



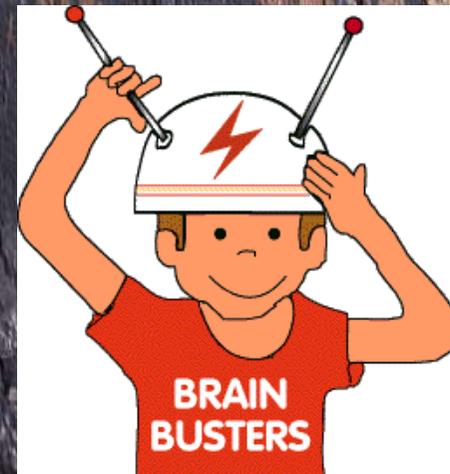
Help your child be fit to learn by:

- Getting plenty of **oxygen**- deep breathing helps. Fresh air in a room is good for learning.
- Eating **brain food**. A good breakfast with some fruit is a valuable start. **Avoid** sweetened foods as they send energy levels up for a while but then energy is soon lost and replaced by feeling tired and apathetic.
- Drinking plenty of **water**. Your brain runs on electrical and chemical reactions and those reactions need plenty of water. Coffee, tea or carbonated soft drinks dehydrate the body whilst fresh water reactivates it.
- Getting lots of **exercise**- this helps your brain grow and repair itself. It sends oxygen to the blood stream. It makes you more alert and helps your brain work better. Choose something that is enjoyed.
- **Sleep**- THE BEST GET REST! Average 10–14 year olds need AT LEAST 10 hours sleep a night. Your brain needs to relax and recover.
- Sitting without **slouching**! When you sit or stand straight you breathe freely and energy flows freely, too.

A fit brain helps you to remember what you have learned.

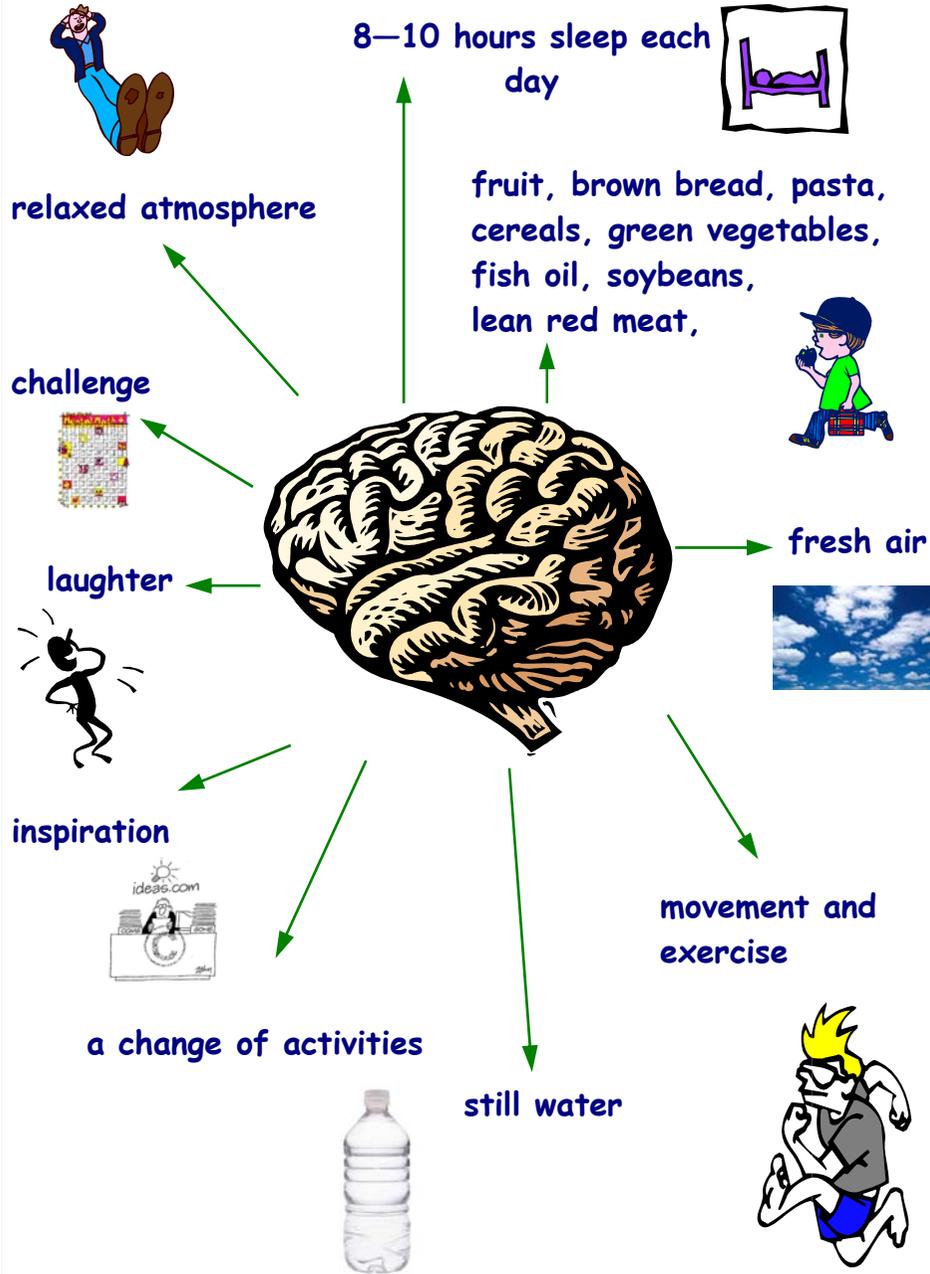


Helping Keep Your Child's Brain Fit To Learn



PASS Publications 2005
heather.whibley@staffordshire.gov.uk

What does my brain like?



What does my brain dislike?

