



LEARN THE TBH SCIENCE

5 MINUTES

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

We've been learning language almost since the moment we were born. Even though it's been a while since we all learned to read, we rely on the combination of language and visual skills every day. We scan for language visually when we use menus at a restaurant, directions on a map, or even our GPS. We combine language and visual skills when we grocery shop or play a friendly game of Scrabble.

Familiar objects, such as letters of the alphabet, and the identification of familiar patterns of those objects, such as letters lined up to make words, challenge our brains by adding a layer of complexity that benefits our visual memory and problem-solving skills. Timing ourselves increases the challenge because we have to think faster to puzzle out those patterns. Research shows that exercises like this -- ones that make us hold focus and think quickly and nimbly -- benefit our thinking no matter our age.

As you will see today, word puzzles combine that science into something fun at any level. You can play against the clock to make it more challenging or play with a friend for a workout that is both social and competitive. No wonder word games are so popular!



NOW DO IT!

15 MINUTES

- Lead your class in this workout to personalize their learning of the science.
- Distribute TBH *Think Fast!* Worksheet 1. Review directions on the worksheet with your class. Instruct students to search for the letter "O." Allow 1 minute. Next ask them to search for the letter "Z." Allow 1 minute.
- Distribute TBH *Think Fast!* Worksheet 2. Review directions on the worksheet with your class. Instruct students to search for the target words listed at the bottom of the worksheet. Allow 2 minutes.
- Distribute TBH *Think Fast!* Worksheet 3. Review directions on the worksheet with your class. Instruct students to find as many words as they can using the letters in the grid on the worksheet. Words must be 3 letters or more. Allow 2 minutes. Option to have class "score" their results
- Have students read their words one at a time, crossing out any words 2 or more of them have found. Students get 1 point for any remaining words.
- Lead discussion after each round for students to share their results and encourage each other for the next round.
- When repeating this class, use the additional provided worksheet packet or similar word games found online.
- Encourage distance learners to join in from home.



Now we are going to all train our language and visual searching skills with some challenging word-based brain teasers. But we are going to work harder and faster by timing ourselves to give our brains a little push. I know you all have this in the bag!

Here is the first worksheet. Let's go over the directions together.

Here is the second worksheet. Let's go over the directions together.

Here is the last worksheet. Let's go over the directions together.

Great job everyone! You all are winners today – we all got an excellent brain workout!



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.

Working with word games can be a lot of fun! All those puzzles combine ways to challenge our visual and language processing skills, as well as memory and problem solving. And doing so while trying to beat the clock adds a boost to our processing speed and nimble thinking. All in all, these kinds of timed workouts can really help us build brainpower!

What timed word games will you keep trying after today?



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 is a wonderful way 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.*