

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!