



Did you know you have an amazing control center inside your head?

It's your brain!

Your brain helps you think, learn, remember, move your body, and understand the world around you. It helps you solve problems, recognize people you love, and decide what to do next.

Your brain is working when you read a book, draw a picture, play a game, or learn something new. It even keeps working while you sleep.

Close your eyes and think of something.

Did you think of something funny?

Did you think of something serious?

That is your amazing brain doing its job!

You can help take care of your brain by getting plenty of sleep, eating healthy foods, drinking water, moving your body, and wearing a helmet when you ride a bike or scooter.

Your brain helps make you who you are.

So think.

Learn.

Imagine.

Create.

And take good care of your amazing brain!



MY AMAZING BRAIN



LEARN NEW
THINGS



GET GOOD
SLEEP



DRINK
WATER



WEAR A HELMET
STAY SAFE



EAT HEALTHY
FOODS



MOVE YOUR BODY
PLAY EVERY DAY

My brain helps me
think, learn, and grow!



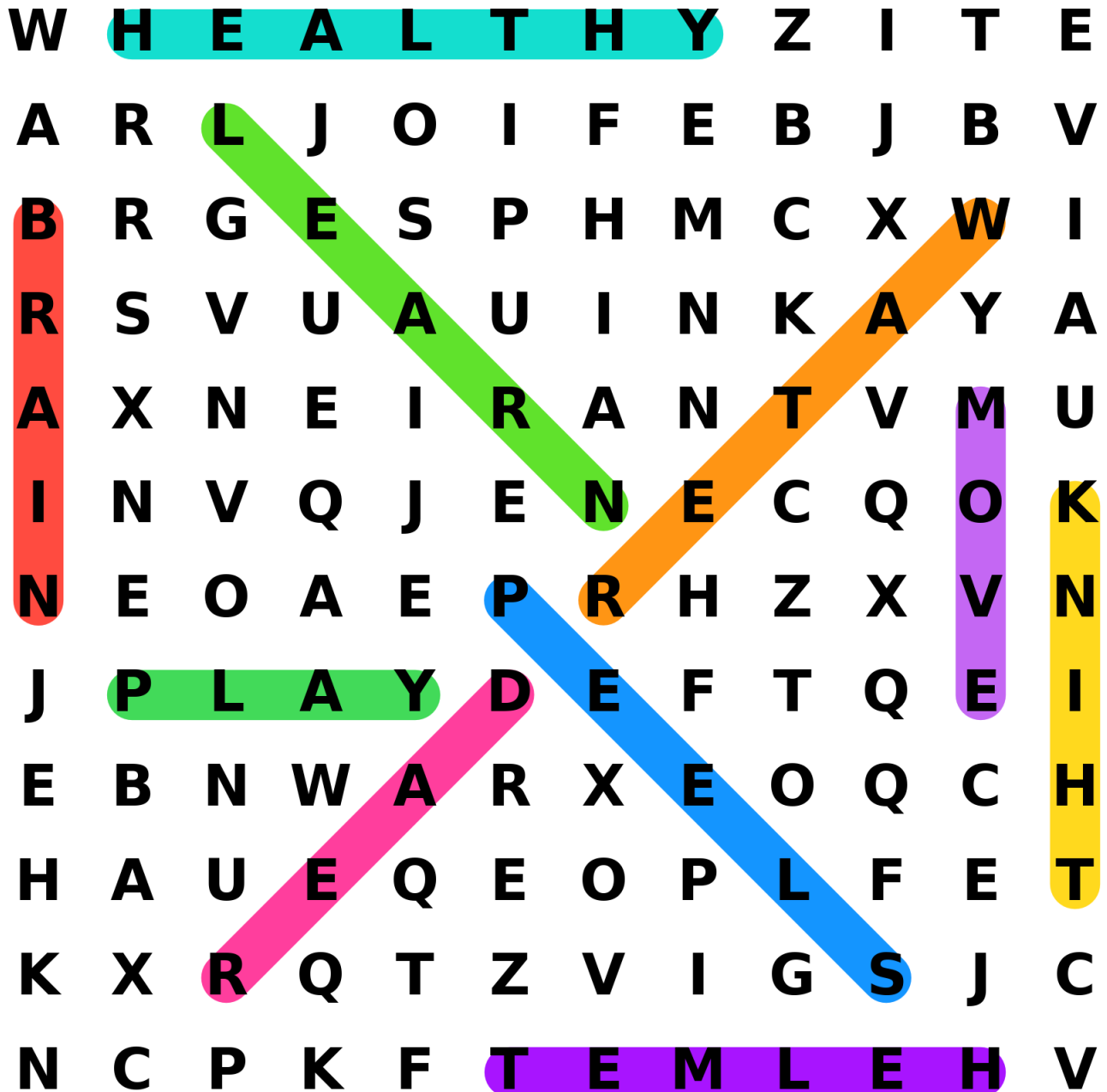
My Amazing Brain!

W H E A L T H Y Z I T E
A R L J O I F E B J B V
B R G E S P H M C X W I
R S V U A U I N K A Y A
A X N E I R A N T V M U
I N V Q J E N E C Q O K
N E O A E P R H Z X V N
J P L A Y D E F T Q E I
E B N W A R X E O Q C H
H A U E Q E O P L F E T
K X R Q T Z V I G S J C
N C P K F T E M L E H V

BRAIN • THINK • LEARN • SLEEP • WATER •
HELMET • READ • PLAY • MOVE • HEALTHY



My Amazing Brain!



BRAIN • THINK • LEARN • SLEEP • WATER •
HELMET • READ • PLAY • MOVE • HEALTHY



My Amazing Brain!



What Did You Learn About Your Amazing Brain?

1. What does your brain help you do?

- A. Become a turkey
- B. Think and learn
- C. Turn into a racecar

2. Which habit helps your brain rest?

- A. Skipping bedtime
- B. Staying awake all night
- C. Getting good sleep

3. What should you use when riding a bike or scooter?

- A. A helmet
- B. A winter coat
- C. Slippers

4. Which drink helps your brain stay healthy?

- A. Syrup
- B. Soda
- C. Water

5. Which activity helps keep your brain strong?

- A. Moving and playing
- B. Sitting all day
- C. Never going outside



Check Your Work!

★ Answer Key

My Amazing Brain

B — Think and learn

C — Getting good sleep

A — A helmet

C — Water

A — Moving and playing

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing brain.

Maybe it will be a picture of your favorite thing to learn.

Maybe it will be a picture of how you keep your brain healthy. 

You can draw and color anything you want!