



BRILLIANT brain challenge

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BRAIN BASED LEARNING



is all about using the latest research and our knowledge on how the brain works to develop the best methods of learning and one of the easiest ways to instantly stimulate our kids' complex learning is to give them a challenge

MY BRAIN IS A MUSCLE

our brains are powerful muscles that needs exercise, rest and fuel to work at it's best and this challenge will help you do just that (even though this challenge was created for kids, I always do it with my kids to boost my own tired brain. Are you up for the challenge?)

BRILLIANT BRAIN CHALLENGE



The 6 activities listed on the worksheet have been proven to boost brain function, memory & focus. Do the challenge to get started and then remember to add them to everyday life.

Keeping our kids motivated is super easy when there is a learning related reward at the end. Think: a trip to the library, a new book, colored pencils or and extra bedtime story.

GET STARTED



print the challenge worksheet, add name and learning reward

choose a day to get started

try every day to include as many of the brain boosting activities as possible

mark completed tasks on the worksheet

don't forget to reward at the end and even during the week when necessary

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NAME _____

REWARD _____



TRAINING MY BRAIN IS FUN

2 BRAIN FOODS

10 MINUTES READING

1 BRAIN GAME

10 MINUTES QUIET TIME

30 MINUTES EXERCISE

10 HOURS SLEEP

monday						
tuesday						
wednesday						
thursday						
friday						
weekend						

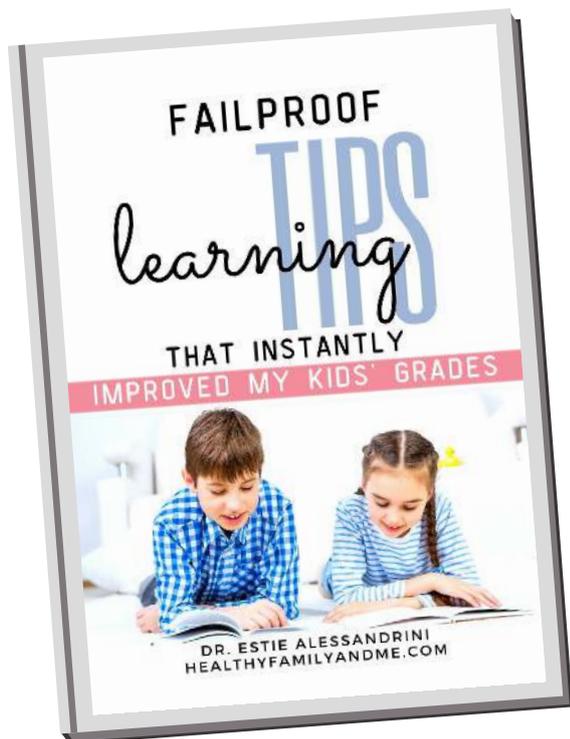
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BRILLIANT BRAIN CHALLENGE

FAILPROOF LEARNING TIPS

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then you will LOVE the rest of the



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