



Month Three Activity



Research good advice on *Caring for Your Brain and Body*

Each pair of students can work together gathering information to share with the class.

Cut apart and give each pair one area to research.

<i>Balanced Diet</i>	<i>Good Hygiene</i>
<i>Recommended Sleep Time</i>	<i>Dental Care</i>
<i>Recommended Screen Time</i>	<i>Clean Clothes and Bedding</i>
<i>Keeping Your Brain Sharp</i>	<i>Fresh Air</i>
<i>Limiting Clutter</i>	<i>Healthy Relationships</i>