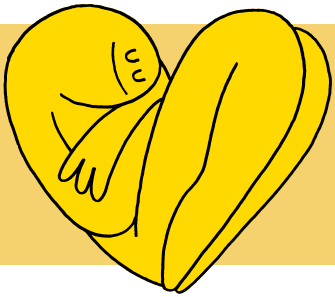


# Tips for Optimal Well-being

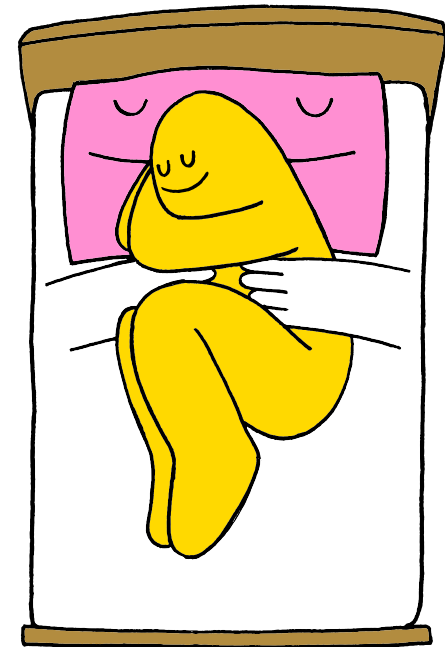
## Sleep



Sleep affects our emotions, immune system and our appetite. It improves learning, mood and energy levels and helps prevent disease.

### Discussion Questions

1. How do you know when you're starting to feel tired?
2. What conditions do you need to get a good night's sleep?
3. How do you know when you're feeling well rested?

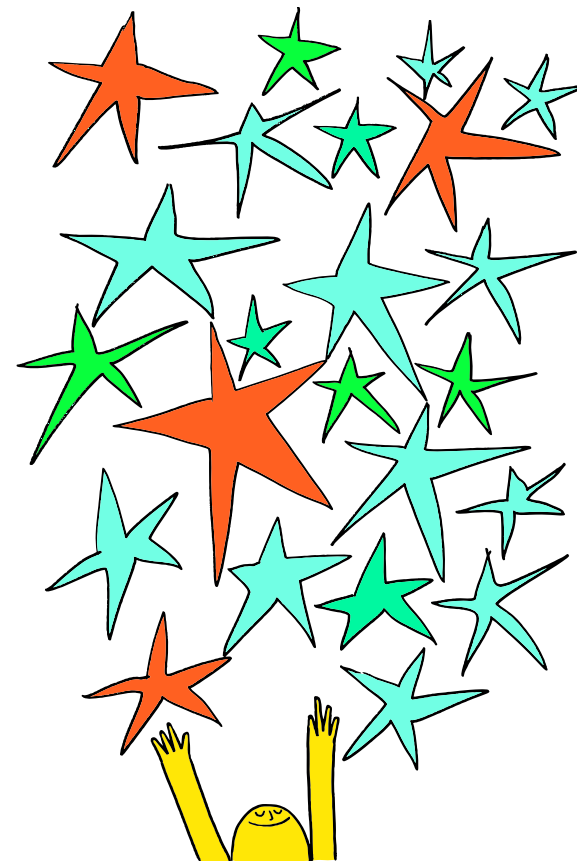
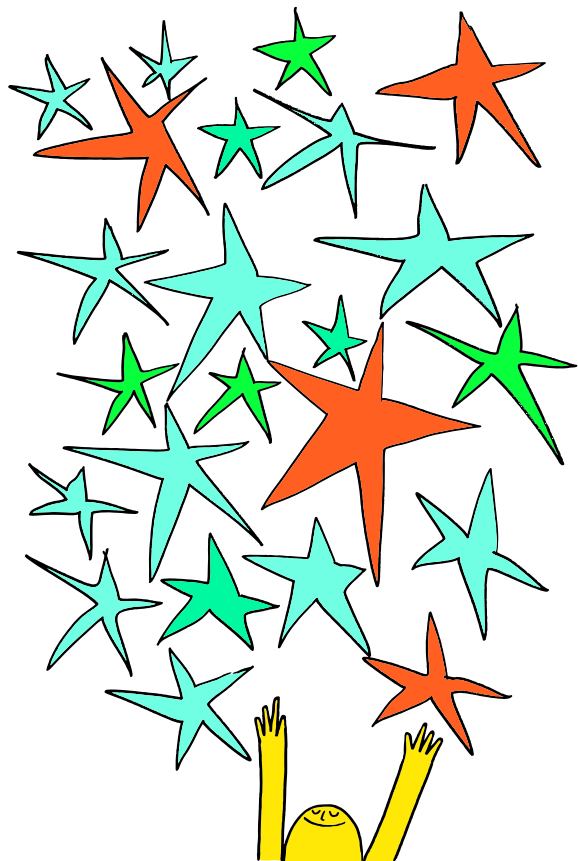


# Tips for Optimal Well-being

## Sleep

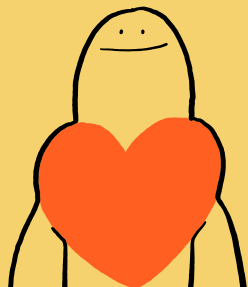
### Take Action

- Try to go to bed at the same time every night. Young people should get at least 10 hours of sleep each day!
- Set up a bedtime routine. What do you like to do to get ready to go to sleep?
- Notice how you feel when you get enough sleep, and notice how you feel when you don't. What is one thing you want to try to do this week to get a good night's rest?



# Tips for Optimal Well-being

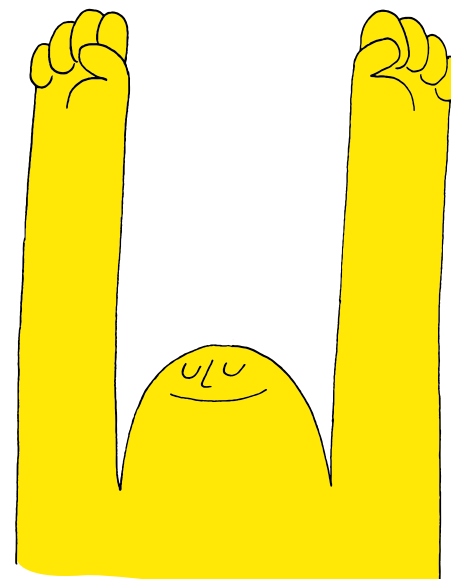
## Nutrition



Nutrition is key to health. It promotes healthy brain development and function, and helps to prevent disease. Ninety per cent of serotonin, which regulates sleep, appetite, mood and memory, is produced in the digestive tract!

## Discussion Questions

1. Why is it important for your body to eat healthy food?
2. How do you know when it's time to have a snack or drink some water?
3. Name three healthy snacks that you like to eat.

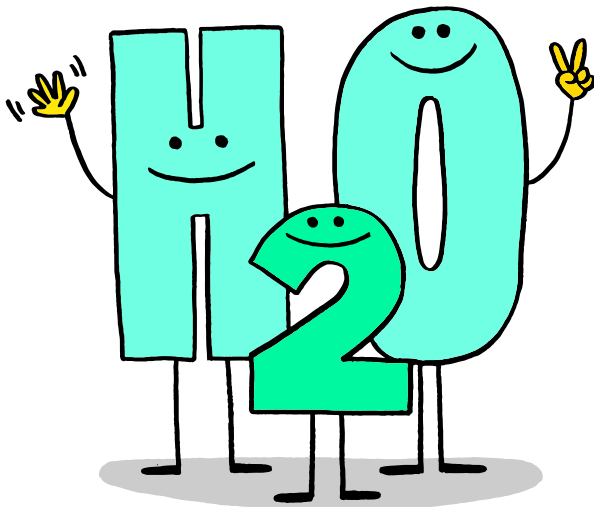


# Tips for Optimal Well-being

## Nutrition

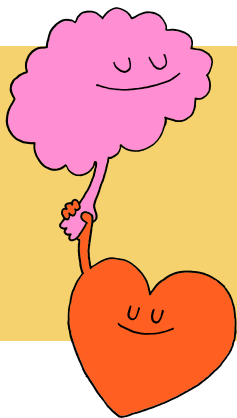
### Take Action

- About 75 per cent of your brain is water. When dehydrated, it struggles to focus, solve problems and coordinate motor skills. Try to drink more water throughout the day!
- Next time you sit down for a snack, take a moment to really focus on your food. Notice the tastes, smells and feelings that come with paying attention to eating!



# Tips for Optimal Well-being

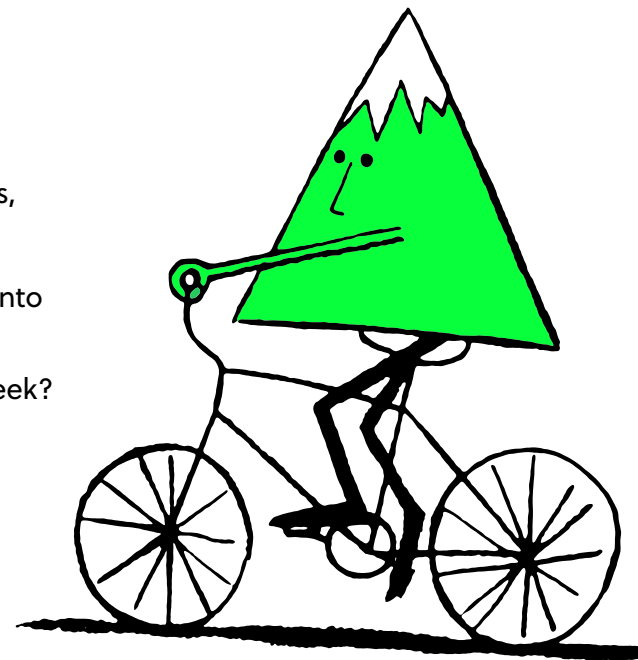
## Movement



What's good for the body is good for the brain! Movement helps the brain grow and stay healthy. Being active also helps us feel happier and boosts our well-being.

### Discussion Questions

1. What are your favourite ways to move? (For example: sports, dance, walking.)
2. What are some of your favourite ways to bring movement into your day/week?
3. What is one thing you can do to make time to move this week?



# Tips for Optimal Well-being

## Movement

### Take Action

Here are some ways to build activity into your day:

- Watch less TV and play fewer video games to make time for active play.
- Go outside!
- Play an active game with a friend ( jump rope, tag, kick a soccer ball around, etc.).
- Try something new (try a new sport or activity at recess, join a school team).

