

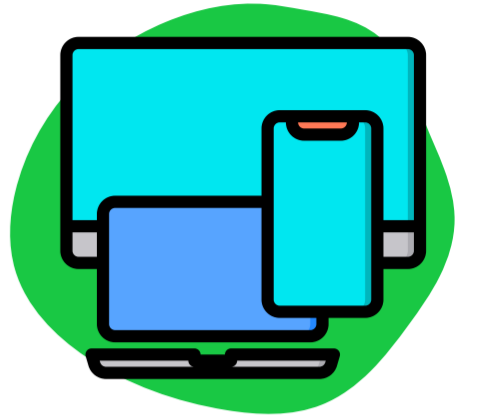
Every moment of every day, your amazing body and brain perform **BILLIONS** of jobs without you knowing. There are lots of little things you can do to help!

“CHECK-IN“ REGULARLY

to help your amazing brain & body

Minimise screen time

Technology can be so helpful as well as entertaining. To help our amazing body and brain to be healthy and happy, it's best to mix up our screen time with games, reading, physical activity and time with friends and family.



Aim for: less than 1 hour a day

Eat real food

Food is made up of lots of important building blocks called nutrients, that help our brain and body to grow strong and healthy so we can do the things we love, every day.



Aim for: 2-5 fruits and veges a day

Move regularly

Being active is such fun that it helps you feel happy, think well in class, and sleep better too.

Aim for: at least 60 minutes a day



Breathe - Take a quiet moment

We don't usually notice our breathing - it just happens. But choosing to take some slow, deep breaths can help us to calm and relax our body and mind if we feel anxious, angry or low in energy.



Do this as often as you need it

About 60% of your body is comprised of water. You use it up when you breathe, digest food, sweat, and lots of other things. So we need to replace it regularly to help our body and brain at their best.

Drink water



Aim for: 5 - 10 glasses a day

Get good sleep

Sleep is so important for all of us. It's when our brain files away the new stuff we have learned together with what we already know - so we get smarter!

*This is the time when our body does lots of growing and repairs so we can be strong and healthy too.

Aim for: 9 - 10 hours a night



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