



## CLASS 6 | START SOMETHING NEW

### Worksheets

- **Brain-Healthy Activities.** Use this worksheet to foster discussion in your class about activities we can do that boost intellectual engagement. You can also use this worksheet as a handout.
- **TBH “Start Something New” Contract.** This worksheet provides an opportunity for class members to commit to doing “something new” for intellectual challenge, and helps them review the steps for achieving that goal. Use the TBH “Something New” Contract in class as a way for participants to discuss their “Start Something New” goals. It can also be used as a handout.

### Resources

- [Discover a Hobby.](#) This website is comprehensive pool of hobbies and introductions to them. It is a good place to brainstorm and start your search.
- **“Something New” Activity Ideas.** Here are some possible hobbies or new skills to choose from and links to share. Some have handouts or materials you can print out to share.
  - [Learn to Crochet](#)
  - [Beginner Crochet Square- YouTube](#)
  - [Gardening for Beginners](#)
  - [Growing Vegetables in Containers- YouTube](#)
  - [The Beginner's Game-Chess](#)
  - [List of Classic Books to Read](#)
  - [Digital Photography](#)