



Complete this worksheet and
turn in to your coach by _____
to get a **YELLOW** star!

Level
#1

Name: _____

Mindful of My Brain

Healthy Habit of the Week:

Feed your brain some good food and water every day!

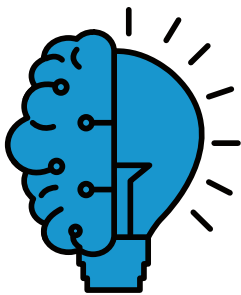
Key Points:

- The brain is a powerful part of our body inside our head.
- It is more complex than any computer.
- It is always gathering information from all around us.
- It's important to eat healthy, be active, get enough sleep, and talk to people to keep our brain healthy.

Word Search

Lets exercise our brain and find the words from the list in the puzzle.

C W A P B R A I N N
E W O O K T N Z N E
L P Q W N N J E T R
L R H E A R Z A H V
S E E R T D A E H E



brain

power

nerve

see

cell

hear