

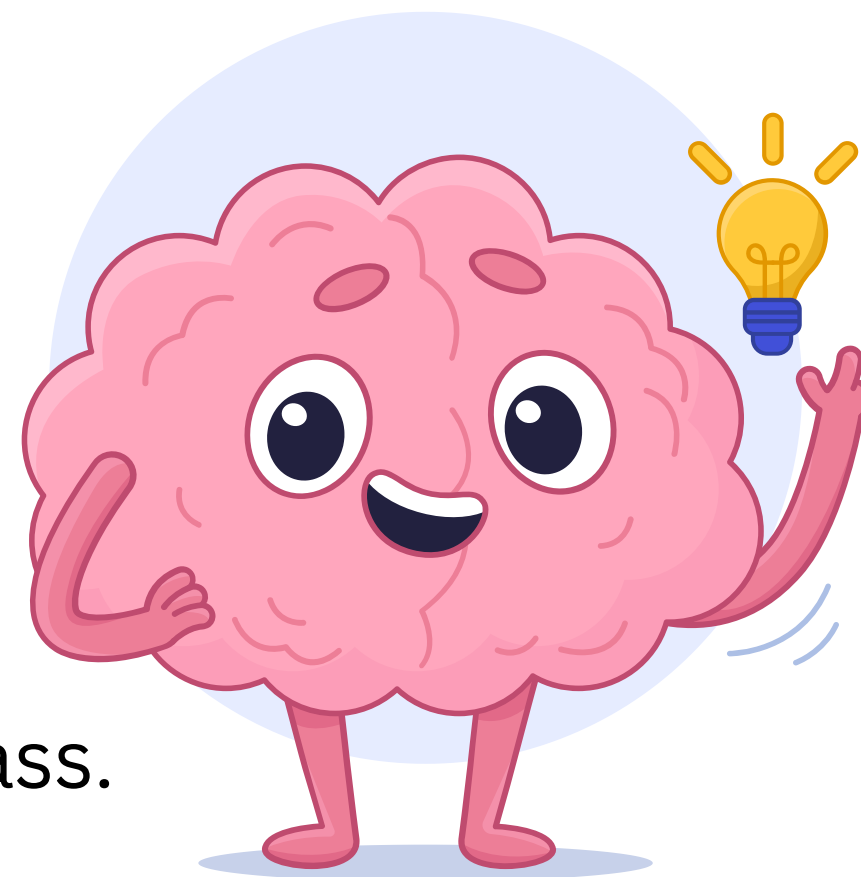
A DOSE OF VITAMIN “N”

Vitamin N isn't something you swallow in a pill or eat in food, it's something you get when you go outside into nature. Like parks, forests, beaches, rivers, even your backyard or the school field. Every time you're around trees, grass, fresh air, sunshine, or birds, your brain is soaking up Vitamin N.



Your amazing brain loves Vitamin N?

- Vitamin N is like a super fuel for your brain:
 - It helps you feel calmer when you're worried.
 - It makes it easier to focus and concentrate in class.
 - It gives you new ideas and creativity.
 - It even helps you sleep better at night



How will it make you feel?

Happier;

Moving and breathing fresh air tells your brain to release “feel-good” chemicals.

Stronger;

Because you've been moving your body.

More ready to learn;

Your brain feels fresh and alert.



How can you get it?

It's so easy - you could:

- Climb a tree or make up a game on the grass.
- Go for a bike ride or a walk.
- Collect cool rocks, shells, or leaves.
- Lie down and look at the clouds.
- Listen to the birds and see how many different sounds you notice.

Remember, every time you step outside, you're giving your brain and body a healthy gift. Vitamin N is free, fun, and makes you feel fantastic!

Could you do with more Vitamin N?