

TBH TOOLKITS

GROUP EXERCISES FOR PRESENTATIONS

These group exercises, adapted from our TBH toolkit courses and programs, are provided as a brief, engaging way of introducing brain health concepts as part of an overall larger presentation. This worksheet is designed for TBH toolkit trainers as a resource for marketing or recruitment presentations. In using these exercises, please remember to acknowledge their source and keep in mind that they are solely provided for this purpose.

7 WORDS OF WISDOM (TBH FAIR, TBH BRAIN WORKOUT)

Studies show that creative activities challenge us in ways that promote brain health and may reduce our risk for memory disorders over our lifetime. Try this simple exercise as a way of getting your creative juices flowing:

- Write down a piece of advice you would like to share with others.
- You must use 7 words—no more, no less!
- Use full sentences for your wise advice. Need some ideas? Try sharing some wisdom about romance, marriage, work or leading a long life.

WEAR YOUR WATCH UPSIDE DOWN (30 DAYS TO TOTAL BRAIN HEALTH)

Break up your brain's routine with this small challenge to your usual way of seeing time. Take your wristwatch off, then put it back on, but this time so that the face is upside down. Now telling the time is something you'll have to think about! Try leaving your watch upside down for the rest of the day.

LEARN THE SYMPTOMS OF A STROKE (TBH FAIR, TBH BRAIN WORKOUT)

Stroke is the leading cause of adult disability and third leading cause of death in the U.S.

There have been tremendous advances in our ability to both prevent and treat for stroke, but you have to be ready to act quickly. This simple 3-step test is highly effective in identifying a stroke. If you suspect a stroke, try the following three things - if the person fails any of them, get to the ER as quickly as possible for an evaluation.

1. **Smile.** Ask the person to smile. Look for asymmetry (unevenness) in their facial expression (For example, if one corner of their mouth droops).
2. **Raise Both Arms.** Ask the person to raise both arms. Look for asymmetry in the height they can raise them.
3. **Repeat a Simple Sentence.** Ask the person to repeat a simple sentence, such as "No ifs, ands, or buts." Check for slurring or other disruption of speech.

Want to know more? Visit the National Stroke Association's website at www.stroke.org.

CALCULATE THIS (30 DAYS TO TOTAL BRAIN HEALTH)

Studies show that we can keep our minds sharper by exercising the skills we need to function well, such as attention, cognitive speed and mental nimbleness. Playing games against the clock does just that – Try this simple math exercise to take those skills for a quick spin: How many of these problems can you solve in just one minute (no calculators allowed!)?

$14 \times 3 =$	$654 \times 3 =$	$420 \div (10 \times 2) =$
$200 \div 7 =$	$4^3 + 12 =$	$75 \times 4 =$
$55 - 11 =$	$3x = 20+10, x =$	$153 - 24 =$
$2,398 + 75 +$	$7,654 \times .10 =$	$32 \times 11 =$
$577 \times 12 +$	$45 + 1,239 =$	$543 \times 3 =$
$40x = 640, x =$	$2,980 - 1,342 =$	$213 + 328 =$
$8^2 - 3 =$	$26 \times .50 =$	$x/100 = \frac{1}{2}, x =$
$854 - (10 + 237) =$	$320 \div 31 =$	$965 \times 12 =$

MAKE NEW FRIENDS (TBH BRAIN WORKOUT)

Studies show that folks who are more socially engaged may have a reduced risk for serious memory loss over their lifetime. Go ahead and make a new friend: Find someone at today's event you don't know. Then find out the following things about them (don't be shy, everyone will be doing the same thing!):

- Their name
- Their favorite food
- The last thing they forgot

ZWING IT (TBH MEMORY)

This game is guaranteed to lighten our mood! “Zwing It!” is a game designed by TBH that tests our reaction time, one of the areas that can be challenged as we grow older. For this game, we will be playing all together. To play the game, we need to know three different motions: Zwing, Bop and Stamp. I’m going to teach those to you now. Ready?

ZWING: Our first motion is “Zwing.” To “Zwing,” you just pretend to swing a baseball bat, as if you’re hitting the ball out of the park. Watch me once, and then let’s all zwing a few times until we’re comfortable with the move. *Demonstrate “Zwing.” Practice it with the class a few times until everyone can do it.*

BOP: Great! Now let’s learn our second move, “Bop.” To “Bop” just clap your hands on your knees, like this. *Demonstrate “Bop” by clapping both your hands on your knees at the same time. Practice it with the class a few times until everyone can do it.*

STAMP: And our final motion is “STAMP.” To “Stamp” just go ahead and stomp both of your feet on the ground, like this. *Demonstrate “Stamp” by stomping both of your feet on the ground, one at a time. Practice it with the class a few times until everyone can do it.*

Does everyone feel they know how to do each motion? Excellent! Here’s how the game goes. I’m going to say the name of a motion or several motions, and you’re going to just do exactly what I say. We’ll start off with a few easy ones. I’ll just call out either “Zwing,” “Bop,” or “Stamp” and we will do the motion all together. But as we get better, I’ll start to make it harder! I’ll call out several moves at once for you to do in the order I say them. Got it? Great. Here we go! *Read each of the motions as listed below. Each line is a round of the game and should be read as written, with the strings of “Zwing” moves getting longer and more complicated as the game goes on. Be sure to pause in between rounds to allow the group to complete the motion.*

ZWING

BOP

STAMP

STAMP BOP

ZWING BOP

ZWING STAMP BOP

STAMP ZWING STAMP ZWING

STAMP BOP

STAMP STAMP

ZWING BOP STAMP BOP

STAMP ZWING BOP ZWING

STAMP STAMP ZWING BOP STAMP BOP

ZWING STAMP BOP ZWING STAMP ZING BOP