

WAYS TO YOUR BRAIN

EAT YOUR VEGGIES

Eating healthy foods like fruits and vegetables powers your brain.



PROTECT YOUR HEAD

Protect your brain by wearing a helmet when riding a bike.



STAY ACTIVE!

Staying active and exercising is really good for your brain and heart.



GO TO SCHOOL

Going to school and learning will help your brain to grow.



Research shows there are ways we can keep our brain healthy.

BUDDY UP!

Having fun with friends and family is good for your brain.



SWEET DREAMS!

A good night's sleep helps keep your brain sharp.



CHALLENGE YOUR BRAIN

Playing games and trying something new keeps your brain strong.



SMILE

Do something fun! Being happy and talking to a trusted adult if you had a bad day is good for your brain.

