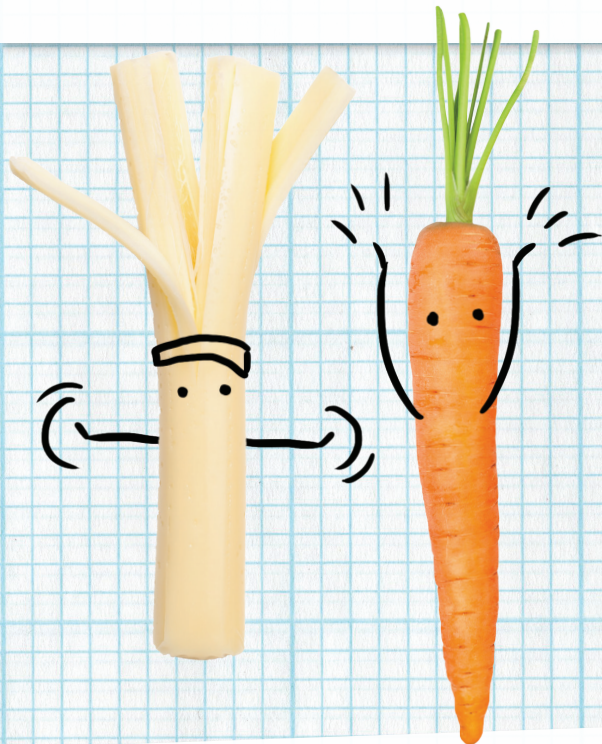


PUMP UP YOUR BRAIN POWER.

Helping your students form healthy habits can lead to lifelong positive benefits — and short-term perks in your classroom, too. Whether you're prepping them for a big test or just introducing a new concept, here are some ideas for incorporating healthy routines into your classroom.



FOOD FOR THOUGHT

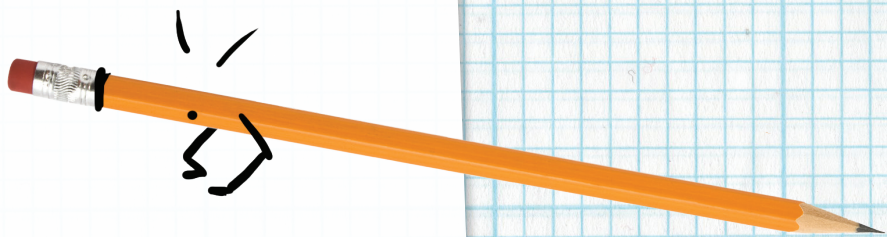
Eating healthy meals and snacks helps your students focus, learn and perform better. It also improves their moods. Check out these brain-boosting snack ideas!

- Hummus and fresh veggies
- Sliced fruit, unsalted nuts or unsweetened applesauce
- Low fat yogurt or string cheese
- Celery with low fat cream cheese or peanut butter
- Ham (or turkey) and cheese pinwheels
- Apple rings
(visit ShapeYourFutureOK.com for the recipe)

BRAIN BREAKS

Giving students a break to break a sweat? It improves concentration and engagement while reducing disruptive behaviors. Try some of these moves!

- Arm circles
- Jumping jacks
- Squats
- Yoga poses
- Chair dips
- Push-ups



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