

Every moment of every day, your amazing body and brain perform **BILLIONS** of jobs without you even asking it to! There are lots of little things you can choose to do to help!

“CHECK-IN” REGULARLY

to help your amazing brain & body



Move regularly

Being active is such fun and it helps you feel happy, think well in class, and sleep better too. Even 5 minutes of activity can really help your amazing brain and body to refresh and feel good!
Aim for: at least 60 minutes a day.

Breathe - Take a quiet moment

We don't usually notice our breathing - it just happens. But choosing to take some slow, deep breaths can help us to calm and relax our body and mind if we feel anxious, angry or low in energy.
Use this as often as you need to



Soak up Vitamin “N”

One of the best “vitamins” for your brain and body, nature N is free, and incredibly powerful. Take a morning walk, a weekend hike, or sit under the evening stars. Even a few minutes outside can make a difference!
Aim to: spend time in nature every day

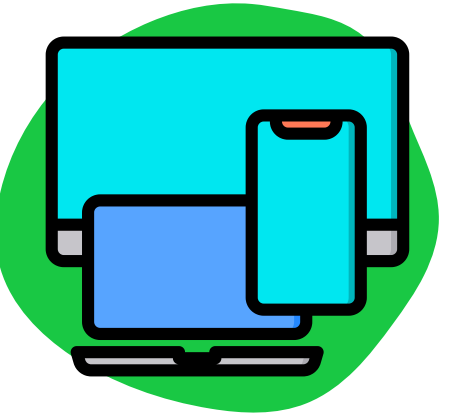
Sleep really well

Sleep is so important for all of us. It's when our brain files away the new stuff we have learned together with what we already know - so we get smarter! This is the time when our body does lots of growing and repairs so we can be strong and healthy too.
Aim for: 8 - 10 hours a night



Minimise leisure screen time

Technology can be so helpful as well as entertaining. To help our amazing body and brain to be healthy and happy, it's best to mix up our screen time with other things like, games, reading, physical activity and time with friends and family.
Aim for: less than 1 hour a day



Nourish your brain and body

Food is made up of lots of things that can help our amazing brain and body to do it's billions of jobs, so enjoy a variety of foods every day.
Aim to: Add 1 more fruit or vege a day



Drink wai / water

About 60% of your body is comprised of water. You use it up when you breathe, digest food, sweat, and lots of other things. So we need to replace it regularly to help our body and brain do all their billions of jobs!
Aim for: 5 - 10 glasses a day