

TOTAL BRAIN HEALTH TOOLKITS



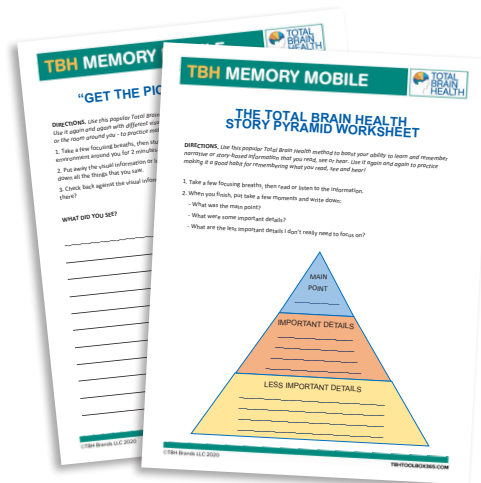
TBH MEMORY MOBILE PRINTABLE ACTIVITY WORKSHEETS

Welcome to the **Memory Mobile** activity workouts, brain training exercises your residents can use on their own to build better verbal and visual memory skills!

Just download and print the included worksheets along with materials from your **Memory Mobile!** The workouts include:

TBH Story Pyramid Worksheet. Build better recall of information that is read. Hand out this worksheet along with narrative material from your cart such as articles, magazines or books. Residents can keep practicing again and again! Just hand out another copy of the worksheet along with new narrative material each time.

TBH "Get The Picture" Worksheet. Build better recall of information that is seen. Hand out this worksheet along with visual material from your cart such as photographs, artwork or videos. Residents can keep practicing again and again! Just hand out another copy of the worksheet along with new visual material each time.



COMPLIMENTS OF TOTAL BRAIN HEALTH
MAKING BRAIN HEALTH SMARTER!

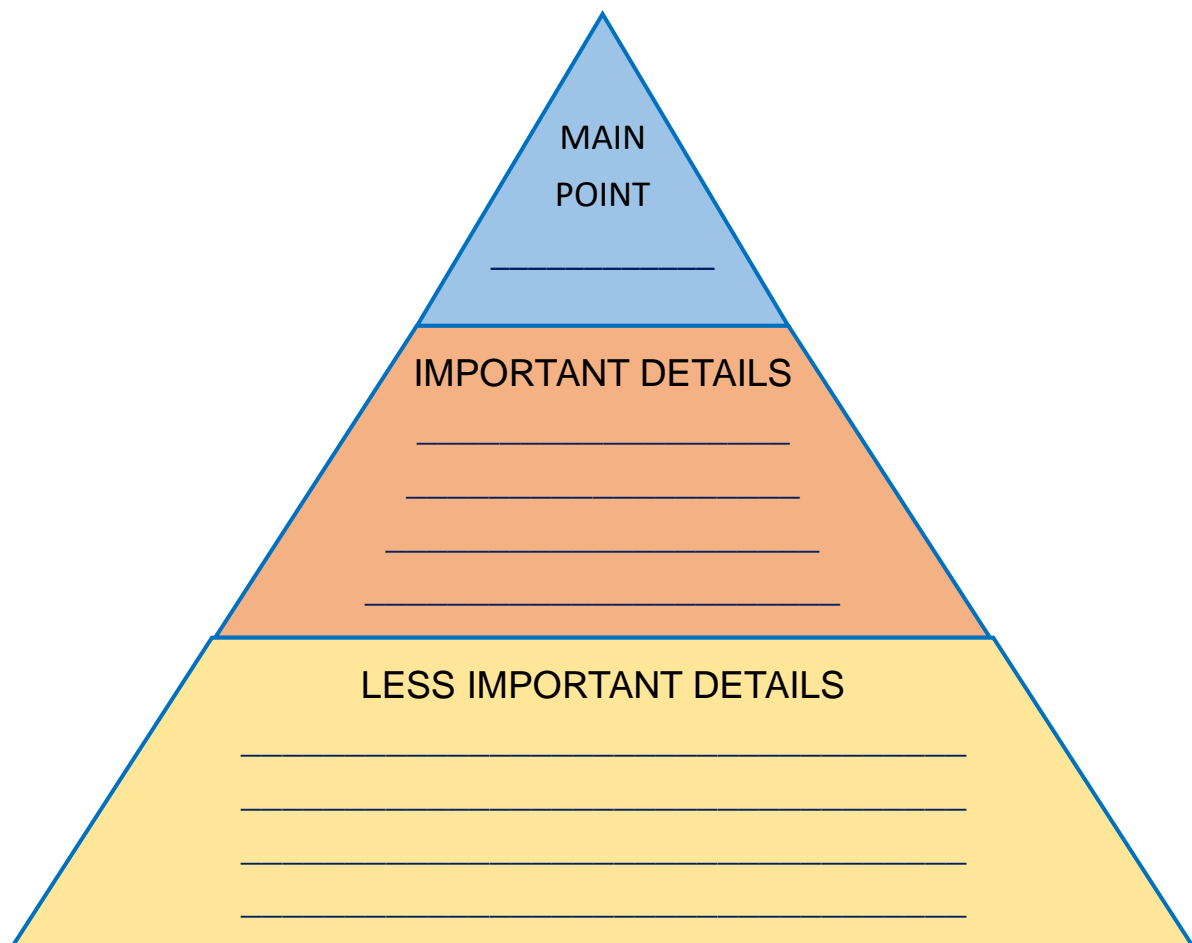
LEARN MORE @ TBHTOOLKITS.COM



THE TOTAL BRAIN HEALTH STORY PYRAMID WORKSHEET

DIRECTIONS. Use this popular Total Brain Health method to boost your ability to learn and remember narrative or story-based information that you read, see or hear. Use it again and again to practice making it a good habit for remembering what you read, see and hear!

1. Take a few focusing breaths, then read or listen to the information.
2. When you finish, put take a few moments and write down:
 - What was the main point?
 - What were some important details?
 - What are the less important details I don't really need to focus on?



“GET THE PICTURE” WORKSHEET

DIRECTIONS. Use this popular Total Brain Health method to improve your visual attention and memory. Use it again and again with different visual information - such as photographs, artwork, a junk drawer, or the room around you - to practice making it a good habit for remembering the things that you see!

1. Take a few focusing breaths, then study the visual information, such as a photograph, artwork or the environment around you for 2 minutes.
2. Put away the visual information or look down at this worksheet. Give yourself one minute to write down all the things that you saw.
3. Check back against the visual information you used – how well did you remember what you saw there?

WHAT DID YOU SEE?

TRY A TOTAL BRAIN HEALTH TOOLKITS PROGRAM AT YOUR COMMUNITY!

Perfect for small groups and virtual delivery

ORDER TODAY

WWW.TBHTOOLKITS.COM



TBH FLEX Level 1.0 Toolkit. Lead a state-of-the-science brain wellness program for those with mild to moderate memory loss. This social-based brain training course teaches interventions tied to improving outcomes using a multi-sensory approach.



TBH BRAIN WORKOUT Level 1.0 and Level 2.0 Toolkits. Teach the many ways we can apply the latest brain health science to take better charge of our brain's health and sharpen cognitive performance. Level up to harder workouts with the 2.0 toolkit.



TBH MEMORY Level 1.0 and Level 2.0 Toolkits. Provide simple, practical memory strategies everyone can learn and use to improve everyday thinking. Advance to level 2.0 for increased memory training with all new experiential exercises.



TBH FAIR Toolkit. Host an interactive, hands-on health fair with a brain fitness twist! Sample a range of wellness workouts across body, mind and spirit proven to boost brain power.



www.totalbrainhealth.com
www.tbhtoolkits.com
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