

Show Me **STRONG MINDS**

Hi! I'm Zuri. I want to share what I've learned about keeping my brain healthy and strong.

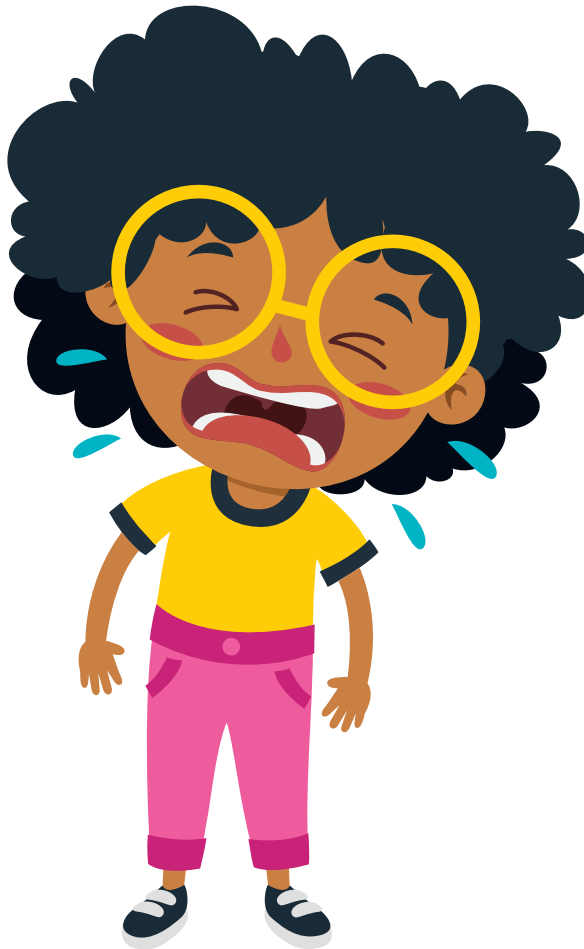


My brain connects to all parts of my body.

When I breathe or eat food, my brain and body are talking. When I move my body, feel pain or notice my feelings, my brain and body are talking.



Sometimes my feelings can be really big and even scary. Sometimes I get excited and it can be hard for me to sit still.



Sometimes, I get so mad it can be hard for me to keep my feet, hands, and words to myself.

Sometimes things happen that make me feel angry or confused.

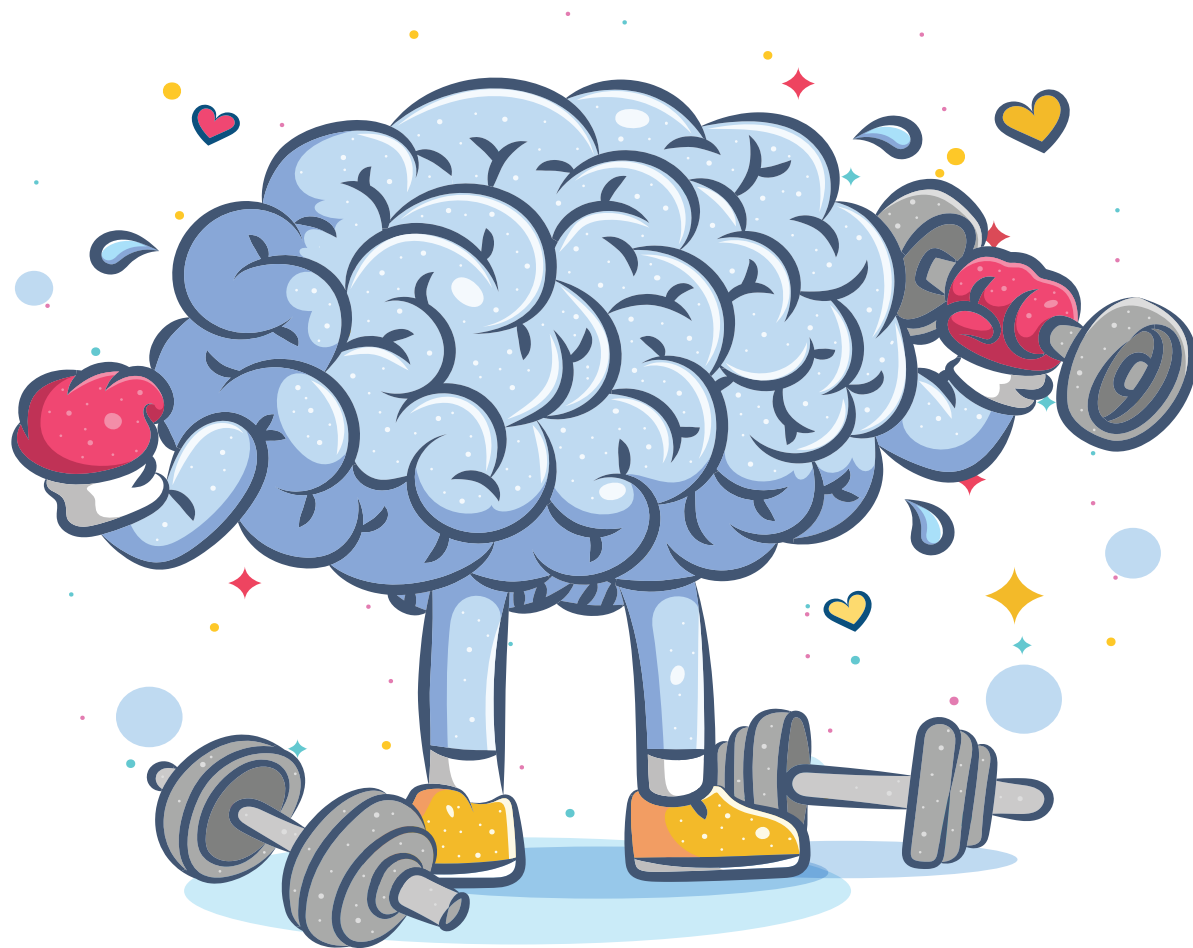


It's okay to feel these feelings. I can talk about them with a trusted adult, like a parent or teacher. Talking about my feelings can help me feel better.

Learning about my feelings is important because it helps keep my brain strong.



Grown-ups call this mental health. Just like my arms and legs, I can exercise my brain to learn new ways to help me feel good, safe, and brave.



My brain is happy when I get enough sleep.

My brain is happy when I move my body and play outside.

My brain is happy when I spend less time on electronics and more time with family and friends.



There are a few things I do everyday to keep my brain healthy and strong.

I have a daily routine. I shower, brush my teeth, eat my meals, go to school, and go to bed on time.



I like to do one thing everyday that makes me happy! It can be easy, and it can even be silly.



I do something
everyday that makes
me feel valuable like
a chore, walking my
dog or finishing my
homework.



I take breaks from electronics to read, play outside, draw pictures or create something.

I can keep my brain strong by spending less time playing video games and watching my phone or tablet.





I hope you liked learning how I keep my brain healthy and strong. Use my tips to keep YOUR brain healthy and strong!



Learn more about
being a Show Me Strong Kid at
Showmestrongkids.org