

# TOTAL BRAIN HEALTH ON DEMAND



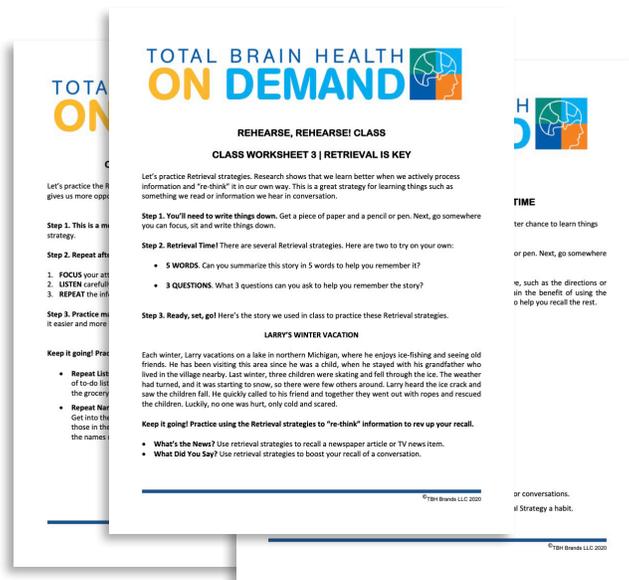
BRAIN TRAINING ANY TIME, ALWAYS SMART

## DOWNLOADABLE INSTRUCTIONS AND WORKSHEETS

Invite your residents to boost their thinking and improve their recall with the **TBH On Demand** free coaching series. Available in video and audio formats.

Just download, print and distribute this packet to your residents. It includes:

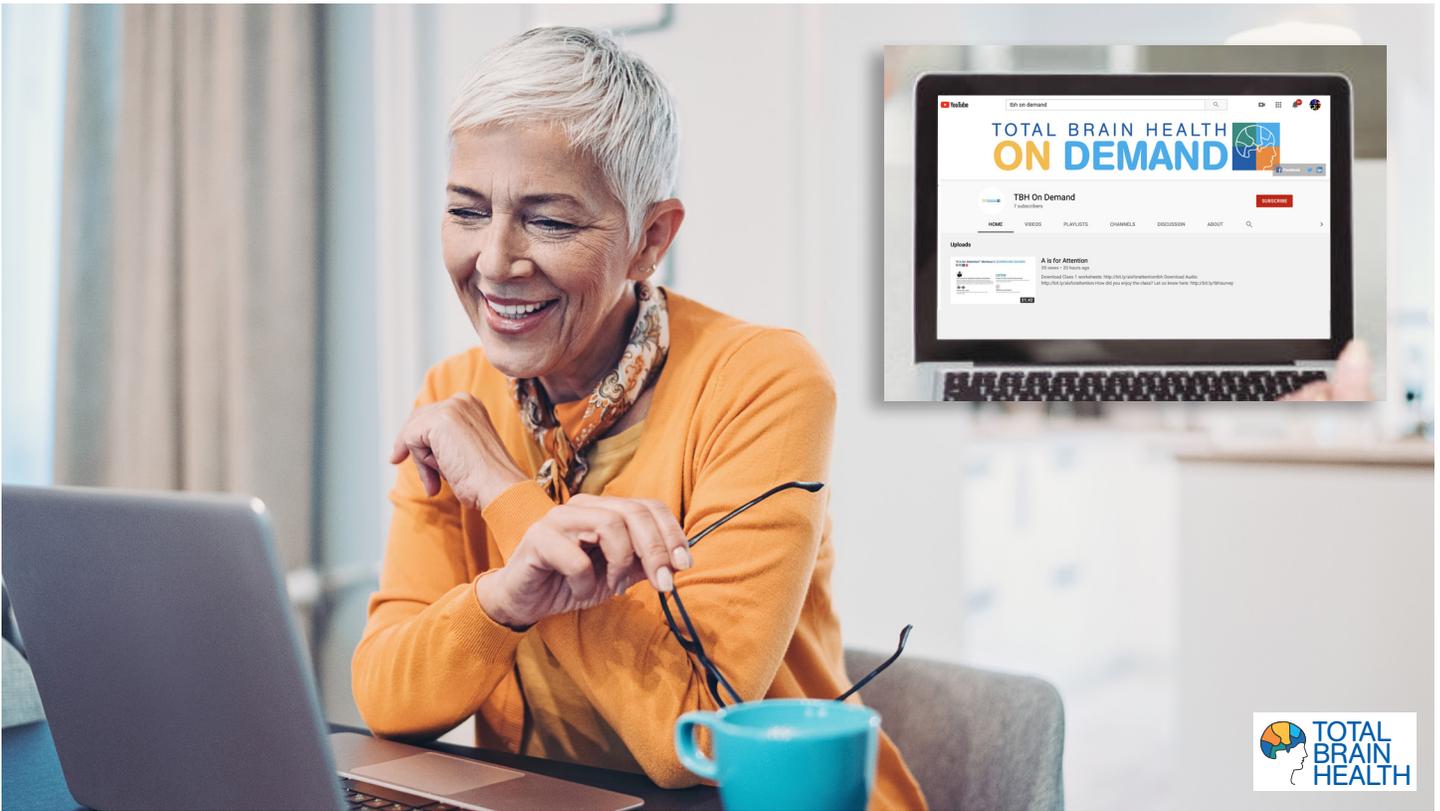
- The **TBH On Demand** Instructions Flier, with information on how to access the program.
- Class Worksheets they can use to continue practicing what they learn on their own!



COMPLIMENTS OF TOTAL BRAIN HEALTH  
MAKING BRAIN HEALTH SMARTER!

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# Free Online Brain Coaching to Keep You Sharp at Home

Hosted by Cognitive Wellness Expert Dr. Cynthia Green

Looking for ways to stay intellectually engaged while isolated? Join us for a series of 6 pre-recorded online brain training sessions you can use to:

- ✓ build focus and attention
- ✓ boost memory skills
- ✓ improve speed of processing
- ✓ jump start nimbleness

All from the comfort of your home!

How does it work?

- Visit our TBH On Demand YouTube channel @ <http://totalbrainhealth.com/tbh-on-demand>
- Watch the video or listen to the podcast-style audio recording
- Train with Dr. Green as she shares the research and guides you through interactive brain-building workouts
- Keep training with printable worksheets you can do on your own
- Share your feedback and suggestions on what training you'd like next using the survey included with each video

Subscribe to the TBH on Demand Channel and check back regularly!

TOTAL BRAIN HEALTH  
**ON DEMAND** 

[www.totalbrainhealth.com](http://www.totalbrainhealth.com) • [info@totalbrainhealth.com](mailto:info@totalbrainhealth.com)

# TOTAL BRAIN HEALTH ON DEMAND



## A IS FOR ATTENTION

### CLASS WORKSHEET | THE TBH SCIENCE

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

**Why Pay Attention to Attention?** Attention is one of our most critical intellectual skills. It matters to everything from keeping track of directions to remembering why we went into the other room. Attention is essential to memory. In order to first acquire and learn something new, like a name, we first have to focus on that information. Attention can even help our relationships, making us better listeners and companions.

**What is Attention?** Wikipedia defines it as “(T)he behavioral and cognitive process of selectively concentrating on a discrete aspect of information, whether considered subjective or objective, while ignoring other perceivable information.” In other words, honing your awareness on one thing, to the exclusion of anything else.

**Why is it so Hard to Pay Attention?** There are many reasons why we can find it hard to focus! A few of those reasons are:

- **We are distracted.** We often having a lot of information to handle at once. That can be challenging to our attention. For example, we may forget something we heard in conversation if we were also watching TV or reading the paper at the same time.
- **Our lifestyles make it harder.** Choices we make daily, such as how much we exercise, sleep, or how we manage stress, impact our ability to focus and attend. Leading a brain healthy lifestyle can help boost our attention, resulting in sharper thinking and memory.
- **We are growing older.** Age impacts our attention, making it harder for us to hold, or sustain our attention.
- **We don't work out our attention skills!** We rarely intentionally exercise our attentional abilities.

**We can Build Better Attention!** Research shows we can expand our attention span! How? With attention-building workouts designed to build targeted attention across visual, verbal and other sensory systems, as well as sustained attention, or how long we can hold our focus.

# TOTAL BRAIN HEALTH ON DEMAND



## A IS FOR ATTENTION

### CLASS WORKSHEET | SURROUND SOUNDS WORKOUT

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice targeted auditory attention. We can build better awareness of our environment by focusing our attention to different sensory experiences, such as what we are hearing. That can boost our awareness for our surroundings, and our ability to do things like follow conversations or remember details from a movie or TV show.

**Step 1. Close your eyes.** Find a comfortable way to sit and close your eyes. Take a few relaxing breaths.

**Step 2. Focus on the sounds around you.** Bring your attention to the sounds around you. Focus on each one as you become aware of them. Spend one minute focusing on these sounds.

**Step 3. What do you hear?** Can you identify at least three things that you hear?

#### Keep it going! Repeat this workout or try some of these variations!

- **Focus on the scents around you.** Find a comfortable way to sit and close your eyes, taking a few relaxing breaths. Bring your attention to the scents around you. Focus on each one as you become aware of them. What do you smell? Can you identify at least three scents?
- **Focus on the sights around you.** Find a comfortable way to sit and keeping your eyes open, take a few relaxing breaths. Bring your attention to the sights around you. Focus on each one as you become aware of them. What do you see? Can you describe at least three in detail?
- **Focus on the touches around you.** Find a comfortable way to sit and keeping your eyes open, take a few relaxing breaths. Run your fingers over items near you, such as the arm of your chair, your clothing or nearby furniture. Bring your attention to how they feel. How would you describe the sensation in detail?

# TOTAL BRAIN HEALTH ON DEMAND



## A IS FOR ATTENTION

### CLASS WORKSHEET | WHAT'S IN THE ROOM? WORKOUT

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice targeted visual attention. We can build better focus for our environment by targeting attention to different sensory experiences, such as what we are seeing. That can boost our awareness for our surroundings, and our ability to do things like locate our keys or find our way.

**Step 1. Close your eyes.** Find a comfortable way to sit and close your eyes. Take a few relaxing breaths.

**Step 2. Look what's in the room.** Open your eyes and bring your attention to what you see in the room around you. Spend one minute studying what you see in the room.

**Step 3. What did you see?** Close your eyes again. Can you list at least 10 items you noticed in the room?

**Keep it going! Repeat this workout in different rooms or try some of these variations!**

- **How many ...?** Find a comfortable way to sit. Take one minute to study the room around you. Then close your eyes. See if you can recall how many of a particular item are in the room. Do not choose the item beforehand, so that you are less likely to look for that ahead of time. Open your eyes and see if you were correct. Examples: Light switches, electric outlets, windowpanes, items with shapes such as square, round or rectangular, items of a particular color such as blue, green, etc.
- **Colors.** Find a comfortable way to sit. Take one minute to study the room around you. Then close your eyes. See if you can recall how many items of a particular color are in the room. Do not choose the color beforehand, so that you are less likely to look for that ahead of time. Open your eyes and see if you were correct. Examples: Red, Green, Blue, Yellow.
- **Shapes.** Find a comfortable way to sit. Take one minute to study the room around you. Then close your eyes. See if you can recall how many items of a particular shape you are in the room. Do not choose the item beforehand, so that you are less likely to look for that ahead of time. Open your eyes and see if you were correct. Examples: Square, round, triangular, rectangular.

# TOTAL BRAIN HEALTH ON DEMAND



## A IS FOR ATTENTION

### CLASS WORKSHEET | TBH TAKE A BREATH

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice sustained attention. We can build our attention by training our brains to hold, or sustain, focus with mindfulness practices. These practices have been linked by research to improved memory performance and emotional well-being as well. TBH Take a Breath is our signature relaxation and affirmation cool-down exercise designed to build focus, encourage relaxation, and boost confidence. You can use the TBH Take a Breath on your own, each day.

**Step 1. Close your eyes.** Find a comfortable way to sit and close your eyes. Begin focusing your attention on your breath.

**Step 2. Focus fully on your breathing.** Notice the rate and rhythm of your breath. Begin inhaling slowly and deeply through your nostrils, breathing gently into your chest and belly. Then exhale through your lips, slowing the rate and rhythm of your breath. Continue to focus on the inhale and exhale of your breath, letting your attention ride the wave of your breath, gently and slowly inhaling and exhaling, relaxing on the wave of your breath.

**Step 3. Continue practicing deep breathing.** Try to do at least ten "rounds" or more. As you breathe, consider positive thoughts such as these.

I am calm.  
I am connected.  
I am comfortable.  
I am loved.

**Step 4. Bring your awareness back to the room.** Gently open your eyes, slowly becoming more alert of your surroundings. Pause and note how you feel. Take a moment to acknowledge how grateful you are for the chance to build better focus, connect with your senses, and take better care of yourself.

# TOTAL BRAIN HEALTH ON DEMAND



## THINK FASTER! CLASS

### THE TBH SCIENCE

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

**Why Should We Think about Thinking Faster?** Processing speed is one of our most critical intellectual skills. It matters to anything that asks us to learn or do something quickly, from athletics to conversations to remembering directions. It is also essential to memory, as we often “miss” information like a name because we can’t process it quickly enough. Processing speed is really key to feeling sharp, keeping up at work or volunteering, and socially.

**What is Cognitive Processing Speed?** Cognitive processing speed can be defined as the time it takes for a person to understand, react to and perform a mental task.

**Why is it so Hard to Think Fast?** There are many reasons why we can find it hard to think fast! A few of those reasons are:

- **We aren’t paying attention.** Being distracted makes it harder to process information at a good rate. (And if you haven’t yet, make sure to watch or listen to our “A is for Attention” class to practice ways to boost your attention!)
- **Our lifestyles make it harder.** Choices we make daily, such as how much we exercise, sleep, or how we manage stress, impact our ability to focus and attend. Leading a brain healthy lifestyle can support healthy processing speed.
- **We are growing older.** Age impacts our cognitive processing speed, making it harder for us to work quickly with information.
- **We don’t challenge ourselves to think faster!** We rarely prioritize processing speed as something we need to intentionally exercise, but we should!

**We can speed up our thinking!** Research shows regular targeted workouts can boost our cognitive processing speed. How? With timed activities played against the clock designed to challenge us to think and solve quickly. Such activities are wonderful speed boosters, and also build attention and cognitive nimbleness.

# TOTAL BRAIN HEALTH ON DEMAND



## THINK FASTER! CLASS

### CLASS WORKSHEET 1 | IT'S A BIRD!

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice workouts that improve our verbal processing speed. By working against the clock with timed challenges, we can help accelerate our thinking skills. That can boost how quickly we do things like find a word, calculate a tip, or keep up in conversation.

**Step 1. You'll need to write things down.** Get a piece of paper and a pencil or pen. If you are doing this on your own, you will also need a timer.

**Step 2. Think Faster!** Take a category, such as birds. See how many things you can name that "belong" in that category in just one minute.

**Step 3. How'd you do?** How many items did you come up with in just one minute? Try again and see if you can best your score!

**Keep it going! Repeat this workout or try some of these variations!**

- **Category Naming.** Try other categories, such as animals, flowers, trees, colors, etc.
- **Letter Naming.** Try listing words that begin with a particular letter of the alphabet.
- **Naming Names.** Here's a slight twist on the challenge! See how many names you can remember from a particular group or activity, such as the name of classmates from high school, or the names of people in your neighborhood.

# TOTAL BRAIN HEALTH ON DEMAND



## THINK FASTER! CLASS

### CLASS WORKSHEET 2 | LET'S STROOP!

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Here is another workout to improve your processing speed and boost how quickly we do things like find our glasses or complete a task.

**Step 1. This is a puzzling task!** Sit comfortably, take a few deep breaths and get focused!

**Step 2. Let's Stroop!** The Stroop test is a classical psychological test of speed, attention and executive control. Here is a grid of words, presented in different colors. To "play" you need to read the list aloud as quickly as you can, saying the COLOR of the word, not the word itself. We'll do this for one minute.

**Step 3. How far did you get?** How far on the list did you get in just one minute?

**Keep it going! Repeat this workout in different rooms or try some of these variations!**

- **Try the Stroop Test again!** Try again using the Stroop grid in this worksheet. You can keep playing with this grid, testing to see if you get further along in just one minute each time. Change it up by starting at the end and working your way backwards or working horizontally across the grid.
- **Play games that challenge your speed and flexibility.** Certain board games offer a similar workout, asking you to think fast while seeing the same information differently each time. TBH favorites include the game Set, where you look to make groups of cards based on different characteristics of the card, or Boggle, a classic word game. (Cool! We'll be playing Boggle in another class!)

# TOTAL BRAIN HEALTH ON DEMAND



## THINK FASTER! CLASS

### CLASS WORKSHEET 2 | LET'S STROOP!

Black	Orange	Brown	Black	Yellow
Red	Blue	White	Green	Brown
Green	Black	Red	Gray	Green
Yellow	Green	Green	Purple	Black
Orange	Purple	Gray	Blue	Orange
Blue	Yellow	Blue	White	Red
White	Red	Yellow	Orange	White

# TOTAL BRAIN HEALTH ON DEMAND



## THINK FASTER! CLASS

### CLASS WORKSHEET 3 | SYMBOL SEARCH

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice our visual processing speed once again with a symbol searching task. Timed challenges that target visual processing speed can boost how quickly we do things like locate our friend in a crowd or find something in the refrigerator.

**Step 1. This is a puzzling task!** Sit comfortably, take a few deep breaths and get focused!

**Step 2. Let's search! How X's can you find?** This test requires you to think fast and hold focus at the same time. Use the worksheet here that shows a series of symbols in a grid. Your job is to see how many X's you can find in just 30 seconds.

**Step 3. How many X's did you find?** Look again more slowly to count and see how you did!

**Keep it going! Repeat this workout in different rooms or try some of these variations!**

- **Search for other symbols.** Use the grid to search for other symbols, one for each round. Time yourself for 30 seconds and see how many you can find of the one you choose.
- **Search for letters.** Take a page of a book. Choose a letter of the alphabet. Time yourself for 30 seconds and see how many of that letter you can find on the page before time is up.
- **Search for shapes.** Pick a shape, such as a square, circle or rectangle. Time yourself for 30 seconds and see how many items of that shape you can find in the environment around you.

# TOTAL BRAIN HEALTH ON DEMAND



## THINK FASTER! CLASS

### CLASS WORKSHEET 3 | SYMBOL SEARCH

x	Ω	=	v	Σ	=	x	Σ	@	?
@	&	=	x	=	? &		x	v	Σ
-	x	x	@	x	=	?	-	x	=
Ω	&	Σ	=	Σ	-	Ω	Σ	=	v
?	Σ	x	v	-	?	&	@	v	x
=	-	v	@	v	x	=	?	x	@
x	=	Ω	-	x	Σ	x	v	Σ	-
v	x	-	=	@	?	?	x	=	@
=	? &	x	=	? &	-	Ω	Ω	-	x
-	=	x	? &	Ω	@	@	=	? &	Σ

# TOTAL BRAIN HEALTH ON DEMAND



## GAME YOUR BRAIN! CLASS THE TBH SCIENCE

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

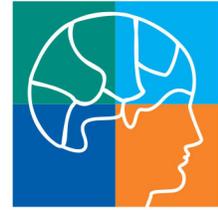
**Why Should We “Game” Our Brains?** Games of all kinds give our thinking skills a great workout. As we age, game-based brain training (especially against the clock) can target the cognitive skills that can get harder as we grow older, including attention, speedy thinking, nimbleness, and memory. Games also encourage intellectual engagement, which have been tied to lowering our risk for dementia. Finally, games are something we can all do, as there are many ways to “game our brains!”

**What is Gamification?** Brain training games use a concept called “gamification.” Gamification is defined as “the use of game design elements in non-game contexts.” In other words, when we use rewards or other game components for health promotion, like weight loss or brain training. Why use gamification? Research shows it works! Adding gamification can motivate us to engage in better health habits, can help us keep those habits up, and can help us feel rewarded when we do so!

### How Can We Bring More “Game” to our Brains?

- Play quick games “against the clock” alone or with others. Timed activities, even short ones, are a great way to improve focus, memory and speed up our thinking. Even if you are alone, ask family or friends to play the same workouts in their own homes. Then compare how you do and try again!
- Look for fun ways to “game-ify” your daily routine. Come up with ways to make everyday routines a brain fitness challenge. Sort laundry into categories against the clock or see if you can memorize steps of a recipe without double checking the cookbook.
- Challenge yourself with new complex games. Research shows that regular intellectual engagement is a great way to protect our long-term cognitive health. Try new, novel card or board games, or dust off an old favorite for a renewed challenge.
- Reward yourself! Reaping a bit of reward is key to gaming your brain! Figure out what reward you’d like to work towards, such as a new game to play or watching a new movie or show.
- Challenge others to join you! There are lots of fun ways you can get others to “brain game” with you, even if you aren’t together. Track each day to see who can achieve the longest “brain training” streak or play the same games daily to see who can score higher.

# TOTAL BRAIN HEALTH ON DEMAND



## GAME YOUR BRAIN! CLASS

### CLASS WORKSHEET 1 | JUNK DRAWER JAM

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice workouts that improve our visual memory. Visual memory workouts against the clock can be a fun way to "game" our brain training and boost how quickly we can find something like our keys or remember where we last saw something like our glasses.

**Step 1. You'll need to write things down. You'll need a timer, and you'll also need to be at your junk drawer.** Get a piece of paper and a pencil or pen. Next, go over to your junk drawer. If you are doing this on your own, you will also need a timer.

**Step 2. Junk Drawer Jam!** When you start the clock, open your junk drawer and see what is there. Give yourself 30 seconds to learn everything that is in that junk drawer. When time is up, close the drawer! Now take another 30 seconds to write down on the paper all the items you can remember that are in the drawer. Stop when your time is up!

**Step 3. How'd you do?** How many items did you remember correctly? Try again and see if you can do better!

**Keep it going! Repeat this workout or try some of these variations!**

- **Memory Jams.** Try this same workout using your medicine cabinet, hall closet, or other parts of your home that might contain a number of items.
- **What's Out the Window?** Try this same workout by testing yourself to remember what you see out the window. Study the environment for 30 seconds, then close your eyes and list aloud the items you recall. If you are able to go outside, you can try this same workout at the gym, a restaurant, or library.
- **Never Forget a Face!** Here's a slight twist on the challenge! Study someone's appearance for just 30 seconds, either in person, in a photo or even on TV. Then look away or close your eyes and see how many details about their appearance you can recall.

# TOTAL BRAIN HEALTH ON DEMAND



## GAME YOUR BRAIN! CLASS

### CLASS WORKSHEET 2 | WORD SCRAMBLES

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Here's a workout to improve your processing speed. Games against the clock help us think faster. That can boost how quickly we do things like make sense of our surroundings or find words.

**Step 1. You'll need to write things down. You'll need a timer.** Get a piece of paper and a pencil or pen. Then sit comfortably, take a few deep breaths and get focused!

**Step 2. Let's Word Scramble!** How many words can you find? This test requires you to find words in a grid of letters. You can "connect" the letters horizontally, vertically or diagonally. No proper names, no repeats! Give yourself 60 seconds to find as many words as you can.

**Step 3. How many words did you find?** Count the number of words you found. If you'd like to keep score, give yourself points for each word as follow, adding a point for every letter over 3 letters:

1 or 2 letter words = 0 points each

4 letter words = 2 points each

3 letter words = 1 point each

5 letter words = 3 points each

**Keep it going! Repeat this workout or try some of these variations!**

- **Try the Word Scrambles again!** Play again using the Word Scrambles in this worksheet. You can keep playing with these grids. You can alter the time allowed to give yourself more time to play each round.
- **Make up your own Word Scrambles!** Use the blank grid to fill in letters and create your own Word Scrambles. You can change the letters regularly to create new games.

## GAME YOUR BRAINS! CLASS

### CLASS WORKSHEET 2 | WORD SCRAMBLES

*Here is the Word Scrambles grid from our class. Use it to play along or to play again!*

S	C	R	A	E
H	I	A	M	D
A	U	W	O	E
T	L	I	O	T
E	B	L	A	I



## GAME YOUR BRAINS! CLASS

### CLASS WORKSHEET 2 | WORD SCRAMBLES

*Here is another Word Scrambles grid you can use to train your brain.*

R	S	C	L	S
D	E	I	A	E
G	N	T	R	P
I	A	E	S	O
L	M	I	D	C

# TOTAL BRAIN HEALTH ON DEMAND



## GAME YOUR BRAINS! CLASS

### CLASS WORKSHEET 2 | WORD SCRAMBLES

*Use this grid to create your own Word Scramble game!*


# TOTAL BRAIN HEALTH ON DEMAND



## GAME YOUR BRAIN! CLASS

### CLASS WORKSHEET 3 | WORD MATCH

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice our verbal memory. Playing word games against the clock is a great way to boost our verbal skills and here – memory, too! That can boost how quickly we find a word in conversation, or how well we remember what we read.

**Step 1. This is a puzzling task!** And a bit of a challenge! Sit comfortably, take a few deep breaths and get focused! If you are doing this on your own, you will need a timer.

**Step 2. These go together!** The first worksheet below has a number of word pairs. These words are randomly paired together for this exercise. Study them and remember as many of the pairs as you can. You have 60 seconds to study and learn the word pairs.

**Step 3. How many pairs can you remember?** Now turn to the next worksheet, which has one word from each pair. Set the timer for another 60 seconds and see how many of the missing words you can complete for each word pair. You can then check how well you did with the third worksheet, which has the missing words in bold.

**Keep it going! Repeat this workout or try some of these variations!**

- **Create your own word match game.** Make up your own game by creating several sets of word pairs using the blank grid provided. Be sure to randomly select your word pairs, so that there is no obvious relationship between the words.
- **Make it harder, make it easier.** Vary the difficulty of this challenge by altering the time allowed (make it harder with less time, easier by giving yourself a bit more) or the number of word matches in each game.
- **Challenge someone to play along.** Share the game with family or friends and challenge them to play with you, then compare how you do!

# TOTAL BRAIN HEALTH ON DEMAND



## GAME YOUR BRAIN! CLASS

### CLASS WORKSHEET 3 | WORD MATCH

*Here is the Word Match grid from our class. Use it to play along or to play again!*

<b>APPLE – BALL</b>	<b>CLOCK – MITT</b>	<b>PIN – PEN</b>	<b>STOP – HEAT</b>
<b>HORSE – TOTAL</b>	<b>CAR – TOOTH</b>	<b>SHIRT - HEART</b>	<b>RING – FIVE</b>
<b>DUST – TOWER</b>	<b>SEA – PAIR</b>	<b>CLUB – TIGER</b>	<b>STREET – FRY</b>
<b>FELT – WIRE</b>	<b>VISIT – SEED</b>	<b>SALMON – DAY</b>	<b>SAFE – ARM</b>
<b>HOP – CLIP</b>	<b>PRESS – GLAD</b>	<b>LOW – MINT</b>	<b>RADIO - MELT</b>
<b>TEA – STREET</b>	<b>WRAP – HOUR</b>	<b>TICKET – PROD</b>	<b>BRAIN - DOT</b>

# TOTAL BRAIN HEALTH ON DEMAND



## GAME YOUR BRAIN! CLASS

### CLASS WORKSHEET 3 | WORD MATCH

*Here is the second Word Match grid from our class. Use it to play along or to play again!*

_____ - BALL	CLOCK - _____	_____ - PEN	STOP - _____
HORSE - _____	_____ - TOOTH	_____ - HEART	RING - _____
_____ - TOWER	_____ - PAIR	CLUB - _____	STREET - _____
FELT - _____	_____ - SEED	SALMON - _____	_____ - ARM
HOP - _____	PRESS - _____	_____ - MINT	RADIO - _____
_____ - STREET	WRAP - _____	TICKET - _____	_____ - DOT

# TOTAL BRAIN HEALTH ON DEMAND



## GAME YOUR BRAIN! CLASS

### CLASS WORKSHEET 3 | WORD MATCH

*Here are the answers to the Word Match from our class. Use it to check your answers!*

<b>APPLE – BALL</b>	<b>CLOCK – MITT</b>	<b>PIN – PEN</b>	<b>STOP – HEAT</b>
<b>HORSE – TOTAL</b>	<b>CAR – TOOTH</b>	<b>SHIRT - HEART</b>	<b>RING – FIVE</b>
<b>DUST – TOWER</b>	<b>SEA – PAIR</b>	<b>CLUB – TIGER</b>	<b>STREET – FRY</b>
<b>FELT – WIRE</b>	<b>VISIT – SEED</b>	<b>SALMON – DAY</b>	<b>SAFE – ARM</b>
<b>HOP – CLIP</b>	<b>PRESS – GLAD</b>	<b>LOW – MINT</b>	<b>RADIO - MELT</b>
<b>TEA – STREET</b>	<b>WRAP – HOUR</b>	<b>TICKET – PROD</b>	<b>BRAIN - DOT</b>

# TOTAL BRAIN HEALTH ON DEMAND



## GAME YOUR BRAIN! CLASS

### CLASS WORKSHEET 3 | WORD MATCH

*Make up your own Word Match using the grid below. Enjoy!*

____ - ____	____ - ____	____ - ____	____ - ____
____ - ____	____ - ____	____ - ____	____ - ____
____ - ____	____ - ____	____ - ____	____ - ____
____ - ____	____ - ____	____ - ____	____ - ____
____ - ____	____ - ____	____ - ____	____ - ____
____ - ____	____ - ____	____ - ____	____ - ____

# TOTAL BRAIN HEALTH ON DEMAND



## GET ORGANIZED! CLASS

### THE TBH SCIENCE

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

**Why Should We “Get Organized?”** Being organized is great for our memory! Organizational “tools” are one of the best ways we can keep track of information we need to know, such as appointments, errands and directions. That’s why they are so popular! How exactly do they help us remember better?

- When we get organized, we are more likely to target our attention to the information, making it more likely we will remember it.
- Memory tools help us better organize and manage things we need to remember but not memorize, like appointments or errands. Many of the things we need to remember day-to-day we don’t actually need to learn by heart. Memory tools like calendars or “to-do” lists manage that information for us and save us the trouble of committing them to memory.
- When you use a memory tool effectively, you are in control of the information. If you take notes on a conversation, for example, you can go back and review those notes whenever needed, and don’t have to rely only on what you can recall.
- Often, we get a lot of information quickly. This can create “information overload,” or the experience of simply of having too much to learn too fast. Memory tools manage that information so we can avoid being overwhelmed by information.
- Finally, using organizational strategies effectively makes us feel good about our memory, and can really boost our confidence in how well we can remember. And that’s great for everyone!

**Get the Most out of Your Memory Tools!** Here are some great tips to maximize the effectiveness of your memory tools, even those you already use.

- **Make your memory tools part of your daily routine.** Be sure your memory tools are a regular habit and that you use them daily.
- **Spare your memory!** Use memory tools whenever you can, especially for daily tasks.
- **Take yourself on a “memory date.”** If you find you aren’t using your memory tools, find new ones that work for you!

# TOTAL BRAIN HEALTH ON DEMAND



## GET ORGANIZED! CLASS

### CLASS WORKSHEET 1 | WEIGH INS AND GRINDS

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice remembering what we need to do. Spending even a few minutes each day to get organized can help us better remember things we have to get done, such as important tasks or errands like getting the dry cleaning or taking our car for service.

**Step 1. You'll need to write things down.** Get two pieces of paper and a pencil or pen. Next, go somewhere you can sit and write things down.

**Step 2. Weekly Weigh In.** What do you need to get done this week? Write down on a sheet of paper all the things you need to do for the coming week. When you do this on your own, set the timer for 5 minutes to give yourself a bit more of a "brain challenge" and to help yourself stay focused on the task. Practice a "weekly weigh in" at the start of each week to help yourself get organized and keep track of everything you need to get done in the week ahead.

**Step 3. Daily Grind.** What do you need to get done today? Write down on a sheet of paper all the things you need to do today. Practice your "daily grind" at the start of each day to better track everything you have to do in the day ahead. When you do this on your own, set the timer for 5 minutes to give yourself a bit more of a "brain challenge" and to help yourself stay focused on the task.

**Keep it going! Stay organized by making these workouts a habit.**

- **When should you "weigh in?"** Set your "weekly weigh in" according to what works best for you, either Sunday evening or first thing Monday morning.
- **When should you "daily grind?"** Practice your "daily grind" first thing in the morning or the evening before, according to what works best for you. Be sure to look at your "weekly weigh in" sheet as you create your "daily grind" list each day!
- **Where should you keep your "weigh in" and "daily grind" sheets?** Keep both sheets somewhere you can see them often, such as on your desk, kitchen counter or coffee table.

# TOTAL BRAIN HEALTH ON DEMAND



## GET ORGANIZED! CLASS

### CLASS WORKSHEET 2 | “FORGET ME NOT” SPOT

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Quick, where are your keys? Your glasses? Misplacing everyday objects like these can be frustrating and time consuming. Why do we lose these things so often? Simply because we aren't paying attention when you put them down. When you enter your home, for example, you may be distracted by thoughts of making a phone call or getting dinner on the table, and just not pay attention when you put down your keys or sunglasses. However, if you get in the habit of always putting those items in the same place, you won't misplace them, even if you are distracted.

Let's help you set up a “Forget Me Not” Spot, an easy organizational strategy guaranteed to help you keep better track of those things you use – and lose! – often.

**Step 1. You'll need to pick a place.** Start thinking about someplace near your entryway or another place where you can easily store things such as your keys, wallet or glasses. You'll also need a bowl, box or other container, as well as a piece of paper and a pen or pencil.

**Step 2. Let's “Forget Me Not”!** What will go in your “forget me not” spot? You'll never lose your things if you always organize them in one place! Let's plan your “Forget Me Not Spot.”

**Step 3. Ready, set, go!** Here are three things you need to do to set up your “Forget Me Not” spot!

- Pick where your “Forget Me Not” spot will be. It should be near an entryway, or a place that you frequently stop as you enter or exit your home.
- Choose a “Forget Me Not” spot container. Pick a bowl, box or some other container that can hold items such as keys, glasses, etc. It should fit the location you've chosen for your spot.
- Create a list of the items you will keep in your “Forget Me Not” spot. These will be things that you use daily and often misplace, like your wallet or reading glasses.

**Like your “Forget Me Not” spot? Try setting up some others!** We can have several “Forget Me Not” spots to help us better track our belongings. Think of all the ways you can use this memory tool to help you track things such as your TV remote, earphones and more.

# TOTAL BRAIN HEALTH ON DEMAND



## GET ORGANIZED! CLASS

### CLASS WORKSHEET 3 | WHAT'S THE PASSWORD?

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice keeping better track of our passwords. These days it seems we need passwords for almost everything! With all the different variations required, they can be hard to remember. Here's an easy organizational tool to help you remember them all.

**Step 1. You'll need to write things down.** Get several pieces of paper and a pencil or pen. If you have a blank address book, use that. Next, go somewhere you can sit and write things down.

**Step 2. Log those passwords!** Use your ABC's to get organized! You're going to create a Password Log. If you have a blank address book, use that. If not, go ahead and create alphabetized sections using your blank sheets of paper (A, B, C, etc. – chances are you can skip X!).

**Step 3. Ready, set, go!** Enter the information you need to log in to an account under the alphabetical section for the first letter of the business or organization of that account. For example, if you have an Amazon.com account, under "A" enter the name of the business (Amazon.com) along with your username and password. Do that for as many passwords as you would like to keep in your Password Log.

#### Here are some other great tips to making your Password Log work for you!

- **Keep it in a safe place.** Be sure to keep your Password Log in a safe place, such as a desk drawer or file cabinet. It should be out of view and secure so that a stranger cannot easily take it.
- **Use pencil.** Make your password entries in pencil, so that you can easily make changes if you update a password.
- **Make other logs!** Use this system to make a Locator Log, to help you keep track of infrequently used items, such as important papers or valuables. You can also create an Anniversary Log to track the birthdays and anniversaries of your family, friends and others.

# TOTAL BRAIN HEALTH ON DEMAND



## REHEARSE, REHEARSE! CLASS

### THE TBH SCIENCE

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

**EVERY GREAT MEMORY IS TRAINED!** Great memories are formed, not born! We all know someone who has a great memory. Chances are their razor-sharp recall is the result of using effective memory strategies. The good news is we can all remember better, and memory strategies can help us do that.

Memory strategies date back centuries. In fact, we know that they were extensively used in ancient Greece and Rome. Today, research shows that using memory strategies can significantly boost how well we learn and remember everything from names to conversations. In addition, using many different memory strategies can help us recall even better, suggesting that we should master at least two or three memory techniques.

**WHY DO MEMORY STRATEGIES WORK?** Memory strategies work because they fulfill the two steps of what we call the “A.M. Principle”:

- **Attention.** Memory strategies force us to pay more attention to information we are learning.
- **Meaning.** When we use a memory strategy, we are giving information more meaning, making it more personal and therefore easier to remember.

**HOW DO REHEARSAL STRATEGIES WORK?** Rehearsal strategies are a type of memory technique. These strategies ask us to “go over” information more than once. There are several rehearsal strategies, some of which may be very familiar to you. How do they work?

- **They force us to pay more attention** to the information than we would in passing.
- **They give us more opportunities to learn the information** by exposing us to the information several times.

# TOTAL BRAIN HEALTH ON DEMAND



## REHEARSE, REHEARSE! CLASS

### CLASS WORKSHEET 1 | CAN YOU REPEAT THAT

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice the Repetition Strategy. Repeating information forces us to pay closer attention to and gives us more opportunity to learn something new. In addition, it's easy and everyone can do it!

**Step 1. This is a memory booster!** Find a quiet place where you can focus your attention and learn the strategy.

**Step 2. Repeat after me!** It's as easy as 1-2-3! Here are the three steps of the Repetition Strategy:

1. **FOCUS** your attention.
2. **LISTEN** carefully to what you are learning.
3. **REPEAT** the information as many times as you can, either aloud or to yourself.

**Step 3. Practice makes perfect.** Practice the Repetition Strategy as often as you can. Doing so will make it easier and more likely that you will use it.

**Keep it going! Practice the Repetition Strategy and make it a habit.**

- **Repeat Lists.** Perfect your Repetition practice with lists of nonsense words or even your grocery of to-do lists. While you shouldn't need to memorize most everyday lists (no one will test you at the grocery store!), they do make a great practice resource for mastering this strategy.
- **Repeat Names.** Repetition is a wonderfully easy strategy for learning and remembering names. Get into the habit of repeating someone's name when you meet them. Use photographs, like those in the class, to study and remember someone's name. Then see how well you can recall the names using just the photographs.

# TOTAL BRAIN HEALTH ON DEMAND



## REHEARSE, REHEARSE! CLASS

### CLASS WORKSHEET 2 | REHEARSAL TIME

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice the Rehearsal Strategy. Rehearsing information gives us a better chance to learn things that have a narrative or script, like talking points or directions.

**Step 1. You'll need to write things down.** Get a piece of paper and a pencil or pen. Next, go somewhere you can focus, sit and write things down.

**Step 2. Rehearse This!** To use the Rehearsal Strategy, repeat the narrative, such as the directions or story, over several times. By learning all the information at once you gain the benefit of using the relationship of each part of the content – say, one step of the directions – to help you recall the rest.

**Step 3. What was that poem?** Here is the poem we used in the class:

**Who Has Seen the Wind?**  
**Christina Rossetti (1830 – 1894)**

*This poem is in the public domain.*

Who has seen the wind?  
Neither I nor you.  
But when the leaves hang trembling,  
The wind is passing through.  
Who has seen the wind?  
Neither you nor I.  
But when the trees bow down their heads,  
The wind is passing by.

**Keep it going! Practice the Rehearsal Strategy and make it a habit.**

- **Rehearse Stories.** Practice rehearsal with narratives such as stories or conversations.
- **Rehearse Poems.** Poems are a wonderful way to make the Rehearsal Strategy a habit. Subscribe to receive a poem a day in your “inbox” at [poets.org](https://poets.org).

# TOTAL BRAIN HEALTH ON DEMAND



## REHEARSE, REHEARSE! CLASS

### CLASS WORKSHEET 3 | RETRIEVAL IS KEY

Visit [totalbrainhealth.com/tbh-on-demand](https://totalbrainhealth.com/tbh-on-demand) to watch the training video.

Let's practice Retrieval strategies. Research shows that we learn better when we actively process information and "re-think" it in our own way. This is a great strategy for learning things such as something we read or information we hear in conversation.

**Step 1. You'll need to write things down.** Get a piece of paper and a pencil or pen. Next, go somewhere you can focus, sit and write things down.

**Step 2. Retrieval Time!** There are several Retrieval strategies. Here are two to try on your own:

- **5 WORDS.** Can you summarize this story in 5 words to help you remember it?
- **3 QUESTIONS.** What 3 questions can you ask to help you remember the story?

**Step 3. Ready, set, go!** Here's the story we used in class to practice these Retrieval strategies.

#### LARRY'S WINTER VACATION

Each winter, Larry vacations on a lake in northern Michigan, where he enjoys ice-fishing and seeing old friends. He has been visiting this area since he was a child, when he stayed with his grandfather who lived in the village nearby. Last winter, three children were skating and fell through the ice. The weather had turned, and it was starting to snow, so there were few others around. Larry heard the ice crack and saw the children fall. He quickly called to his friend and together they went out with ropes and rescued the children. Luckily, no one was hurt, only cold and scared.

**Keep it going! Practice using the Retrieval strategies to "re-think" information to rev up your recall.**

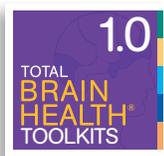
- **What's the News?** Use retrieval strategies to recall a newspaper article or TV news item.
- **What Did You Say?** Use retrieval strategies to boost your recall of a conversation.

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