



CLASS 18 | I DRAW A WALTZ

Provides meaningful engagement using a creative arts stimulation activity around a waltz theme.

TBH FOCUS



STRETCH YOUR MIND

SKILLS WORKED



SBBT



ALL TOGETHER

YOU WILL NEED

- A music source and speakers
- Music selections from the [TBH I Hear a Waltz](#) playlist
- Sheets of blank white paper, enough for each student to have several sheets
- A large sheet of blank white paper (optional)
- Non-toxic markers, crayons or finger paints, in several colors, enough for each student



WELCOME TO CLASS!

2 MINUTES

- Welcome everyone to the activity.
- Provide opportunity for orientation to person, place and time.
- Introduce the class topic.
- If teaching one-to-one, adjust scripting accordingly.

Welcome everyone! I'm so glad we are here together.

Let's make sure we all know each other. I'm (state your name and your role, if applicable). **And this is** (if in a group, allow time for introductions providing assistance as needed).

We are sitting in the (description of room or location). **Today is** (day of the week, month, date). **It is** (share description of the weather, time of year, important anniversary date, etc.).

This is our brain wellness class. We are here to learn and enjoy our time together. We will do some things to keep us healthy across body, mind and spirit. And we will have fun!



TBH LET'S GET IT STARTED!

3 MINUTES

- Lead this upbeat, seated warm-up to build focus, energy, and get everyone ready to learn.
- See the [TBH Let's Get It Started! playlist](#) for suggested music to set the pace of your workout.
- Option to use music from the [TBH I Hear a Waltz playlist](#) for this warm-up.
- See the course introduction for a fully scripted version of this workout.

Let's start with a warm-up exercise. We will be moving and thinking together right in our seats! Watch what I do and follow along.

FEET GET STARTED!

- ▶ *Tap toes on both feet, up and down. 10 repetitions. Count together 1 to 10.*

LEGS GET STARTED!

- ▶ *Stamp feet on the ground to the beat of the music. Make "noise" with group.*
- ▶ *Gently kick legs out from the knee, alternating legs. 10 repetitions. Count together 1 to 10.*
- ▶ *March in place, alternating legs. 10 repetitions. Count together 1 to 10.*

ARMS GET STARTED!

- ▶ *Gently shake arms, open and close hands.*
- ▶ *Circle wrists a few times in clockwise and counterclockwise.*
- ▶ *Gently circle arms. 5 repetitions. Count together 1 to 5.*
- ▶ *Shrug shoulders up and down, with hands on knees. 5 repetitions. Count together 1 to 5.*

VOICES GET STARTED!

- ▶ *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.*
- ▶ *Repeat each sound again. Have group say sound with you. Hold for a few seconds.*

BREATH GETS STARTED!

- ▶ *Slow focus to bring awareness to sitting still in chair.*
- ▶ *Take a deep breath in through the nose. Exhale out through the mouth.*
- ▶ *Repeat slow, focused breathing for 5 rounds.*
- ▶ *Give selves big hug, wrapping arms across waist and squeezing gently, as able.*
- ▶ *Thank selves and send some "TBH love" to our brains!*

Great job, everyone! We are started up and ready to go!



LEARN THE TBH SCIENCE

3 MINUTES

- Engage everyone in a brief discussion about the class.
- Adapt the discussion as needed to ensure everyone is included and participating as they are able, verbally or non-verbally.

Today's workout is called "I Draw a Waltz." The waltz is a dance. It is also a musical style. Many famous composers wrote waltzes.

Music can inspire us when we are creating art. Being creative is an important way we can exercise our thinking. Creating art is something all of us can do.



NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Play music from the [TBH I Hear a Waltz playlist](#) for this workout.
- Distribute the selected art supplies and paper to your student/s. Have them draw or paint while listening to the music. If a student completes an art piece, option to provide them with additional paper.
- Option to use one large sheet of blank white paper and have student/s create an art piece together.
- Remind student/s to notice the musical 1-2-3 pattern as they draw or paint.
- Adapt the workout as directed to allow everyone to benefit optimally from the activity.
- When repeating this class, use different art supplies and music from the playlist.

Let's start our workout. Today we are going to be artists! We will use these (markers/paints) and this paper to create our own art pieces. We will be inspired by the music of the waltz and create whatever we want! Are you ready?

Now let's see what we have done. (Allow student/s to share artwork.) **What wonderful art we've created to the waltz!**



VARIATIONS

- **Make It Harder.** Have student/s draw or paint to the 1-2-3 beat of the waltz. Ask student/s to include waltz-themed objects in their art such as musical instruments or notes, dancers etc.
- **Make It Easier.** Assist student/s in creating their artwork, collaborating with them as needed.
- **Back-Up Plan.** Hum or move along with the music in a manner that best engages student/s. Talk about the different art supplies together. Demonstrate using the art supplies, work together with your student to better engage them in the activity.



TBH TAKEAWAY

3 MINUTES

- Engage everyone in a brief recap of the class.
- Adapt the discussion as needed to ensure everyone is included and participating as they are able, verbally or non-verbally.

I hope you enjoyed class today. We used the waltz to inspire us and created some beautiful art.

How did today's class make you feel?



TBH TAKE A BREATH

3 MINUTES

- Lead this signature TBH relaxation and affirmation exercise to close 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.

We will finish by relaxing together. We will use our breath to help us focus and feel calm. We will share how grateful we are to be together.

- ▶ *Have student/s get comfortable, resting both feet flat on the floor, hands resting in their laps on their thighs.*
- ▶ *Have student/s close their eyes and keep them gently closed if they are comfortable doing so.*
- ▶ *Ask student/s 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 student/s 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 student/s 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 student/s to simply listen or to repeat the phrase together with you.*

**My mind is relaxed.
I am glad to create something new.
I am glad to listen to the music.
I am glad to be with friends.**



- ▶ *Pause for several moments, allowing your student/s to continue focusing on their breathing.*
- ▶ *End the exercise by inviting your student/s to bring their awareness back to the room, gently opening their eyes if closed, and becoming more aware of the room and of each other.*
- ▶ *Invite them to end practice with gratitude for taking a moment for themselves, for the chance to learn together and to connect with each other.*



COMING UP NEXT!

1 MINUTE

- Thank student/s for attending the class.
- Invite student/s to join you for the next class.

I am glad we had time together today. We enjoyed creating art together!

I hope you will join me for our next brain wellness class.



CLASS RESOURCES

[*TBH I Hear a Waltz Online Playlist.*](#) Use the musical selections in this playlist for the activity.

ADDITIONAL RESOURCES

[*TBH I Hear a Waltz Playlist.*](#) Suggested waltz music if making your own playlist for this class.

ARTIST	SONG TITLE
Peter Tchaikovsky	Waltz of the Flowers (<i>The Nutcracker Suite</i>)
Peter Tchaikovsky	Waltz from Swan Lake (<i>Swan Lake</i>)
Johann Strauss	Kaiser Waltz
Johann Strauss	Blue Danube Waltz
Henry Mancini	Moon River (<i>Breakfast at Tiffany's</i>)
Henry Mancini	Theme from Romeo and Juliet (<i>Romeo and Juliet</i>)