



TOTAL BRAIN HEALTH® FAIR STATION


10-15
minutes


10 -15
people

THE WALL OF BRAIN HEALTH

TBH Focus:

Spirit | *Believe in Yourself*

The TBH Science:

In this activity (brought to us courtesy of the Princeton Senior Resource Center in Princeton, NJ), the writing is literally on the wall: Being aware of the many things we can do to keep our brains healthy and our cognitive abilities intact provides a head start on accomplishing those very goals. Research bears this out in studies that have found that knowing how to stay sharp increases self-efficacy—or confidence in our ability to live a brain healthy lifestyle. By thinking through the activities offered at the Total Brain Health® Fair and recording them with everyone else, participants will create a visual picture of the ways in which they might adopt new brain healthy habits and activities and incorporate them into their daily lives.

You Will Need:

- **A staff member or volunteer to man the station**
- **A space with a stretch of wall long enough to accommodate a banner-size piece of paper**
- **Roll of white or craft paper**
- **Scissors**
- **Masking tape or other tape to secure paper to wall**
- **Colored markers**

How It Works:

The staff member will cover the wall with the paper and then invite participants to write something they learned about improving and maintaining brain health at the Fair—what they know they can do to be their own Brain Health Hero!

Variations:

Up the Ante: Ask participants to choose one brain-healthy lifestyle change they *know* they can commit to and write down how they plan to start (join a yoga class, buy an aromatherapy candle, write a poem, etc.)

Make It Easier: Have the staff member or volunteer help the participants brainstorm as a group, writing down the ideas as they come up.

