

Dr. Copelan's Ten Tips for a Healthy Brain

- 1. Talk Nice to Yourself** - encourage yourself "I can do that." Be POSITIVE.
 - 2. Connect with Others** - really talk to people you like and to those needing encouragement; feel your HEART GLOW. Belonging 2. No bullying
 - 3. Go Outside** - feel alert, move, play, a body in MOTION is fun; connect with nature, bugs, rocks, the sky.
 - 4. Hang Out with Happy Friends** - LAUGH, eat lunch, and listen to music together. Share feelings. Mirror smiles.
 - 5. Take a Reading Break** - read silently, or out loud; just READ, anytime, anywhere.
 - 6. Do You're Chores** - truly, NO SHORTCUTS, complete them; don't raise your voice; everyday chores include going to bed at a regular time.
 - 7. Be Respectful of Others** - don't argue; talk in a KIND way; put yourself in another's shoes. Help them.
 - 8. Eat Healthy Foods** - eat WELL, be well.
 - 9. No Drugs or Alcohol** - keep your brain and body SAFE
 - 10. Wear your Helmet** - your brain is soft, squishy, and innocent. PROTECT it.
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