

TOTAL BRAIN HEALTH
BODY • MIND • SPIRIT



TBH INSPIRE 1.0

SAMPLE CLASS

Lead group classes that help build social and emotional wellness skills for cognitive vitality and successful aging

FREE!

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

TBHTOOLKITS.COM

Hello from Total Brain Health!

Welcome to your **TBH INSPIRE 1.0** sample class. We are excited to have your community try this signature cognitive wellness program, designed to offer students the chance for self-reflection and consideration of who they are in the third stage of life, as well as the legacy they wish to create in support of better brain health. This program is best taught in groups of 5-15 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

“Yesterday I was clever, so I wanted to change the world. Today I am wise, so I’m changing myself.”

— Rumi

Ready to Start?

In this packet, you’ll find a sample 1-hour class from our TBH INSPIRE 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.
- **Now Do It! Class Worksheet**
Silver Linings Worksheet. Use this worksheet during class to support the class exercise as needed.
 - ✓ 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 INSPIRE 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



SILVER LININGS

Teaches the value of positivity with a fun, team-based activity.

TBH FOCUS



KEEP EMOTIONAL BALANCE

SKILLS WORKED



SBBT



TEAM UP

YOU WILL NEED

- Timer or stopwatch
- White boards or flipcharts and markers, enough for each team
- *TBH Inspiration Notes* collection, so each student can choose one to take home
- *Now Do It!* worksheets and *TBH Takeaway Handouts*, enough for each student. Distribute to distance learners ahead of class.
- *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 INSPIRE 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 "Keep Emotional Balance" 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.

Today's topic is "Silver Linings". We will talk about how our perception of events can shape our outlook, and what we can do to build more positivity into our experience.

We will be working on the following thinking skills today:



ATTENTION



SPEEDY THINKING



NIMBLENESS



VERBAL SKILLS



MEMORY



PROBLEM SOLVING



EXECUTIVE CONTROL

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



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.
- 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.

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!



INSPIRE PLAY | IN THE MOOD

5 MINUTES

- Lead this quick cognitive warm up to build attention, nimbleness and self-awareness, as well as group connection.
- Ask students to take turns, one at a time, naming a feeling or mood. Continue taking turns as long as time allows.
- Have everyone clap or snap fingers to set a good pace.
- When repeating this class, ask students to come up with a mood or feeling that begins with the last letter of the previous mood named.
- Encourage distance learners to join in from home.

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

Today’s “Inspire Play” is called “In the Mood.” We have many different feelings, and just as many ways of describing our emotional state. Happy, sad, elated, amused ... to name just a few.



We're going to take turns listing the many ways we label our feelings. I'll start, and then (name of student) will go next. We'll continue around, with everyone adding to our list. We will take as many turns as time allows, and (clap/snap) together to set a nice pace. Ready?



LEARN THE TBH SCIENCE

5 MINUTES

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

Who here believes in the power of positive thinking? Indeed, research shows that seeing things in a more positive light is a powerful tool we can use to improve our emotional health and build personal resilience and well-being. The field of positive psychology focuses on ways we can cultivate feelings that help us thrive, like happiness, satisfaction and contentment.

One of the lessons of positive psychology is that our attitude matters. If I see a situation in a negative light, I am more likely to feel angry, sad or removed. However, if I intentionally take a more positive perspective to the same situation, I'm more likely to feel happier and be satisfied with the outcome. Let's say, for example, the weather is nasty, and a friend cancels your plan to have dinner together. What negative feelings might that bring up? Pause for discussion. That's all possible. But think instead of some of the positive that could come out of that same situation. You could be glad to have the extra time for a fun project, or to finish a book. You could find other ways of catching up with your friend, perhaps having dinner together over video. You could be glad not to have to go out in the bad weather yourself.

One of the other interesting lessons here is that our thoughts can determine our everyday moods. Many of us assume it is the other way around! But experts teach us that consciously deciding how we will feel can dictate how we *do* feel. And that is really key, since feeling happier can be a key to feeling motivated to do things that are good for us like exercise and stay intellectually engaged, to socialize, and many other things.



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 class into 2 teams. Assign each team a white board or flipchart and markers.
- Share a "Silver Linings" prompt from the list below. Allow teams 1 minute to discuss and write down their "silver lining" reframing for the prompt.
- Have teams present their "silver lining" reframes for the prompt. Hold a brief discussion about their process and responses.
- Continue with additional rounds using other "Silver Linings" prompts as time allows.
- When repeating this class, use different "Silver Linings" prompts.



- For virtual delivery, modify to do All Together. Adjust scripting accordingly.

Today we are going to practice reframing how we see a situation to build our positivity “muscles.”

In a moment, we’ll break into teams. Each team will have a (white board/flipchart) and markers. I’ll start by reading a short description of a potentially disappointing or upsetting situation. Then your team will have 1 minute to talk and write down a “silver lining” or positive reframe for the scenario. When time is up, each team will share their “silver lining” response. Then we’ll do another round with a different scenario. We’ll do as many as we have time for. Keep in mind that our purpose here is to shift our attitude to the situation, and not suggest a change to the situation itself.

Ready? Let’s go ahead and break into two teams.

“SILVER LININGS” PROMPTS

- The restaurant runs out of the dish you ordered.
- A favorite sweater shrinks in the laundry.
- You drop and break a treasured serving bowl that had belonged to your grandmother.
- Your daughter loses a pair of earrings you loaned her.
- A pipe bursts in the apartment upstairs, causing water damage in your kitchen.
- An illness outbreak forces everyone to isolate for several months.
- Your favorite fitness instructor leaves for a new position.
- Your family cancels a long-planned birthday celebration for you due to bad weather.
- Your car breaks down on a road trip, and you have to stay overnight while it is repaired.
- You’re forced to move when the company where you work for relocates.
- The doctor tells you that you need to make some significant changes in your diet.
- You are having trouble getting onto a video call, and can’t recall the directions.



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.

How we see the world matters. Experts have found that we can consciously encourage ourselves to see things more positively, and in doing so can in fact improve our sense of happiness and contentment. One way to start practicing more positivity is to seek the “silver linings” in everyday disappointments, as we did today.

Can you name one way you will bring this “silver linings” practice into your daily routine?



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 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 the chance to reframe my thinking.

I am grateful for the gifts of happiness and health.

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. We learned something very meaningful today we can all really use on our own.

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!



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 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.

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

ADDITIONAL RESOURCES

Three steps for building happiness. Tchiki Davis. Psychology Today (January 2018). This article offers a short, practical guide to encouraging positive thinking.



TBH “SILVER LININGS” WORKSHEET FOR IN-CLASS USE

THE SCIENCE

Research shows that seeing things in a more positive light is a powerful tool we can use to improve our emotional health and build personal resilience and well-being. The field of positive psychology focuses on ways we can cultivate feelings that help us thrive, like happiness, satisfaction and contentment.

One of the lessons of positive psychology is that our attitude matters. If I see a situation in a negative light, I am more likely to feel angry, sad or removed. However, if I intentionally take a more positive perspective to the same situation, I’m more likely to feel happier and be satisfied with the outcome. Experts have found that our thoughts can determine our everyday moods. Many of us assume it is the other way around! But experts teach us that consciously deciding how we will feel can dictate how we *do* feel. And that is really key, since feeling happier can be a key to feeling motivated to do things that are good for us like exercise and stay intellectually engaged, to socialize, and many other things.

NOW DO IT!

We are going to practice reframing how we see a situation to build our positivity “muscles.” Work with your team or on your own to find a “silver lining” for the potentially disappointing or upsetting scenario shared in class or below. Keep in mind that our purpose here is to shift our attitude to the situation, and not suggest a change to the situation itself.

“SILVER LININGS” PROMPTS

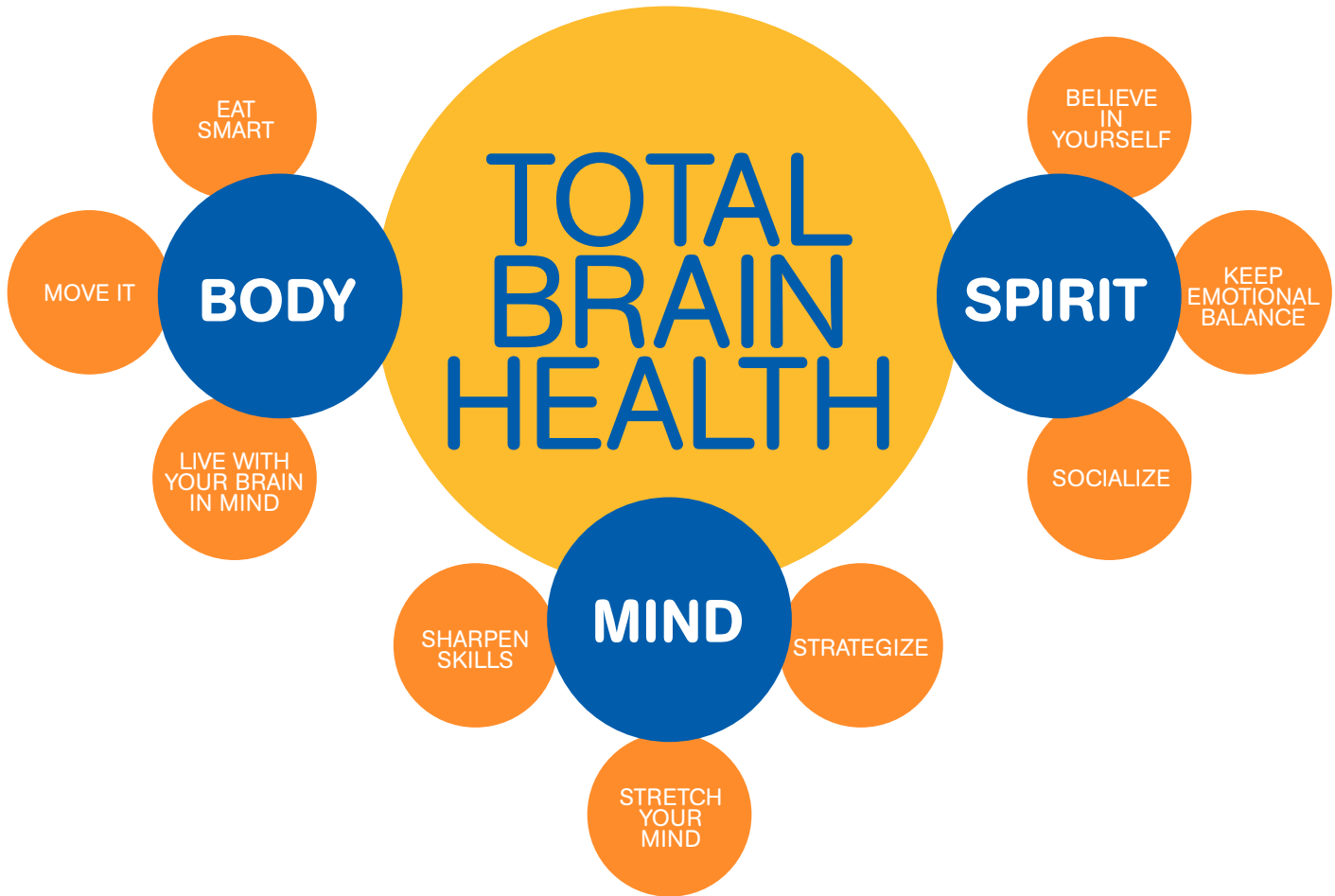
- The restaurant runs out of the dish you ordered.
- A favorite sweater shrinks in the laundry.
- You drop and break a treasured serving bowl that had belonged to your grandmother.
- A pipe bursts in the apartment upstairs, causing water damage in your kitchen.
- An illness outbreak forces everyone to isolate for several months.
- Your favorite fitness instructor leaves for a new position.

TBH TAKEAWAY

How we see the world matters. Experts have found that we can consciously encourage ourselves to see things more positively, and in doing so can in fact improve our sense of happiness and contentment. One way to start practicing more positivity is to seek the “silver linings” in everyday disappointments.



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.

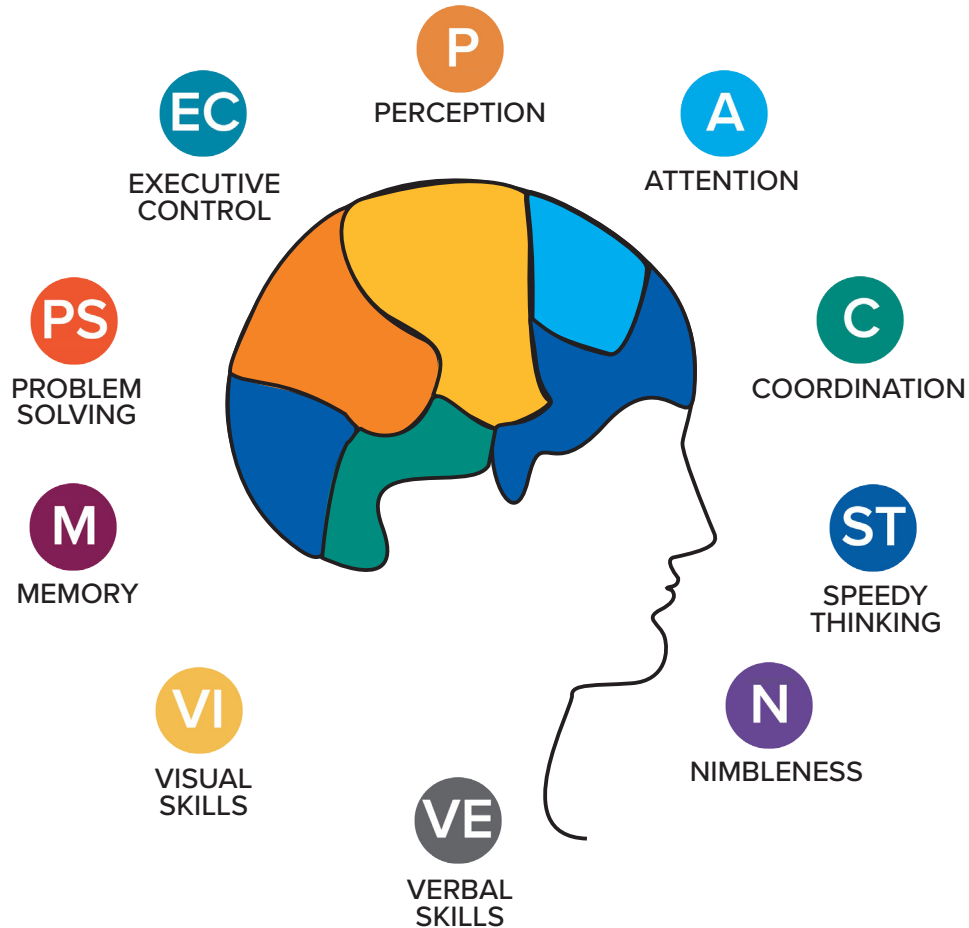
BODY. Staying physically fit, healthy dietary habits, as well as managing everyday choices such as sleep and medications, help sharpen intellectual performance and have been linked to lowered dementia risk and to better well-being for those living with dementia.

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 INSPIRE 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 # 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 INSPIRE 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