

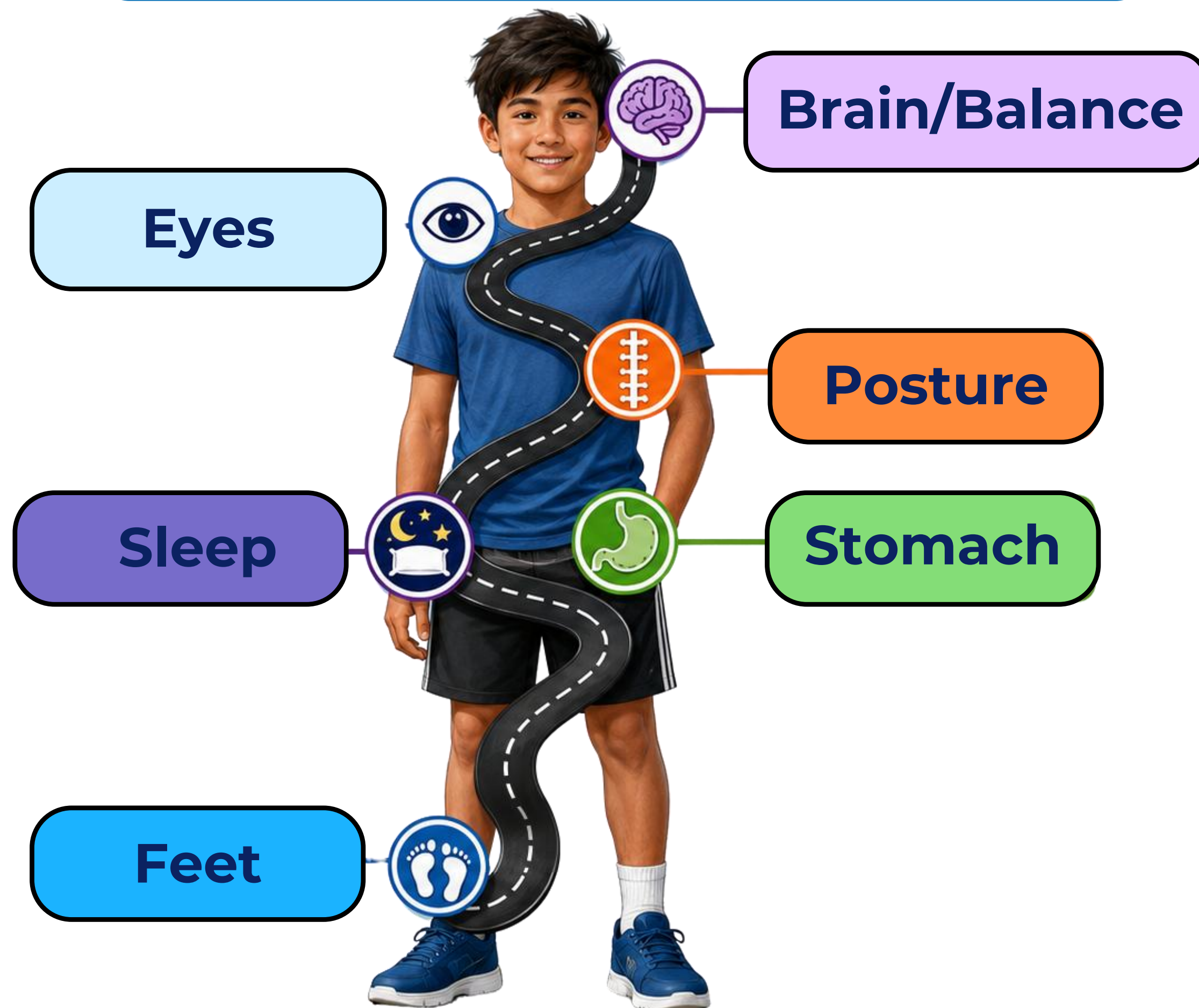


The Body Trap

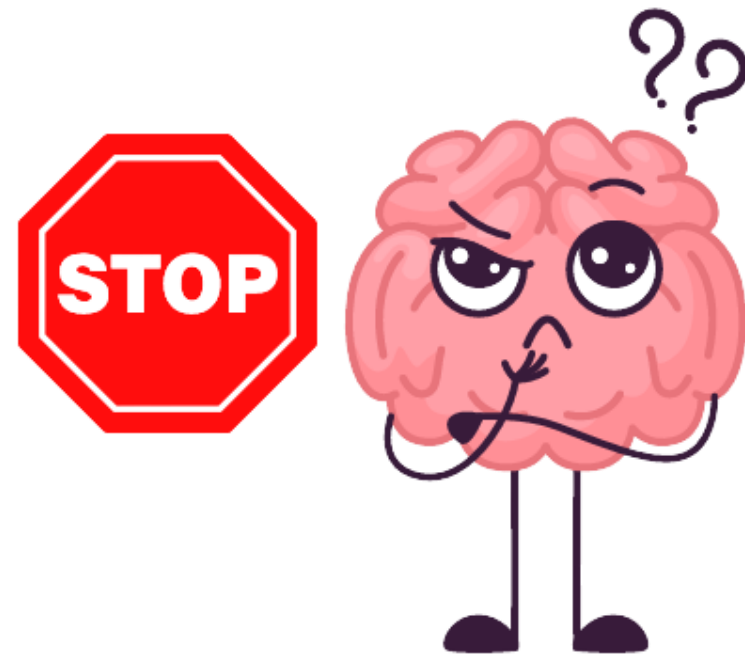




Our Road Map



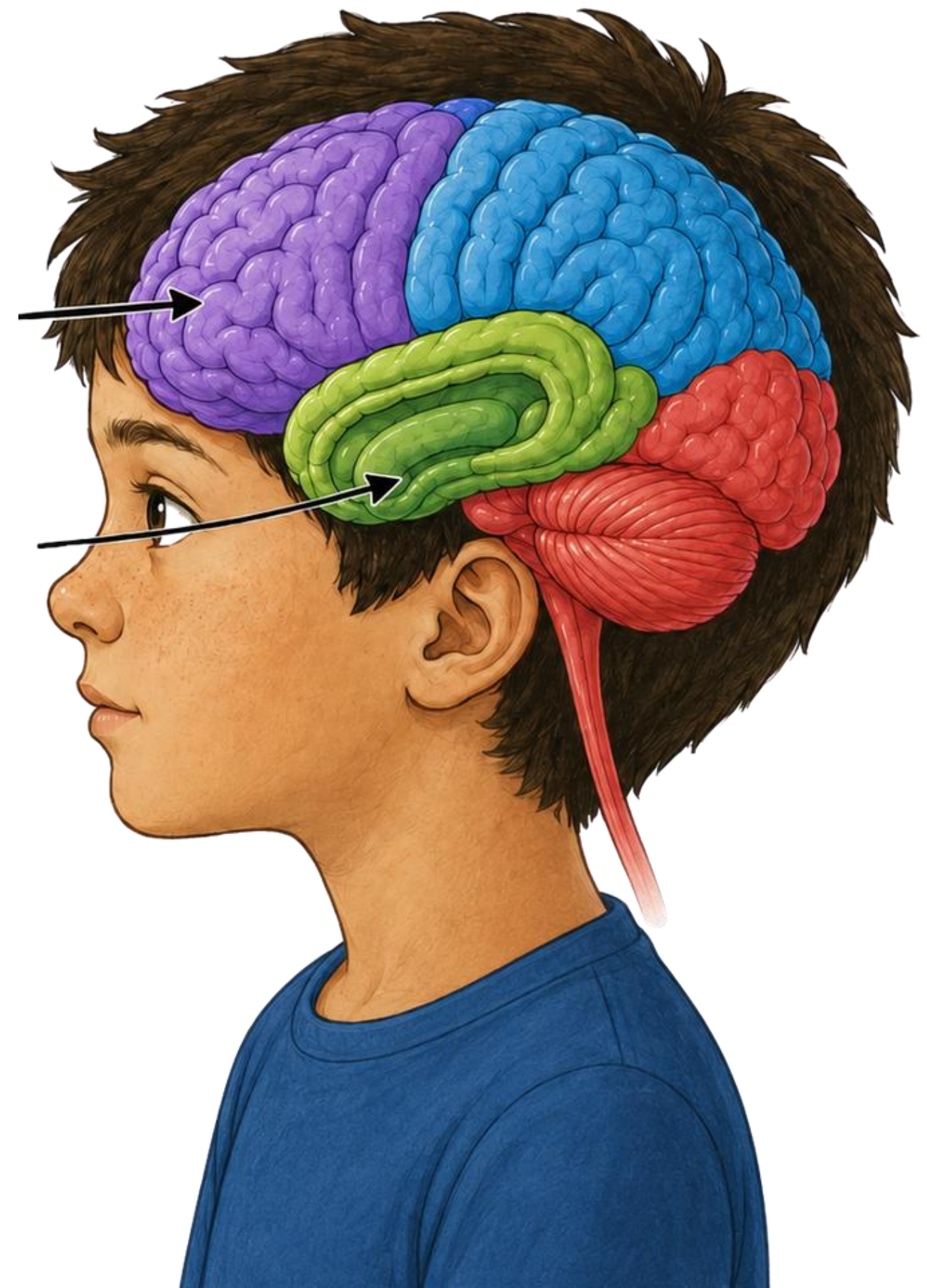
My Brain



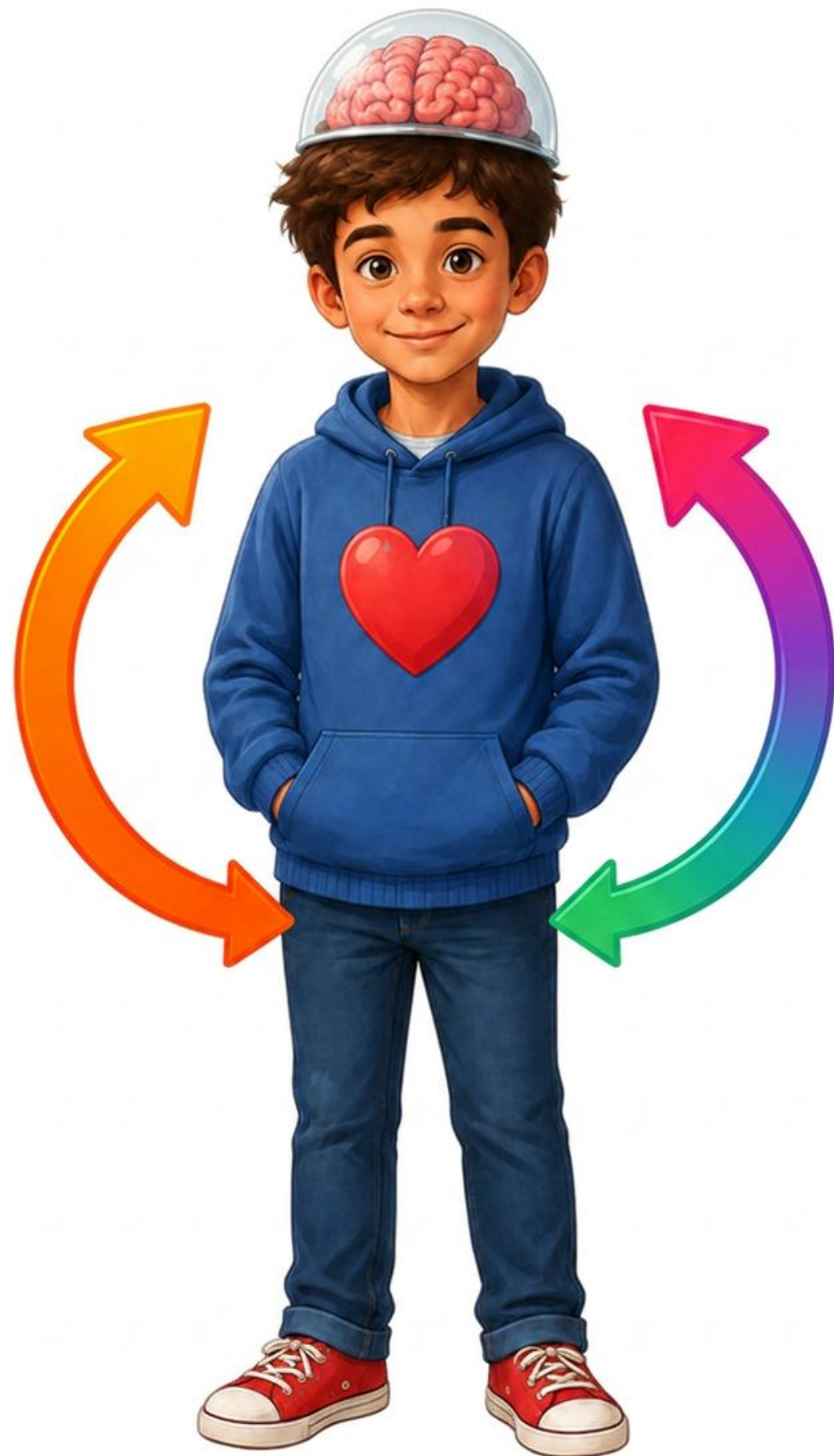
**Frontal
Lobe**



**Limbic
System**



My brain and body are connected.



Heart Beats
Fast



What is your body telling you?

Tummy Rumbles



What is your body telling you?

Sweaty Hands



What is your body telling you?

Restless Legs



What is your body telling you?

Can you think of a time your body sent
your brain a message?

What is my body telling me?

Heart Beats Fast



When you feel scared or excited, your heart pounds. That's your body telling your brain something big is happening.

Tummy Rumbles



A growling tummy means your body is saying 'Feed me!' Your brain listens and helps you find food.

Sweaty Hands



Nervous before a performance or game? Sweaty hands are your body's way of saying 'I'm a little worried!'

Restless Legs



When your legs feel bouncy, your body is saying 'I have too much energy! Let me move!'

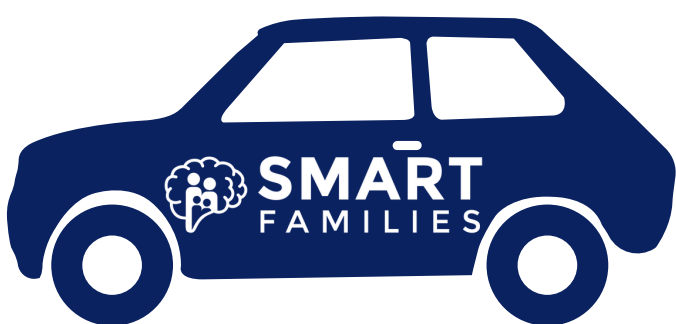
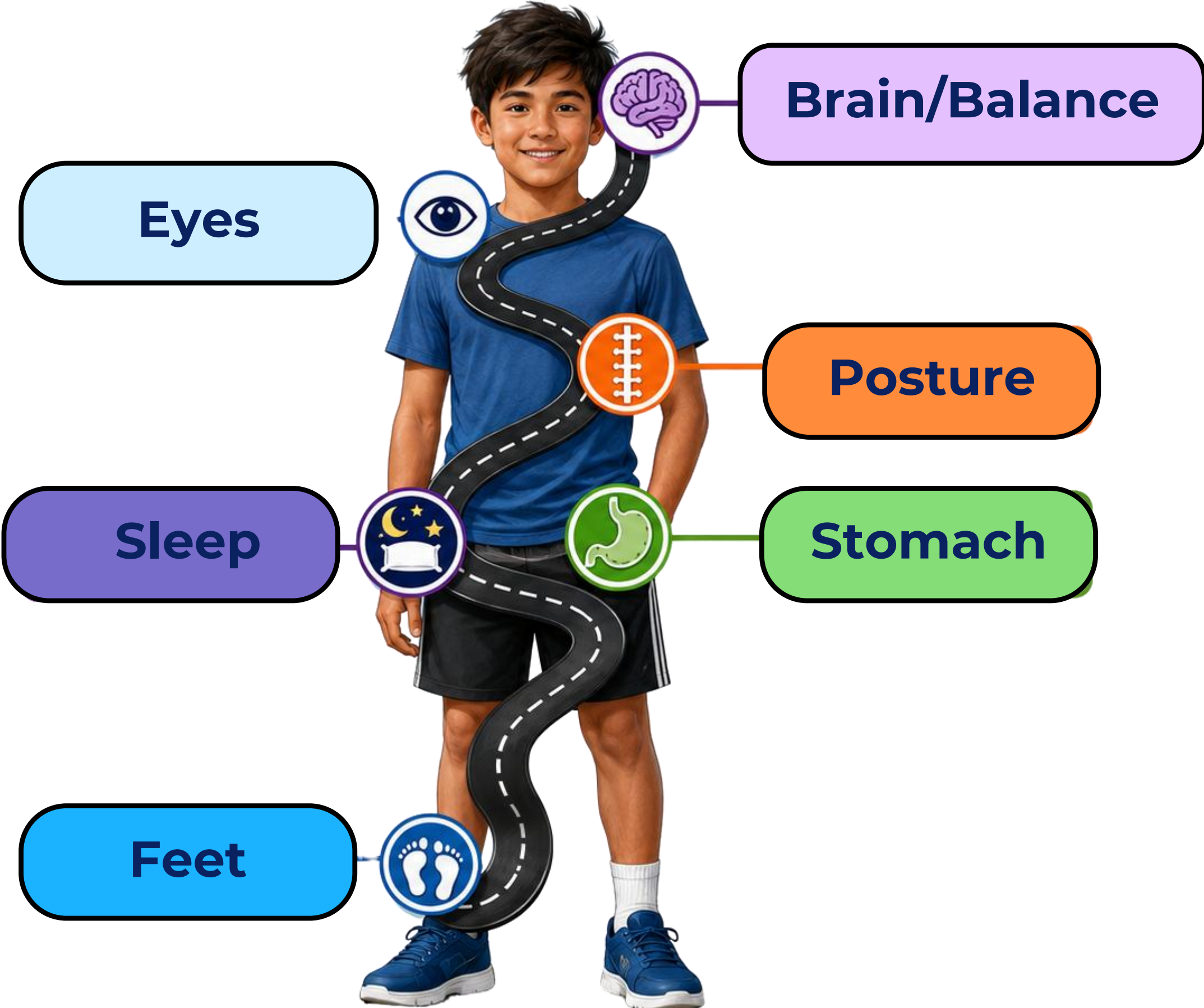
Interoception-

your body's way of telling you
what's happening inside

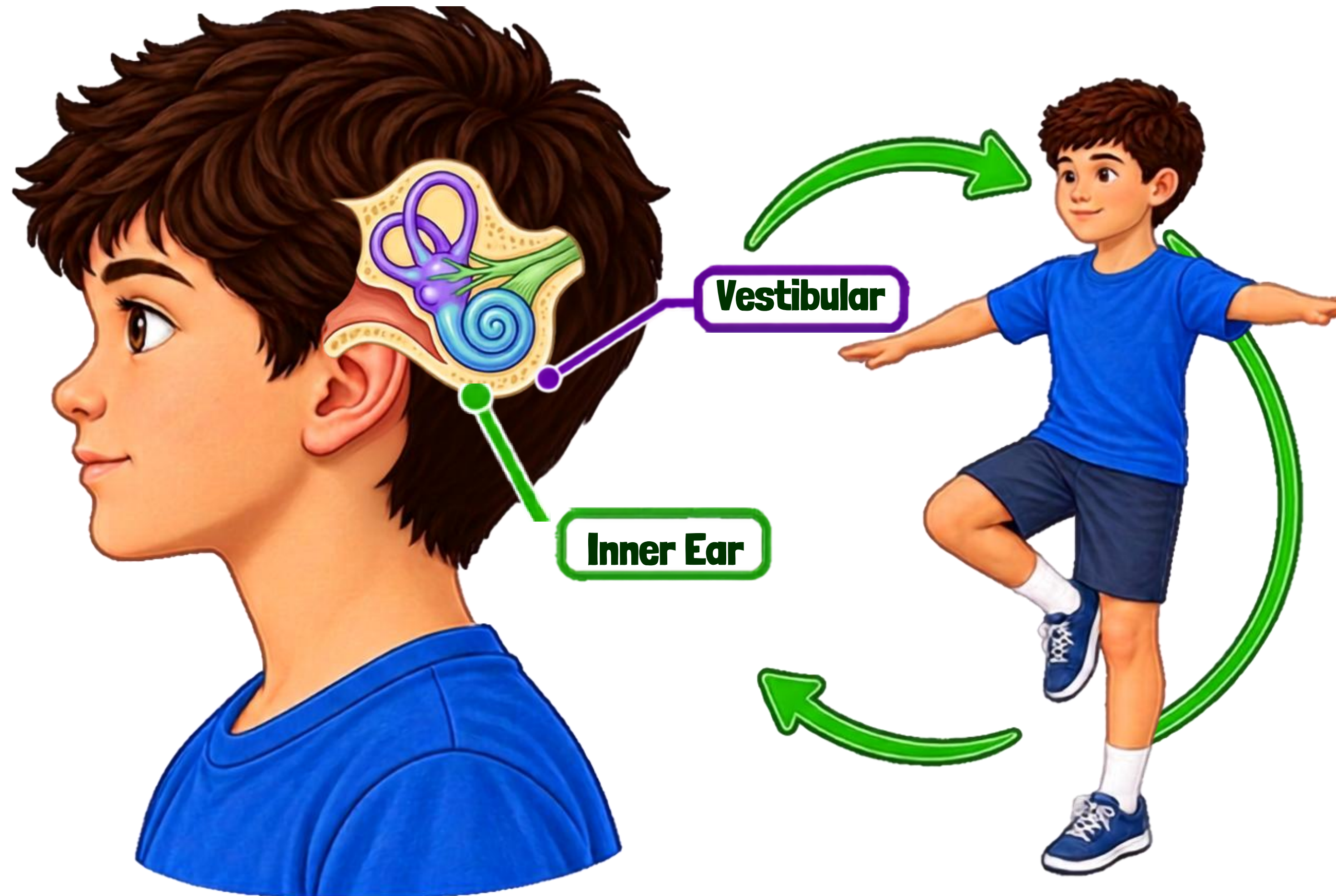
helps us understand
our emotions and
physical needs



Brain & Balance



My brain helps me balance.





How good is my balance system?

Your vestibular system helps your brain track movement, position, and balance. Let's test it.

Your brain, eyes, inner ear, muscles, and joints will all worktogether right now.

1 Single-Leg Test

Stand on one foot for 10 seconds.
Then switch sides.

Level up: Try it with your eyes closed for 3 seconds.

2 Airplane Test

Lean forward, stretch your arms out, lift one leg behind you.

Level up: Hold for 10 seconds without stepping down?

3 Freeze Test

Do any challenging balance position, hold for 10 seconds.

Level up: Notice how much your body adjusts to keep you upright.

Eyes



Eyes

Brain/Balance

Posture

Stomach

Sleep

Feet



My eyes need a break.



**Screens make our eyes work very hard.
They need rest.**

1

Blink

2

Look Far

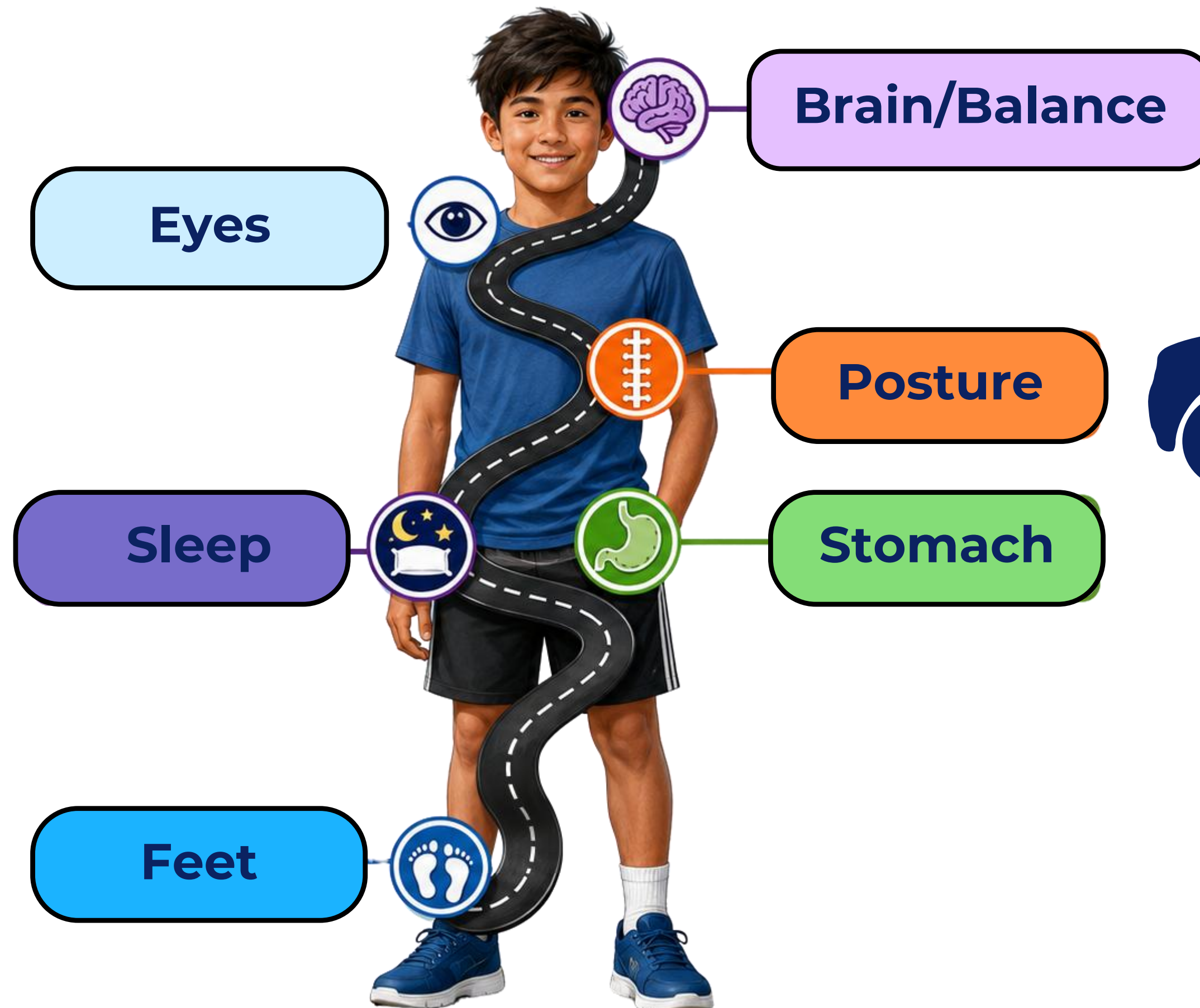
3

Look Close

4

Go Outside

Posture



Screens can make my body curl up.

Screens can make us lean over.

**If we stay hunched too long, our
necks can feel tired or sore.**



Scroll Mode vs. Go Mode



- Head down
- Shoulders curled
- Eyes up close
- Body still



BODY SWITCH!



- Head up
- Shoulders open
- Eyes looking around
- Body moving



Don't let your body get stuck in Scroll Mode!

Sleep



Eyes

Sleep

Feet

Brain/Balance

Posture

Stomach





Why is it important for me to get sleep?

1

Memory Filling

Sleep helps your brain save what you learned.

2

Emotional Reset

Sleep helps your feelings calm down and recharge.

3

Trash Collection

Sleep helps your brain clear out waste.

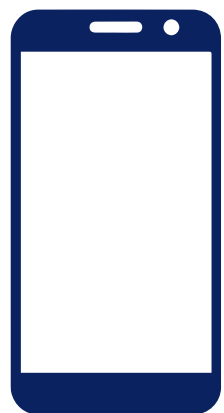
How to screens affect my sleep?



Our body clock tells us when to wake up.



Kids need about 9-11 hours of sleep every night.



Blue light from screens makes it hard to feel sleepy.



Stomach

Brain/Balance

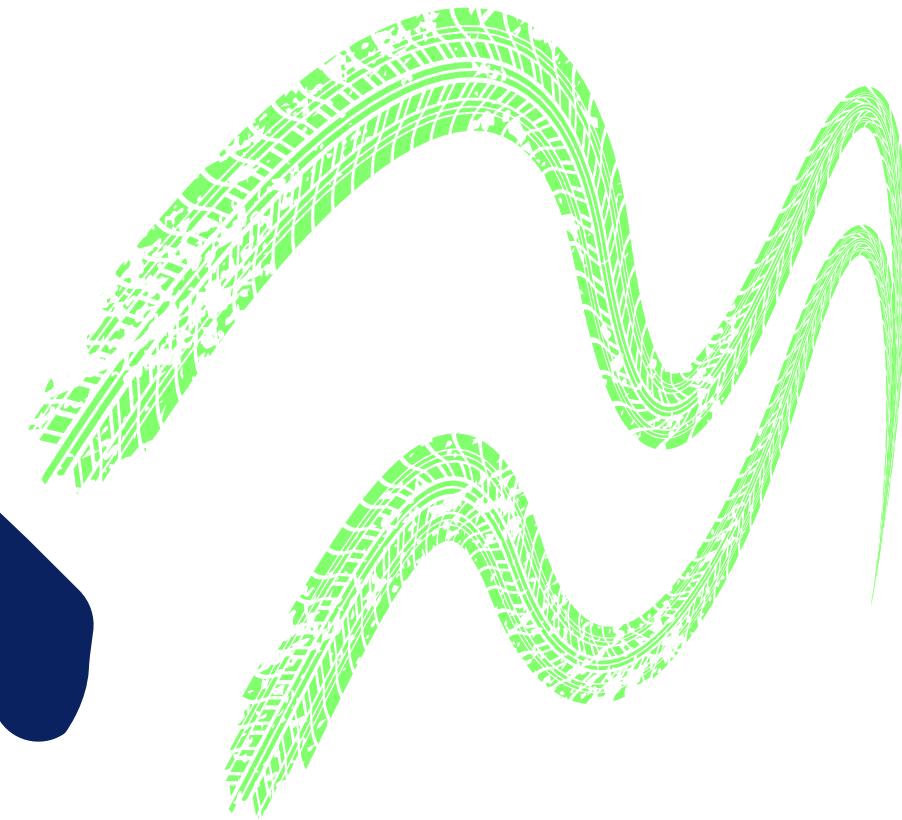
Eyes

Posture

Sleep

Stomach

Feet





**My body sends
important
messages
to tell my brain
when to
eat and drink**

**What message is your stomach
sending to your brain right
now?**

Feet

Eyes

Sleep

Feet

Brain/Balance

Posture

Stomach

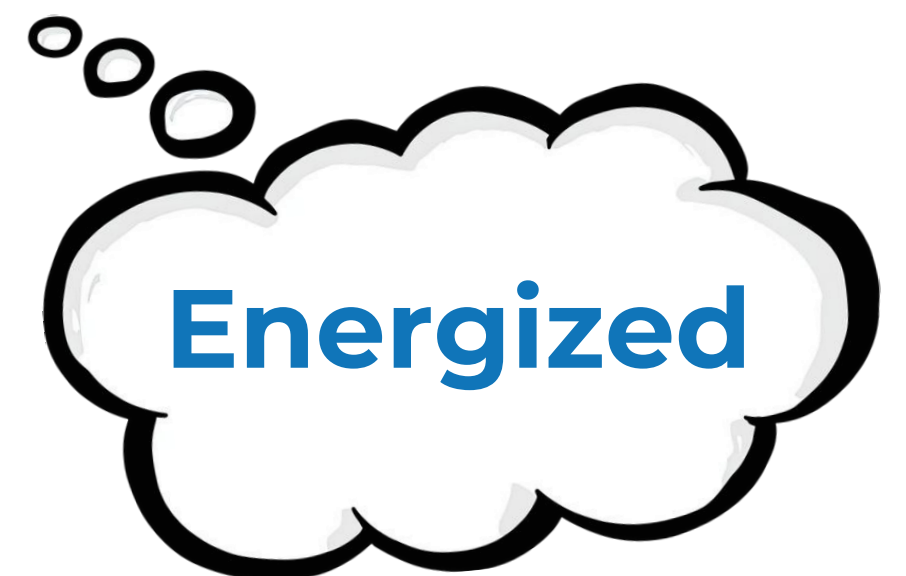


My body is made to move.



Let's move our feet.

How do you feel
after moving
your feet?



*Your body and brain are always communicating with each other.
Be an active listener and see if you can notice these cues.*

Body questions to ask myself:

**Am I
Hungry?**

**Am I
Thirsty?**

**Am I
Sleepy?**

Do I need to move?

Do I need help?

Thumps up/Thumbs down

Sleep, water? Sitting all day? Playing outside? Screens at dinnertime? Blinking?