

ACTIVITY 2A :STUDENT HANDOUT

BETTER BRAIN LOG

Our brains play an active role in our every day functioning. All of the activities that our bodies engage in during the day are made possible by the brain. Whether or not the activities are completed satisfactorily is influenced by our diet and the amount of rest that we give our bodies. Our bodies and minds work together to make sure we function at our highest levels. Remember that we only have one brain; we must do all that we can to protect and maintain its optimal functioning capacity. Incorporating the following tips into our daily lives will start us on our way to developing a healthy brain.

1. Set a daily “rising and falling” course for your body—get up and go to sleep at the same time.
2. Get a set amount of sleep (at least 9 hours) daily.
3. Work that body! Aid your heart in keeping your brain healthy by walking, jogging—anything to keep you physically fit. Exercise will improve your mood and the quality of your rest at night!
4. Just like your body, your brain needs exercise! Give it a workout by making something, doing a puzzle, or solving a problem.
5. Include in your diet foods high in complex carbohydrates (rice, bread, potatoes, pasta). These foods provide glucose which provides energy needed for the brain to function.
6. Eat breakfast! This very important meal gets your brain ready for the day. (You’ll also do better in school!)
7. Be careful of your caffeine intake. Caffeine will cause your brain and body to fight with one another—your body will feel tired when bedtime nears, but the brain will tell you that it’s time to get up! You’ll feel really tired when the caffeine wears off, but it’s nothing that a good night’s sleep won’t cure.
8. Stay away from drugs and alcohol! These are enemies because they kill brain cells and destroy memory! Unlike caffeine, it will take much more than a night of sleep to get over the effects of drugs and alcohol!
9. Protect your skull and brain when playing potentially dangerous sports (*boxing, football, hockey*) or riding a bicycle (*skateboarding, rollerblading*) by wearing a helmet!

2A. FUNCTIONAL BRAIN LOG — HABITS

Now that you have logged your diet, exercise, and sleep, record your responses to each statement using the following scores:

- 4 - Yes, always or usually
- 3 - Often
- 2 - Sometimes, maybe
- 1 - Occasionally, rarely
- 0 - Never, never or hardly ever

Diet

- 1. I pay attention to the quality or quantity of foods I eat. _____
- 2. I think my diet is well balanced and wholesome. _____
- 3. I drink fewer than 2 alcoholic drinks per week. _____
- 4. I drink fewer than 5 soft drinks per week. _____
- 5. I eat at least two raw fruits or vegetables each day. _____
- 6. I add little or no salt to my food. _____

Exercise

- 7. I climb stairs rather than ride elevators. _____
- 8. I enjoy dancing and/or moving my body in rhythm with music. _____
- 9. My daily activities include jogging or swimming. _____
- 10. I do aerobic exercise for 30 minutes, three times a week. _____

Sleep

- 11. I get adequate sleep and awake refreshed. _____
- 12. I sleep between 7–9 hours a night. _____
- 13. I am rested and refreshed when I awaken each day. _____
- 14. I allow myself time to unwind before going to bed. _____

Safety Habits

- 15. I wear a seat belt when I ride in a vehicle. _____
- 16. I wear shoes with laces and keep them firmly tied. _____
- 17. I wear a helmet when riding my bicycle, skateboarding or other such activities. _____
- 18. I often ride with drivers who obey traffic laws and speed limits. _____
- 19. I wear a helmet when I rollerblade or skateboard. _____

2A. FUNCTIONAL BRAIN LOG — SCORING YOUR HABITS

Students should tally their scores for each section. The following point scale will give the students an indication of how well they maintain their brain's optimal functioning capacity and the area(s) in which they need to improve.

76-61 points

You are putting forth a great effort to supply your brain with the opportunity to function at a high level for a long time. Keep up the good work—your brain will thank you for it!

60-41 points

You're doing a good job of making your brain work for you. Continue to work toward your future by maintaining high, realistic goals and a positive attitude.

40-21 points

You are approaching the danger zone. If you continue with your current routine you won't be doing yourself any favors in the long run. All is not lost yet—you can improve the quality of your life in the future. Review the tips on the Better Brain Log sheet.

20-0 points

A score that falls within this range indicates that you aren't doing a very good job of using your brain. It is time to think of ways in which you can immediately begin optimizing your brainpower! Work first on those areas where you are likely to be successful—tackle the tougher sections later. Good luck!