



The Body Trap Jr. Parent Handout

The Body Trap Jr. is an interactive presentation designed for students in grades K–2 and tailored to their developmental stage. Students explore the connection between their bodies and brains and learn how to recognize and respond to their body's messages. The presentation focuses on healthy habits including movement, sleep, eating, eye breaks, posture, and balance. Students also learn that screens are not bad, but that healthy bodies need balance between screen time and activities such as moving, playing, sleeping, eating, and spending time outdoors.

Content

-  Brief overview of how screens reduce the internal sense that lets you feel hunger, thirst, fatigue.
-  Overview of how your body sends messages to your brain such as hunger, tiredness, nervousness, or the need to move.
-  Introduction to the body's balance system and discover how screens effect our eyes, bodies, and sleep.
-  Discuss the importance of sleep for the brain and body to grow.
-  Exploration of healthy habits to keep your brain healthy and strong and the importance of giving your body and brain a break from screens.

Objectives

-  Develop an understanding of the connection between the body and the brain.
-  Identify ways your body sends messages to your brain such as hunger, tiredness, nervousness, or the need to move.
-  Participate in discussions and activities that support balance, movement, healthy posture, and eye health.
-  Identify ways to recognize messages such as fast heartbeat, tummy rumbles, sweaty hands, and wiggly legs.
-  Making the connection between how enticing a smartphone can be and how disruptive it is to a growing body.

At-home Discussion Questions:

- What did you learn from The Body Trap Jr. presentation?
- What are some ways your body sends messages to your brain?
- What happens to your eyes, posture, and body when you look at a screen for a long time?
- What are some things that you do to keep your body and brain stay healthy?
- What are some ways you can move your body during the day?
- What does balance mean when we talk about screens?
- Do you think delaying a smartphone can be beneficial to you body and brain development?

Scan for more



Information





The Body Trap Jr. Student Handout

Brain and Body Connection

What does the message look and feel like when your body is trying to tell you the following? Write the letter that matches the message below.

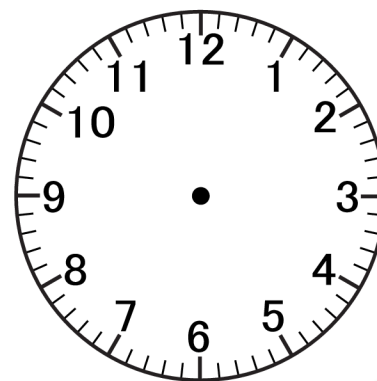
- A. Sweaty Hands C. Wiggly Legs
B. Heart Beats Fast D. Tummy Rumbles

- ____ 1. You are nervous and your body is saying "I'm a little worried."
- ____ 2. You are hungry and your body is saying "Feed me!"
- ____ 3. You feel scared or excited and your body is saying "Something big is happening."
- ____ 4. You want to move and your body is saying "I have too much energy."

Sleep

Sleep is so important for your brain.

- Set a healthy bed time with a parent. Write it and stick to it.



____ : ____ PM



Healthy Habit

What is one healthy body habit you would like to practice this week?



Body Check Questions

Let's do a body check. Ask yourself the following questions and check the yes or no box.

- | | YES | NO |
|-----------------------|--------------------------|--------------------------|
| 1. Am I hungry? | ☐ | ☐ |
| 2. Am I thirsty? | ☐ | ☐ |
| 3. Am I sleepy? | ☐ | ☐ |
| 4. Do I need to move? | ☐ | ☐ |
| 5. Do I need help? | ☐ | ☐ |