



I Care for My Body!

I CHOOSE to eat
healthy!



Be mindful of hidden sugars and fats!



Fruit can boost
blood sugar!



Vegetables!



Include protein snacks!



Don't forget to
drink water
every 2 hours

High sugar and carbs can slow your brain down!

I KEEP my body fit!



Running



Walking



Biking



Jumping Rope

At least an hour of
physical activity a
day!

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



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.

Brains have work to do during sleep: It makes memory connections.

Tired people can't remember well and do poorly in school.

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

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?

When child is playing, say:

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
I appreciate it when you
I understand.



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

★ Studies have shown that children who hear many words from adults and who talk together will do better in school.

