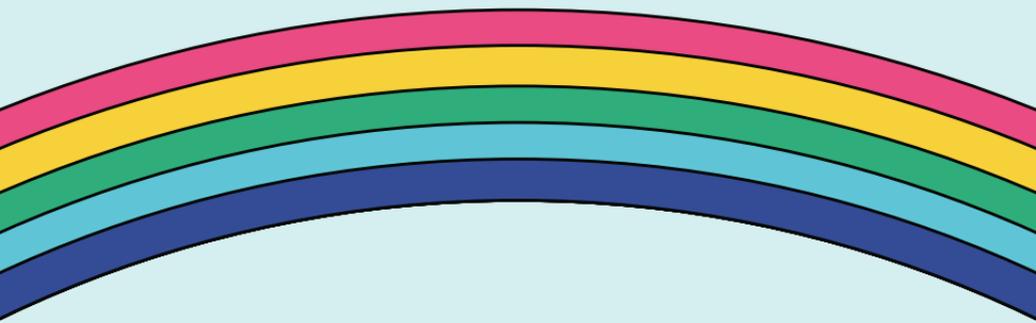


sleep

Sleep affects our emotions, immune system and our appetite. It improves learning, mood and energy levels and helps prevent disease.

- 1 How do you know when you're starting to feel tired?
- 2 What conditions do you need to get a good night's sleep?
- 3 How do you know when you're feeling well rested?

DISCUSSION
QUESTIONS



TAKE ACTION

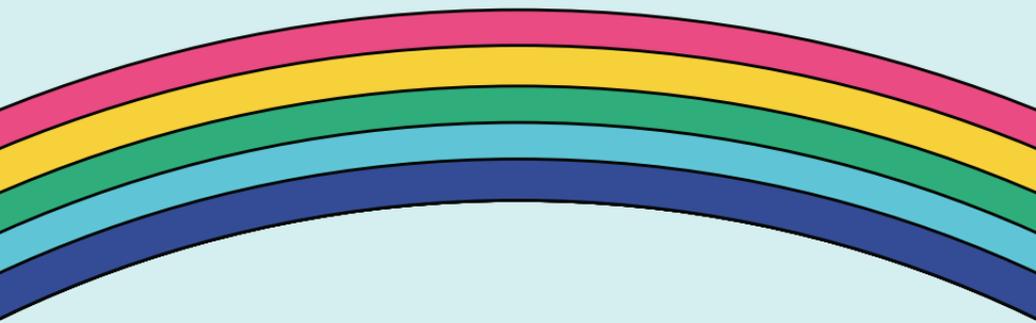
- Try to go to bed at the same time every night. Young people should get at least 10 hours of sleep each day!
- Set up a bedtime routine. What do you like to do to get ready to go to sleep?
- Notice how you feel when you get enough sleep, and notice how you feel when you don't. What is one thing you want to try to do this week to get a good night's rest?

nutrition

Nutrition is key to health. It promotes healthy brain development and function, and helps to prevent disease. Ninety percent of serotonin, which regulates sleep, appetite, mood and memory, is produced in the digestive tract!

- 1 Why is it important for your body to eat healthy food?
- 2 How do you know when it's time to have a snack or drink some water?
- 3 Name three healthy snacks that you like to eat.

DISCUSSION
QUESTIONS



TAKE ACTION

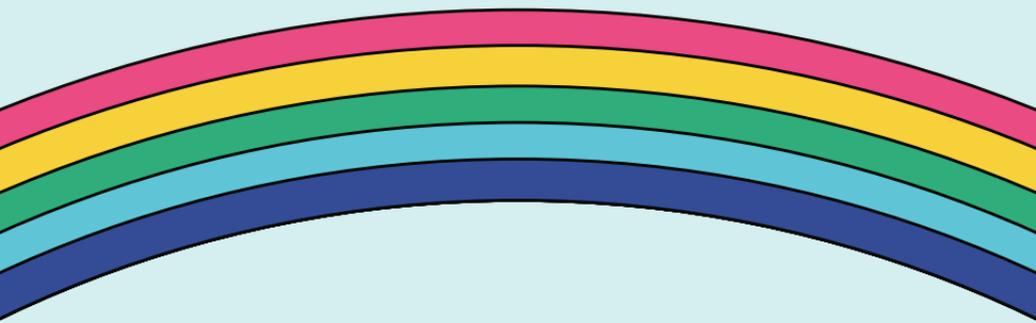
- About 75 percent of your brain is water. When dehydrated, it struggles to focus, solve problems and coordinate motor skills. Try to drink more water throughout the day!
- Next time you sit down for a snack, take a moment to really focus on your food. Notice the tastes, smells and feelings that come with paying attention to eating!

movement

What's good for the body is good for the brain! Movement helps the brain grow and stay healthy. Being active also helps us feel happier and boosts our well-being.

- 1 What are your favorite ways to move?
(For example: sports, dance, walking.)
- 2 What are some of your favorite ways to bring movement into your day/week?
- 3 What is one thing you can do to make time to move this week?

DISCUSSION
QUESTIONS



TAKE ACTION

Here are some ways to build activity into your day:

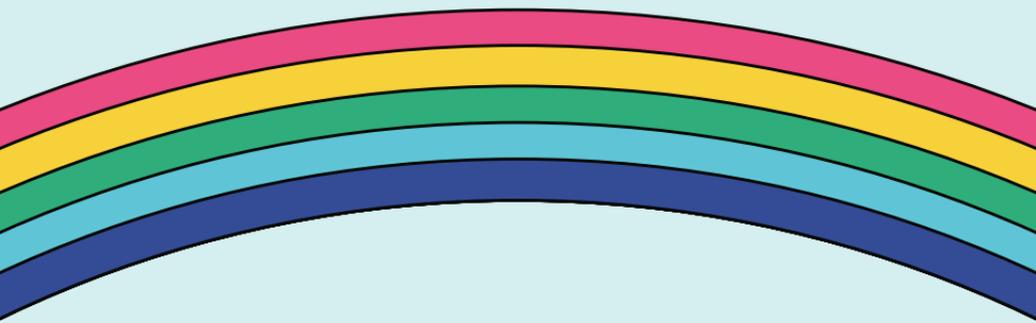
- Watch less TV and play fewer video games to make time for active play.
- Go outside!
- Play an active game with a friend (jump rope, tag, kick a soccer ball around, etc.).
- Try something new (try a new sport or activity at recess, join a school team).

healthy relationships

Connecting with others and building healthy relationships is important for our well-being. Learning how to be a good friend is one way to make positive connections and build a caring community.

- 1 Why are healthy relationships important?
- 2 Describe the qualities of a good friend.
- 3 How do you show others that you're a good friend?

DISCUSSION
QUESTIONS



TAKE ACTION

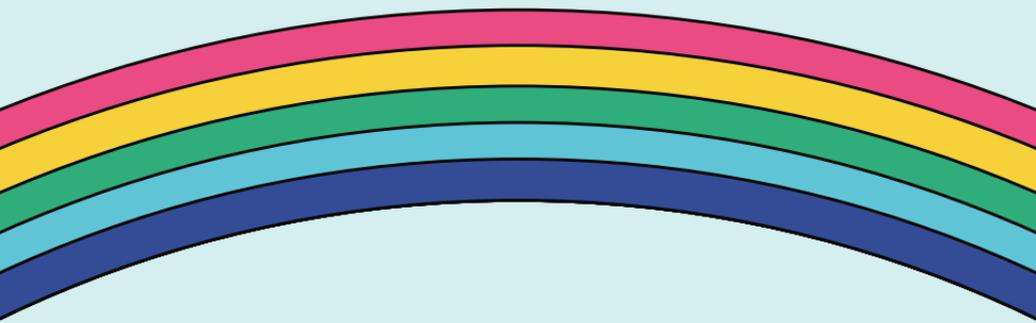
- Pair up with someone and find one thing you have in common and one new thing you didn't know about each other.
- Take a moment and think of someone who has helped you out recently. Send them a silent thank you.

helping others

We are helpful by nature. Helping others turns on the part of the brain that boosts our well-being. Research shows that helping others makes us happier.

- 1 Can you think of an example where you witnessed someone helping someone else (or helping you)? What was the outcome?
- 2 Think of a time when you helped someone who needed it. How did you feel?
- 3 List some ideas for how you could help others this week.

DISCUSSION
QUESTIONS



TAKE ACTION

Kindness in action: Write down one small thing you can do to help others this week. For example, open a door for someone (not only is it a simple way to help, research shows that good deeds inspire more good deeds).

Finish this sentence: This week, I will help in my classroom/school by _____.