

MY BRAIN IS GROWING

and it can learn to do new things
just like my body!



Just like my arms and legs, I can exercise
my brain to learn new ways to help
me feel good, safe, and brave.

Funding for this project was provided by the Missouri Department of Health and Senior Services, through the Health Disparities Program Office, contract #DH230052264. This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official view of, nor an endorsement, by CDC/HHS, or the U.S. Government.

Show Me
STRONG
KIDS