

Hi JHCS Families,

I was able to teach this to all the classes except Kindergarten before school was suspended. Last month we started talking about mental health and this month we are going to focus on how your brain needs a fitness program just like your body does. We will discuss the positive attitudes, decision making and how to keep your brain healthy. The discussion will also recap some of the mental health learning from last month and how's and whys it is important to use your voice when you recognize something doesn't feel right. I enjoy working with your children. Please feel free to reach out to me if you have any concerns.

Thanks for being so wonderful,

Sam Grabert

Brain Fitness

- Think Well: Understand your brain and how it works. Its your brain and is unique to you.
- Sleep Well: Sleep is vital to a healthy brain.
- Be Well: Exercise stimulates your brain to be well so get out and play, move and have fun.
- Connect Well: Step outside of yourself everyday and be with others that you are friends with and love you.
- Relax Well: When you are stressed know how to relax yourself so you can have a healthy focus.
- Move Well: Physical activity means to put down the electronics, play outside and use your imagination.
- Eat Well: Healthy food choices will always help your brain feel healthy and happy.
- Love Well: Surround yourself with those that love you and only want the best for you.
- Live Well: Live your best life by being your best self.

Motivational video that helps move from a negative mind set to a positive, how to do that and keep your brain fit. (5-6)

<https://www.youtube.com/watch?v=Un-gNbNwwsQ>

Who Do you Want to be motivational?

<https://www.youtube.com/watch?v=R7iN71uJcGO>

Olympic Highlights

<https://www.youtube.com/watch?v=6AkjRbSj6W4>

Motivational speeches by kids to be positive do better and be better (K-6)

<https://www.youtube.com/watch?v=kGusd0HKvtY>

Positive thinking looking at things differently (K-6)

<https://www.youtube.com/watch?v=31X58sZYhZA>

**Parent Resources**

Stop Negative Self-Talk

<https://www.youtube.com/watch?v=yWDo-y-tK7k>

Olympic Highlights

<https://www.youtube.com/watch?v=6AkjRbSj6W4>

The power of being positive

<https://www.youtube.com/watch?v=kO1kgl0p-Hw>

Beautiful Moments of Respect and Fair Play in Sports 2019 Part 6 - Faith In Humanity Restored 2019

<https://www.youtube.com/watch?v=o93SGk5vWUE>