

I Can Grow My Brain

by _____



What is your favorite song?

The right foods can improve your brain function, memory, and concentration.

What is your favorite healthy snack?



Did you know your brain works better after you exercise?

Draw or write what sport you like to play!

Zzzzz

SLEEP IMPROVES YOUR MEMORY AND HELPS YOUR BRAIN SOLVE PROBLEMS.

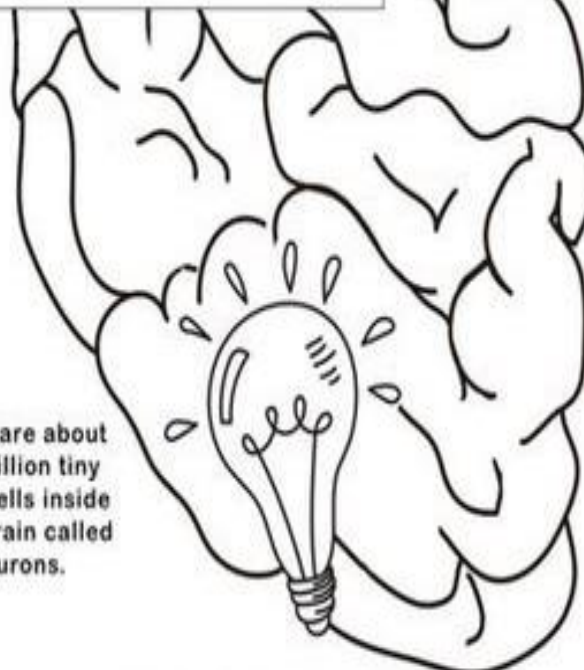


What calms you before you fall asleep?



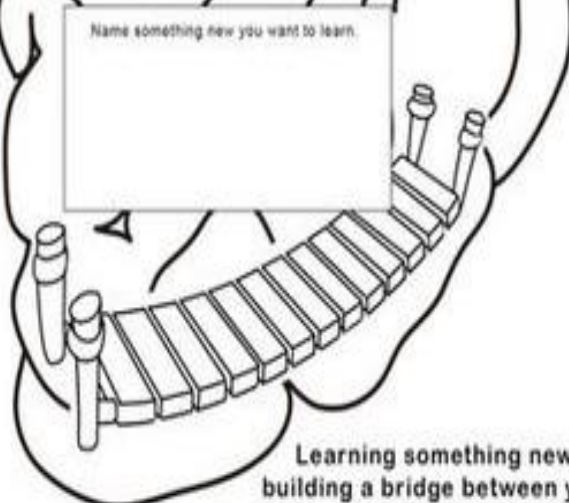
What makes you laugh?

There are about 100 billion tiny little cells inside your brain called neurons.



Your brain can produce enough electricity to power a light bulb.

Name something new you want to learn.



Learning something new is like building a bridge between your brain cells. When you practice what you're learning the bridge gets stronger!