



| CLASS | TOPIC | DESCRIPTION |
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| 1 | IT'S MEETING TIME | Asks students to learn a simple mnemonic strategy as part of an icebreaker workout. |
| 2 | LEARN AND REMEMBER | Explores the steps of learning and teaches breathwork to build focus and sharpen memory. |
| 3 | STRATEGY MATTERS | Explores the impact of memory training and engages students with a fun team competition. |
| 4 | CAN YOU REPEAT THAT? | Pairs kinetic learning with repetition to boost learning and recall for a word list. |
| 5 | RECITALS RULE | Teaches the Recitation Strategy with a team-based workout inspired by Shakespeare. |
| 6 | CONSOLIDATE THIS | Explores how to use consolidation as a memory strategy with a collaborative exercise. |
| 7 | CLASSIFY THIS | Uses a friendly team-based competition to practice Classification Strategies. |
| 8 | SING IN TIME | Teaches and extends use of the SING Strategy with collaborative pairs-based workouts. |
| 9 | WHAT'S THE FLA? | Explores how we can use the First Letter Association Strategy to boost brainpower. |
| 10 | HIT THE LINKS! | Teaches the Link It Strategy to boost brainpower with a team-building activity. |
| 11 | POWERFUL CONNECTIONS | Explores the Connection Strategy with a pair up workout to boost name recall. |
| 12 | CONNECTED SENSES | Explores how kinetic learning can boost memory with a fun dance-based workout. |
| 13 | STORY WEAVING | Applies the Storytelling technique to boost learning with an energetic team-based workout. |
| 14 | MEMORY PEGS | Introduces The Peg System, an advanced complex verbal association strategy. |
| 15 | ACROSTIC ABCS | Teaches how acrostic systems can help us remember with a fun, pair-based workout. |
| 16 | TAKE A SNAPSHOT | Scales up use of the Snapshot Strategy with a fun team-based competition. |



| CLASS | TOPIC | DESCRIPTION |
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| 17 | ADVANCED MOVIE MAKING | Teaches the Moviemaking Strategy with an advanced level, engaging partner-based workout. |
| 18 | LOCI THIS | Introduces the Method of Loci memory system with an engaging class workout. |
| 19 | CONNECT IT! | Ups the ante with a team competition to hone use of the Link It and Connection Strategies. |
| 20 | TELL IT! | Teams up your class for a higher level competition to hone the Storytelling and Peg Strategies. |
| 21 | SEE IT! | Continues advanced review with a team-based activity using visual-based memory strategies. |
| 22 | MEMORY FINALS 1: WE GO TOGETHER | Teams up your class for the first of two TBH Memory Finals Competitions. |
| 23 | MEMORY FINALS 2: NAMING NAMES | Teams up your class for the second of two TBH Memory Finals Competitions. |
| 24 | CLOSING CEREMONIES | Celebrates the end of the course and acknowledges class accomplishments. |