



TOTAL BRAIN HEALTH[®] FAIR STATION


10-15
minutes


10-15
people

THANK YOUR BRAIN!

TBH Focus:

SPIRIT | *Believe In Yourself*

MIND | *Stretch Your Mind*

The TBH Science:

As with many things in life, it's all too easy to take our brains for granted—until we feel that we're having trouble thinking and remembering. That's why this Station is especially important—it's a chance to reflect on the amazing things the human brain is capable of, from supporting our ability to think, reason, and speak to allowing us to form and maintain relationships. In addition, research has found that participating in intellectually engaging activities like this one, which is an example of the many ways we can challenge our brains to think in new and different ways, may significantly lower the risk for serious memory loss. This activity also provides a way to enhance self-confidence, which is vital to emotional balance and brain health.

You Will Need:

- **A staff member or volunteer to man the station**
- **Tables and chairs to accommodate up to 15 people**
- **Blank index or similar-sized cards**
- **Pencils, pens, or markers**
- **Printed directions participants can read at the table**
- **Printed “Thank Your Brain!” examples**

How It Works:

Have participants list at least 5 amazing things their brains allow them to do every day.

Variations:

Up the Ante: Ask participants to give specific examples of when their brain came through for them—perhaps when it was necessary to make a quick decision while driving or while playing Scrabble or chess.

Make It Easier: Provide guided individual support for participants or ask questions to help prompt ideas.



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THANK YOUR BRAIN!

SOME THINGS TO THANK YOUR BRAIN FOR:

You allow me to speak my mind.

You help me be a Scrabble champ.

You inspire me to create.

You give me the ability to play with my
grandkids.

You hold on to precious memories of my
family.

You make it possible for me to balance
my checkbook every month!



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WHAT DO YOU WANT TO THANK
YOUR BRAIN FOR?

DIRECTIONS:

- Take a card and pencil.
- Think about the ways your brain makes it possible for you to get through every day.
- Write down as many of them as you like (but aim for at least 5!).
- Think outside the box! Remember: Our brains not only make it possible for us to function and learn, they make it possible for us to have fun and to love.