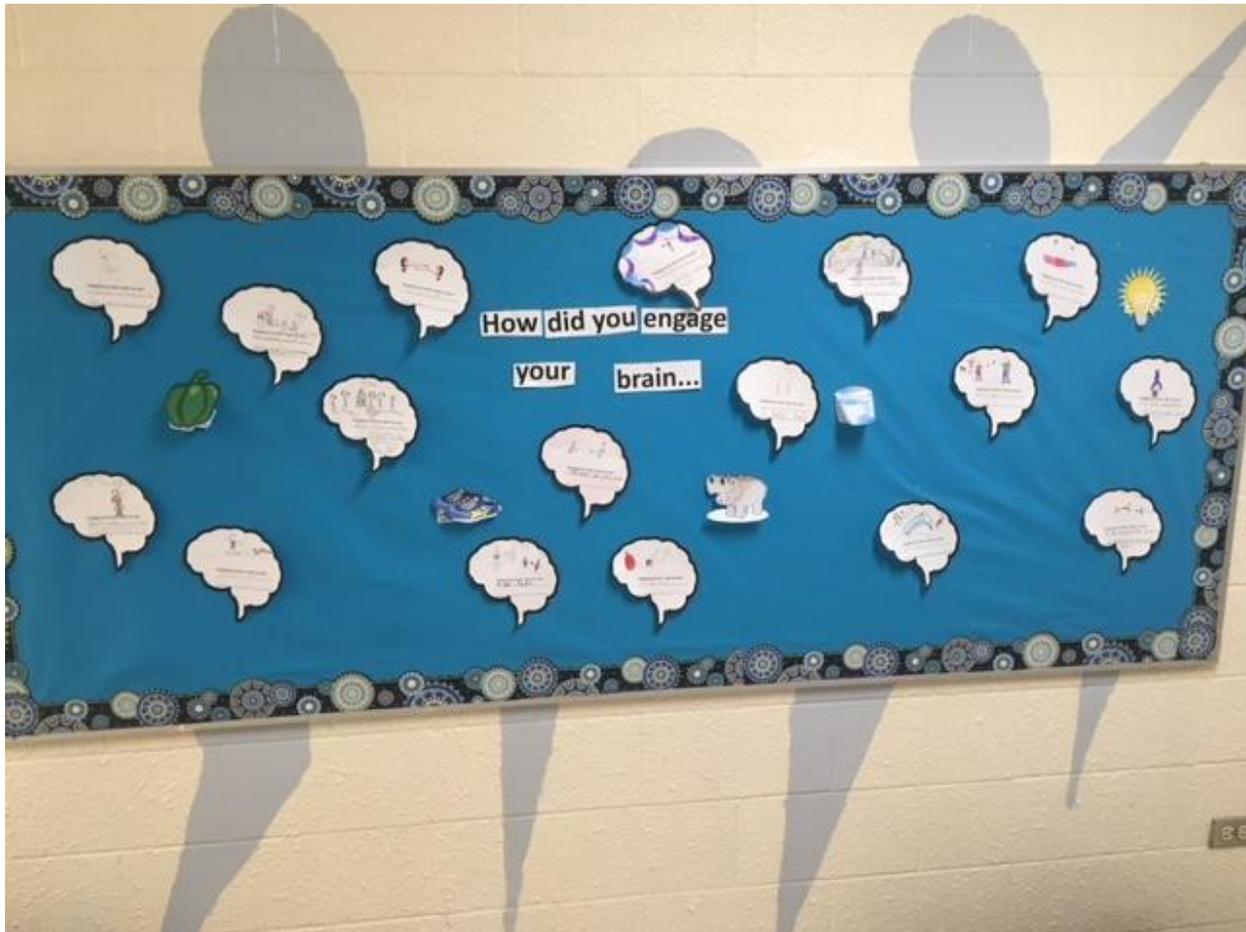


Brilliant Brains Bulletin Board

Theme:

This campaign encourages students to be physically active and eat nutritious foods to nourish their brains.

Bulletin Board Example:



Classroom Instructions:

1. Talk to students about the many benefits of physical activity on the developing brain.

Talking points:

- a. Physical activity increases blood flow to the brain. This improves existing neural connections and creates new connections throughout the brain, improving memory.¹

¹ <https://www.participaction.com/en-ca/everything-better/learn-better>

- b. The parts of the brain associated with memory grow with exercise. This mechanism increases the ability to learn and store information.²
 - c. After exercise, brains are more active and awake. Including movement breaks throughout the day is a great way to help students stay focused and ready to learn.
2. This monthly campaign also focuses on the importance of eating healthy foods for proper brain development:

Talking points:

- a. The brain is made up of grey matter (nerve cells), and white matter (connections between nerve cells). Teach students that these important components of the brain are built from the nutrients they get from their food.
 - b. Choose-most-often foods like vegetables, fruits, whole grains, or lean meat and fish to nourish developing brains. For example, the nutrient lutein which can be found in green vegetables and brightly coloured fruits, is important for the parts of the brain used for memory and visual processing.³
 - c. Hormones and endorphins released in the brain help to control mood. This is known as the food-mood connection.⁴ When students are hungry, they can feel angry or lethargic. Eating a healthy snack is a great way to boost mood.
3. Next, run a healthy class activity like a daily physical activity using a DPA bin. Alternatively, you could hold a taste testing session. Raisins, prunes, and dried apricots are tasty choose-most-often foods that look a little bit like brains and could be used for a quick taste test.
4. Hold a class discussion about other ways students can take care of their brains with nutritious foods and physical activity. Talking points to include:
 - Getting a good night's sleep: Children aged 5-13 years should get 9-11 hours of sleep each night.⁵
 - Drinking plenty of water: Students should stay hydrated primarily by drinking water at regular intervals throughout the day.⁶
5. After this discussion, lead students through an activity where they can fill in their brain cutouts. Instructions are below.

² <https://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>

³ <http://www.nutritionnews.abbott/science-quality/six-nutrients-for-your-brain-.html>

⁴ <https://www.albertahealthservices.ca/assets/healthinfo/mh/hi-mhw-ways-to-wellness-eat-healthy-foods.pdf>

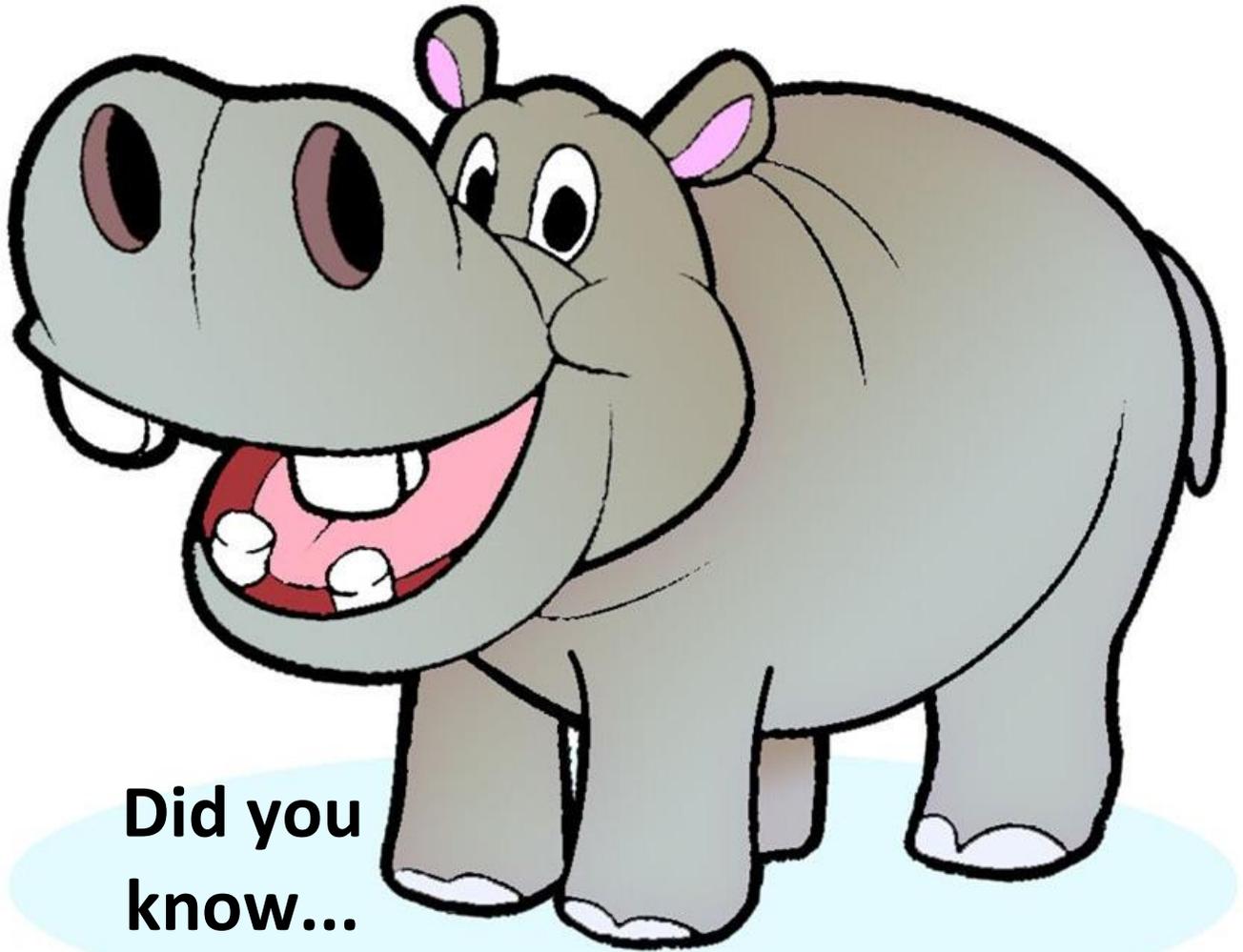
⁵ <http://www.csep.ca/view.asp?x=696>

⁶ <https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-angcy-overview.pdf>

Bulletin Board Instructions:

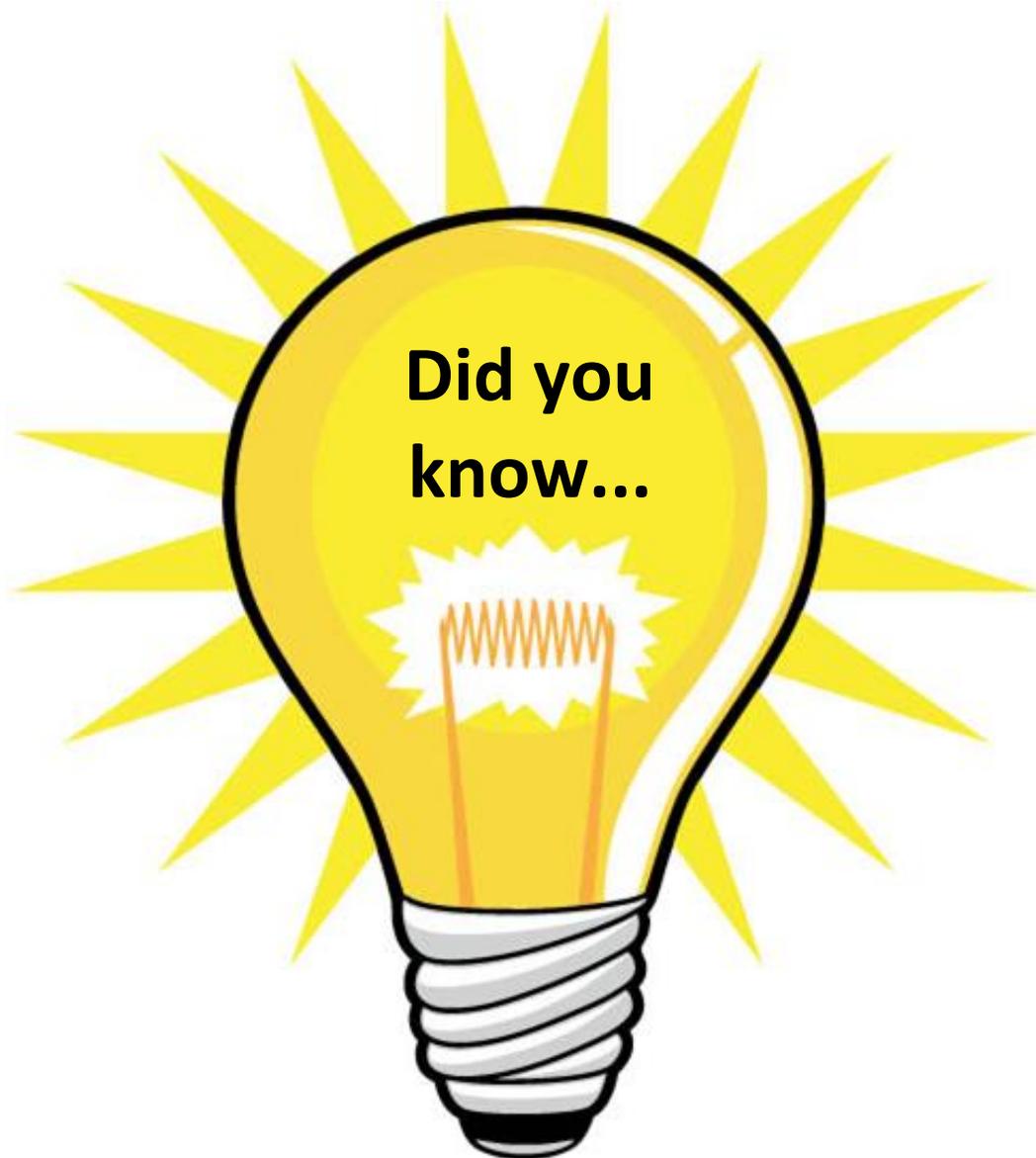
1. Print a copy of the fun facts and picture cutouts (*find below*). You can staple the pictures overtop of the fun facts so that the picture can be lifted up to uncover the fun fact underneath.
2. Print the title *How did you Engage your Brain?* Cut out the letters. They can be posted anywhere on the bulletin board.
3. Give each student one large brain cutout. They can draw a small picture or write the physical activity or healthy eating activity they participated in to engage their brain. Make a link to mental health and emotions by encouraging students to write a brief sentence describing how they felt during or after this activity. Brain cutouts can then be added to the bulletin board.

Fun Facts

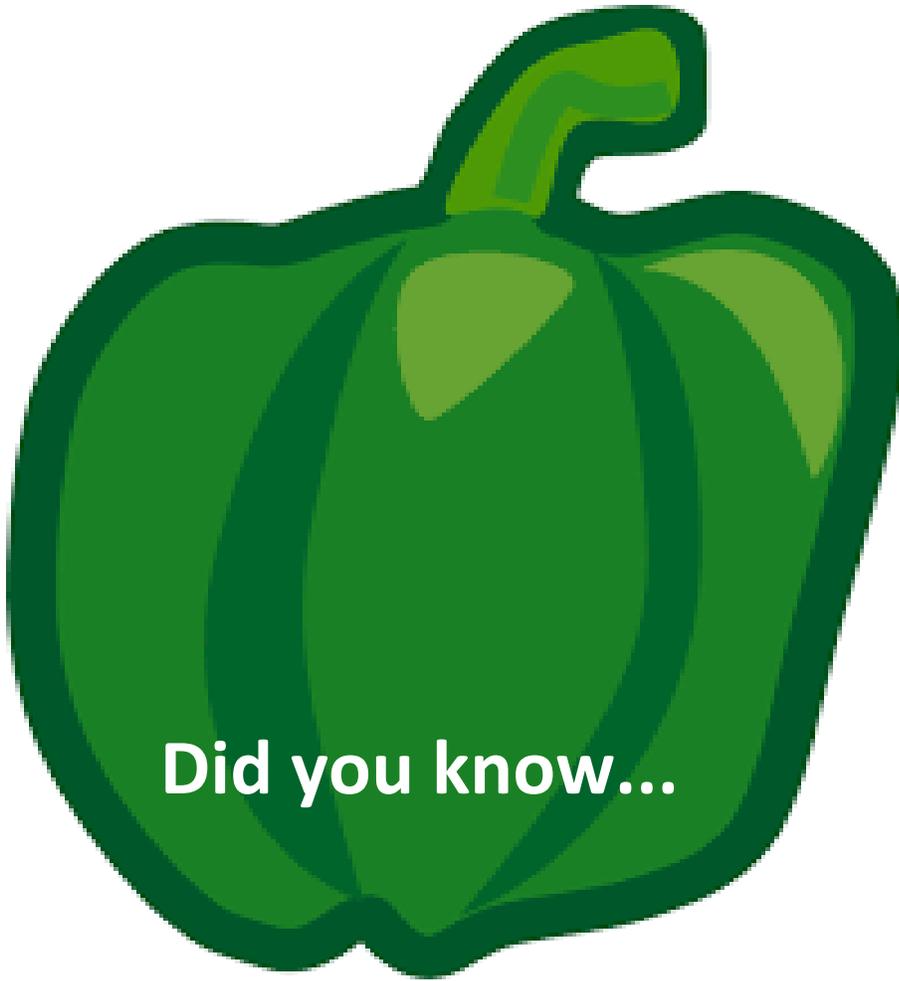


**Did you
know...**

When you are physically active your hippocampus gets bigger. This is the part of your brain that helps you remember all the things you learn in school!



Your brain is very powerful. It creates enough energy to power a lightbulb!



Did you know...

Our brains need food to process all the information you learn at school. Eat choose-most-often foods to fuel your brain!



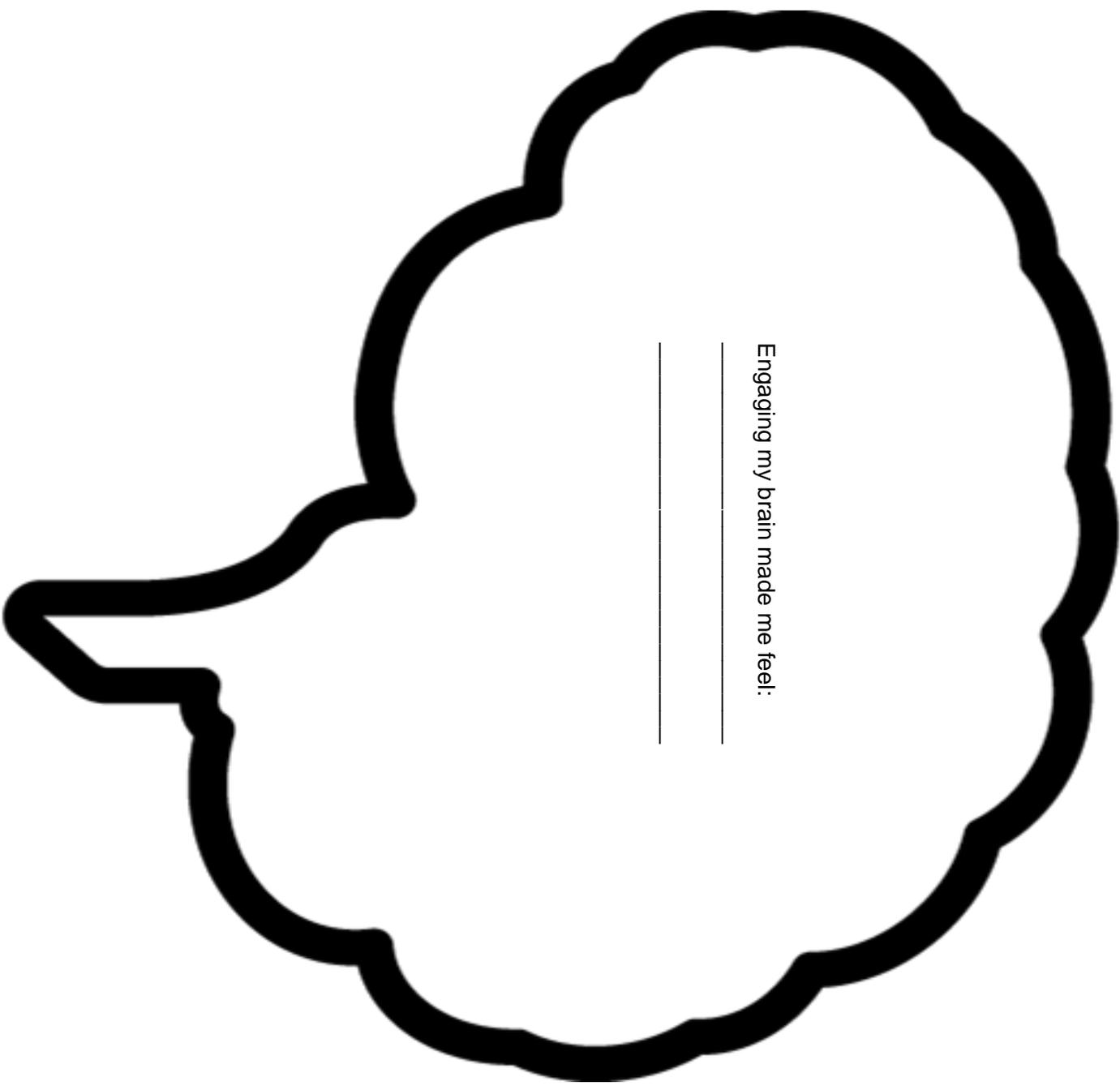
Did you know...

Being physically active doesn't just strengthen your muscles, it strengthens your brain by creating new neuron connections and brain cells.

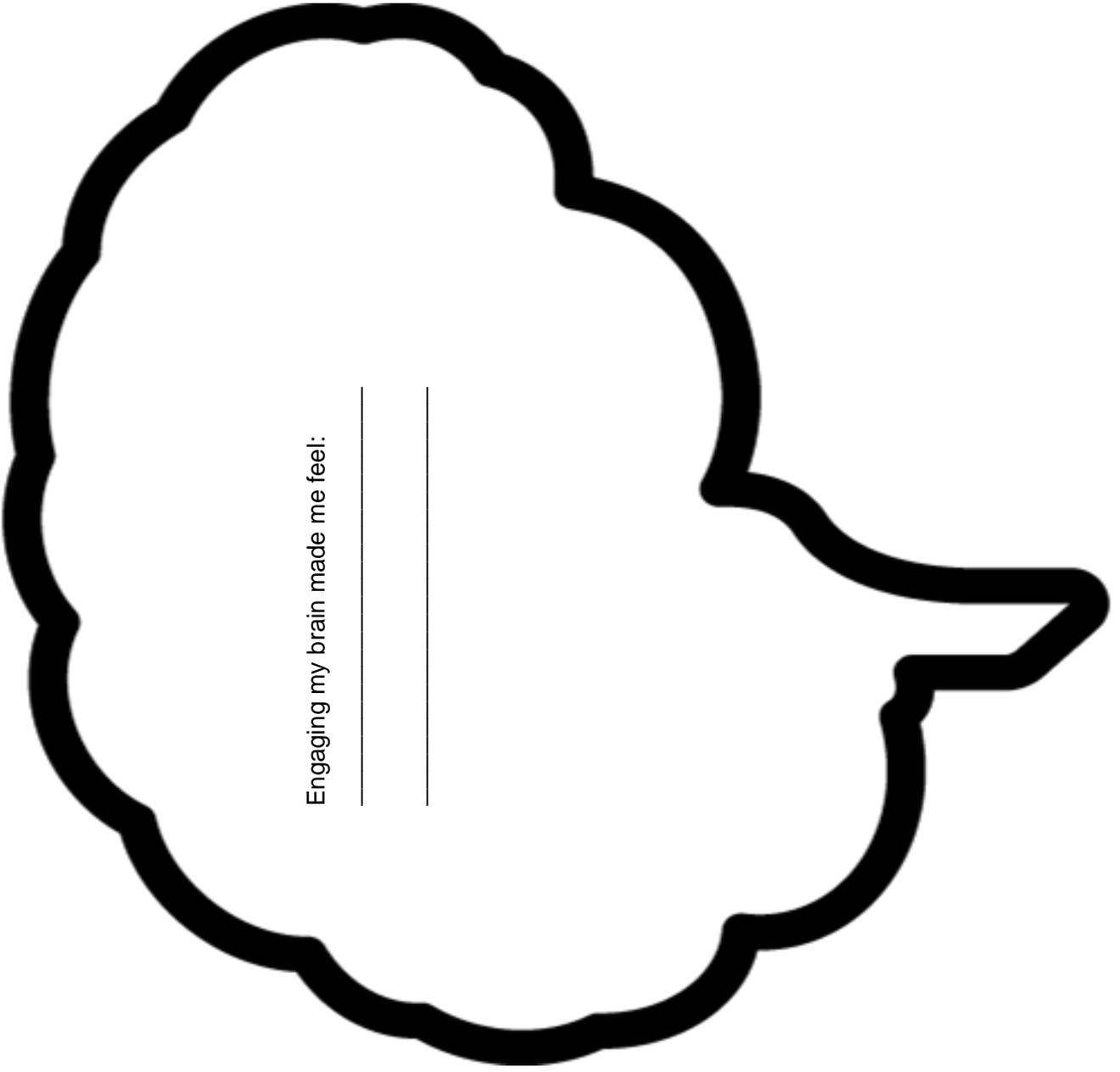


Did you know...

Drinking water can help to regulate your mood! Drink water often to keep your brain hydrated and healthy.



Engaging my brain made me feel:



Engaging my brain made me feel:

How

did

you

Engag

e your

Brain?