



## KEEPING YOUR TOTAL BRAIN HEALTH CLASSES FRESH AND CHALLENGING

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The TBH Toolkit courses offer you robust programming you can use continuously across your calendar. Our unique social-based, experiential approach gives you many different ways to keep the classroom experience fresh and engaging, even for your most loyal followers, including:

- **Use Different Prompts.** Most workouts in the TBH Toolkit courses offer different prompts for the same workout. Use a different prompt each time you teach the activity. For example, a workout that asks folks to name items beginning with a letter of the alphabet may include additional prompts to name items that are a particular color or begin with a different letter of the alphabet. You can also easily adapt many of the workouts with similar prompts on your own, such as changing a word list or a story prompt.
- **As People Change, Class Changes too!** In a TBH course you will find that the classroom experience changes significantly due to the social-based training and “hands-on” nature of the program. People will work in different groups, they will come up with different responses to the workout challenges, etc. For example, if in a “Team Up” workout they are asked to write a poem, that poem will be different class-to-class.
- **Repeating is Great for Learning.** Studies show repetition is an important and effective tool for learning mastery. Our TBH programs use proven educational methods such as circular learning to foster stronger mastery of the material. In fact, while something might feel repetitive to a trainer, students often find repetition helpful as they learn new strategies or behaviors. For that reason, repeating a class can be very welcome from the student’s perspective.
- **Add New People and ...!** TBH Toolkit courses are designed for class sizes of about 10 to 15 persons. You should make room for new students by “graduating” long-time attendees to the “next level” programs.
- **... Add New Courses!** TBH Toolkit courses are designed to be “added” to over time. We have different topics, and different levels of courses in MEMORY and BRAIN WORKOUT. Adding to your TBH offerings is a great way to make sure regular attendees stay challenged!