

**PURPOSE** //

- Learn about strategies to take care of your brain
- Educate about strategies to take care of your brain

OBJECTIVE //

- Spread information about how to take care of your brain health

INSTRUCTIONS //**Materials**

- [The Alzheimer's Association Website](#)
- Poster Paper
- Markers/Colored Pencils

Assembly

1. Go to the [10 Healthy Habits for Your Brain](#) page on the Alzheimer's Association Website
2. Learn about how you can keep your brain healthy, which can lead to better mental health, as well as help prevent cognitive decline.
3. Use the information you learned to create posters to hang around the school and educate your peers.

Application

1. Hang posters around the school promoting good brain health. Use either posters that you create, or one provided here for you!
2. Share the information you learned with your peers and family. Let them know about the resources and information available on the Alzheimer's Association website.
3. Use some of the information you learned to take care of your own brain!



Shout out to the Alzheimer's Foundation for inspiring this activity and providing educational resources to support brain health!

Let us know how the activity goes!

We'd love to hear from you or receive pictures or tag us on social media:



@ErikasLH



erikas.lighthouse
Copyright © 2024, Erika's Lighthouse
ErikasLighthouse.org



@Erika's Lighthouse

Healthy Habits for Your Brain



Challenge Your Mind

Be curious! Put your brain to work and do something that is new for you. Learn a new skill. Try something artistic. Challenging your mind may have short- and long-term benefits for your brain.



Get Moving

Engage in regular exercise. This includes activities that raise your heart rate and increase blood flow to the brain and body. Find ways to build more movement into your day — walking, dancing, gardening — whatever works for you!



Protect Your Head

Help prevent an injury to your head. Wear a helmet for activities like biking, and wear a seatbelt. Protect yourself while playing sports. Do what you can to prevent falls, especially for older adults.



Eat Right

Eating healthier foods can help reduce your risk of cognitive decline. This includes more vegetables and leaner meats/proteins, along with foods that are less processed and lower in fat. Choose healthier meals and snacks that you enjoy and are available to you.



Sleep Well

Good quality sleep is important for brain health. Stay off screens before bed and make your sleep space as comfortable as possible. Do all you can to minimize disruptions. If you have any sleep-related problems, such as sleep apnea, talk to a health care provider.

The Alzheimer's Association® offers 10 Healthy Habits for Your Brain, a set of actions to keep your brain healthy. For more information, visit [alz.org/healthyhabits](https://www.alz.org/healthyhabits)



Find more resources for supporting mental health on [ErikasLighthouse.org](https://www.ErikasLighthouse.org)