

THE AMAZING BRAIN SHOW - Home Activity Sheet

The Amazing Brain Show engages children and their families in improving their **emotional health and well-being**. Its aim is to give children an awareness of their amazing, **smart brain** and the fact that it runs their body and is also **responsible for learning, memory** and for their emotions. It is very busy and needs proper care. Children, through our multimedia, see inside their body, their lungs, heart and intestines. They learn to respect both themselves and others.

Children are empowered by simple feedback loops to manage their health, both physical and mental. Children learn how to tell if their drinking enough water by the **colour of their wee**. They may have joined our wee police and inform you that the best colour for our wee is white wee - a pale, wheat colour. **When we don't drink enough water (yellow or orange wee), we may have headaches and feel tired.**

The feedback loop for sleep is shown on their face and through behaviour. When they awake happy and feeling good, they know they have had plenty of sleep. **If they are cranky and whinge a lot, this means they need a rest** or some extra sleep. Going to bed early and not looking at bright screens before bed helps them get all the sleep they need.

They also learn that **eating plenty of vegetables and fruit and drinking water will affect their poo**. Not enough of these and we struggle to go to the toilet regularly, produce bunny bullets and feel yucky. Eating plenty of plants and drinking water will give us a sausage poo which comes out easily and daily and results in improved mood and behaviour.

They also learnt about sugar. **Sugar hides in almost everything these days and makes a child hyper-happy**, creating trouble with learning and paying attention as their brain is going faster to cope with the surge of energy. **Then as the sugar rush ceases, they can become irritable, tired and sad.** Children learn that there are up to **7 teaspoons of sugar in fruit juice**, and about 10 teaspoons in a can of soft drink or a flavoured milk. A big Thick-shake contains 27. **They learn when they want something sweet to eat a piece of fruit.**

For optimum brain development and to be a happy child, they need to eat lots of plants (vegetable and fruit). They will then do a sausage poo. Drink plenty of water and look for white wee. Get plenty of sleep and have a happy face.

FOOD

Junk _____ Plants

POO

 _____ 

WATER

None _____ Lots

WEE

Orange  White

SLEEP

None _____ Lots

MOOD

 _____ 

SUGAR

Lots _____ None

BEHAVIOUR

 _____ 

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You can use this sheet to note your child's Food, Water, Sleep and Sugar consumption to see if it affects their moods, behaviour, well-being and thinking