



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 "Big Top Fun." Many of us have gone to a circus. The circus would travel from town to town. They would set up a big tent called the "big top."

There are many things that happened under the "big top." There were clowns. There were animals. There were tightrope walkers and strong men! There were special foods, like popcorn, roasted nuts, or cotton candy.

What other things do we remember about the circus?



NOW DO IT

15+ MINUTES

- Lead your student/s in the workout.
- Use the *TBH Big Top Fun* cards or slides to engage student/s in talking about the sights and sounds of the circus.
- Option to share [TBH Big Top Fun video](#) to engage student/s further in reminiscing about the circus.
- Play your selected *TBH Big Top Fun* game with the student/s. Option to play standing or seated for increased safety.
- Option to play music selections from the [TBH Big Top Fun music playlist](#) as you play.
- Adapt the workout as directed to allow everyone to benefit optimally from the activity.
- When repeating this class, select a different *Big Top Fun* game to play.

Let's look together at some things that will bring back circus memories. Here are some photographs of the circus.

If including the video prompt option: **Here is a video about the circus. Let's watch some of it together.**

Now let's play a game together! We can have fun and move our bodies, too.

TBH BIG TOP FUN GAME DIRECTIONS

3-Ring Circus

- Fill the cleaned and emptied soda bottles with water. Option to use red, blue and yellow food coloring to color the water with a "circus" theme.



- Set the bottles within tossing distance of the student/s. Move the bottles closer or further away depending on the difficulty level you wish to set. Be sure to set the bottles far enough apart so that the rings can fit easily over the bottles.
- Take turns tossing the large plastic tossing rings, trying to place them over the bottles.

Circus Animal Toss

- Set the large plastic tossing rings on the floor within tossing distance of the student/s. Move the rings closer or further away depending on the difficulty level you wish to set.
- Take turns tossing the plush toys, aiming to get them into the rings.

Big Tent Dunk

- Fill the cups ¼-way with the colored sand to anchor the cups. Put a different color sand in each cup.
- Place the cups on a tabletop or on the floor within tossing distance of the student/s. Move the cups closer or further away depending on the difficulty level you wish to set.
- Take turns trying to get the tossable circus-themed items into the cups.



VARIATIONS

- **Make It Harder.** Set the bottles, rings or cups farther away to add difficulty to the game. Have student/s aim for a specifically colored bottle, ring or cup.
- **Make It Easier.** Have students place the objects on the bottles, rings or cups. Talk through the activity as you are doing it together to provide further guidance.
- **Back-Up Plan.** Sing along, hum or move gently to music from the [TBH Big Top Fun playlist](#) in a manner that best engages the student/s. Use the photographs and game materials for connection, talking about what you see and memories they might evoke, to the comfort level of the student/s.



TBH TAKEAWAY

3 MINUTES

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

I hope you enjoyed class today. We talked about the circus and looked at photographs of the different things we might find under the “big top.” And we had fun and played a circus game together.

Can you share something you liked today?