward to seeing you for our next Total Brain Health class. Be sure to bring a friend!



CLASS RESOURCES

TBH Inspiration Notes. Print out the notes at the beginning of the course. Print the notes 2-sided and in color. Cut them apart. If possible, laminate the cards for easier handling and durability. Keep the notes in a bowl or bag and allow students to randomly pick one note without looking to take home at the end of each class. If needed for physical distancing, you may hand out the notes.

NOW DO IT! WORKSHEETS

Use these optional worksheets to run your class.

Natural Moves Worksheet. Use this worksheet to support the class exercise as needed. Distribute or email to distance learners.

ADDITIONAL RESOURCES

Blue Zones. *What exercise is best for optimal health and longevity?*