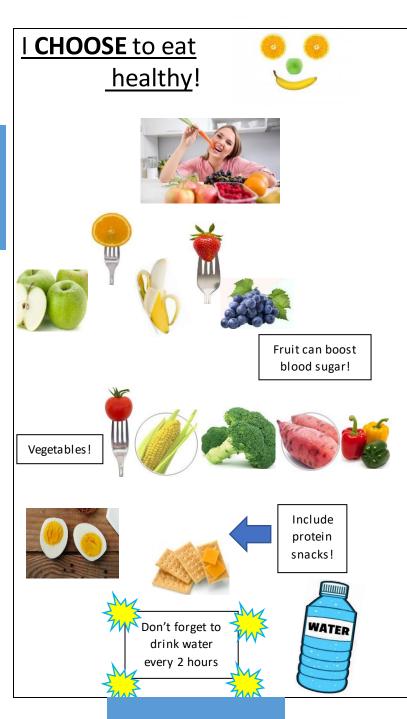

Ashland Brainy Resilience Project



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I Care for My Body!

Be mindful of hidden sugars and fats!



High sugar and

carbs can slow

your brain down!

I KEEP my body fit!



Running



Walking





At least an hour of physical activity a day!

Biking

I give my body REST!



Creating a bedtime routine sets internal body clock and helps to signal the body to rest 8 hours of sleep a night



Avoid last minute stress

Engage in calming activities to relax the brain before sleep



Brains have work to do during sleep: It makes memory connections. Tired people can't remember well and do poorly in school.

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Sleep loss robs the body from making full use of blood sugar for energy.

REMEMBER--TAKE CONTROL of your cellphone! Have a healthy balance between screen time and real-time with friends and family. Don't let media interfere with social relationships, work, and sleep.



AWESOME RESILIENCE TALKING!



----AS YOU PLAY, WORK, EAT, AND WALK TOGETHER

You did a good job on

Thank you for

What do you want to do now?

Is there anything you'd like to talk about?



Tell me about this . . .

How did you do that?

Show me what you can do with

this.

Would you like me to help?



I was proud of you when

I am glad you are . . .

You are talented at . . .

I am interested in why you chose . .

What do you think about . . . ?

I like how you handled

appreciate it when you . .

I understand.



Sometimes it's best to be *silent* and patiently listen.



many words from adults and who talk together will do better in school.



