

Check-In, Choose &

Power Up! EVERY DAY

Check-in to notice how you feel,
Choose a small action you can
take to Power Up your
amazing brain & body:



MOVEMENT

Moving your body is loads of fun. It helps you feel calm, energetic, focused in class, & helps you sleep well too.

Your brain & body uses water constantly when you breathe, digest food, sweat, & more, drink water regularly to replace what you use. It will help “power up” your amazing body & brain!



HYDRATION



KAI

Food is made up of important building blocks called nutrients. They help to “power up” our brain for good mood & learning & our body so we grow strong & healthy to do the things we love, every day.

We don’t usually notice our breathing - it just happens. If you feel a bit upset, frustrated, or super excited, you can choose to take some slow, deep breaths to help you feel calm or relaxed.



BREATHING

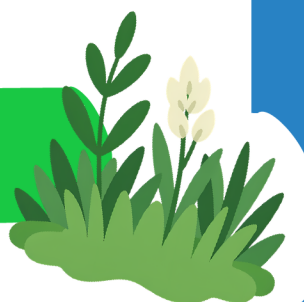


SLEEP & REST

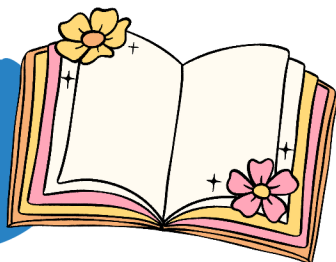
Sleep & rest are when we power down to help us Power Up! When we sleep, our body & brain “tidies up” & files away all the new stuff we have learned. Even a few minutes of rest or mindfulness helps our amazing brain & body too!

“N” is for **NATURE**! Even a few minutes helps us to Power UP our amazing brain and body to be calm and focused, so we can learn and have fun!

VITAMIN “N”



BALANCING DEVICE TIME



Your amazing brain and body loves being creative playing, listening to music, reading, or spending time with friends....

Your amazing brain and body loves to play. So get outside and play! Take your whanau to a local park or playground...teach them a game you play at school...adults need your help to remember to PLAY!



PLAY

Go to www.youngandhealthy.org.nz for more ideas