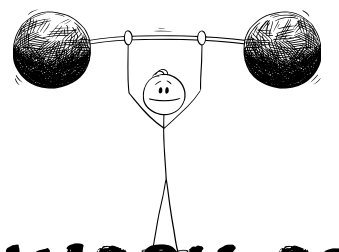


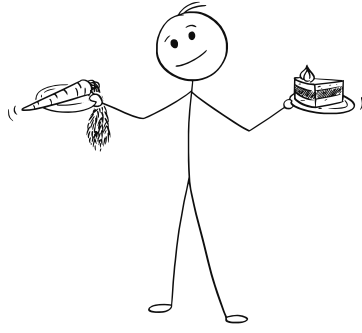
My Amazing Brain



LET'S WORK OUT!

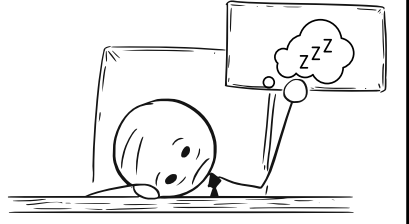
What do you feed your brain? The right food can help your brain and improve concentration.

WHAT HEALTHY FOODS DO YOU EAT?



A good sleep helps you solve problems and is when you save all your memories.

HOW MANY HOURS DO YOU SLEEP AT NIGHT?



EXERCISE HELPS TO KEEP YOUR BRAIN ACTIVE.

WHAT ACTIVITIES DO YOU DO TO KEEP HEALTHY?



86

billion
BRAIN CELLS

Your brain is made mostly of

WATER

HOW MANY CUPS DO YOU DRINK A DAY?

In the spaces, write all of the things that you have learned since you were a tiny baby. How many can you think of?

N
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S



The more you practise, the stronger the pathways in your brain become.

WHAT NEW THINGS ARE YOU LEARNING?

Music improves learning.

WHAT ARE YOUR FAVOURITE SONGS?

