

The Body Trap





Brain / Balance

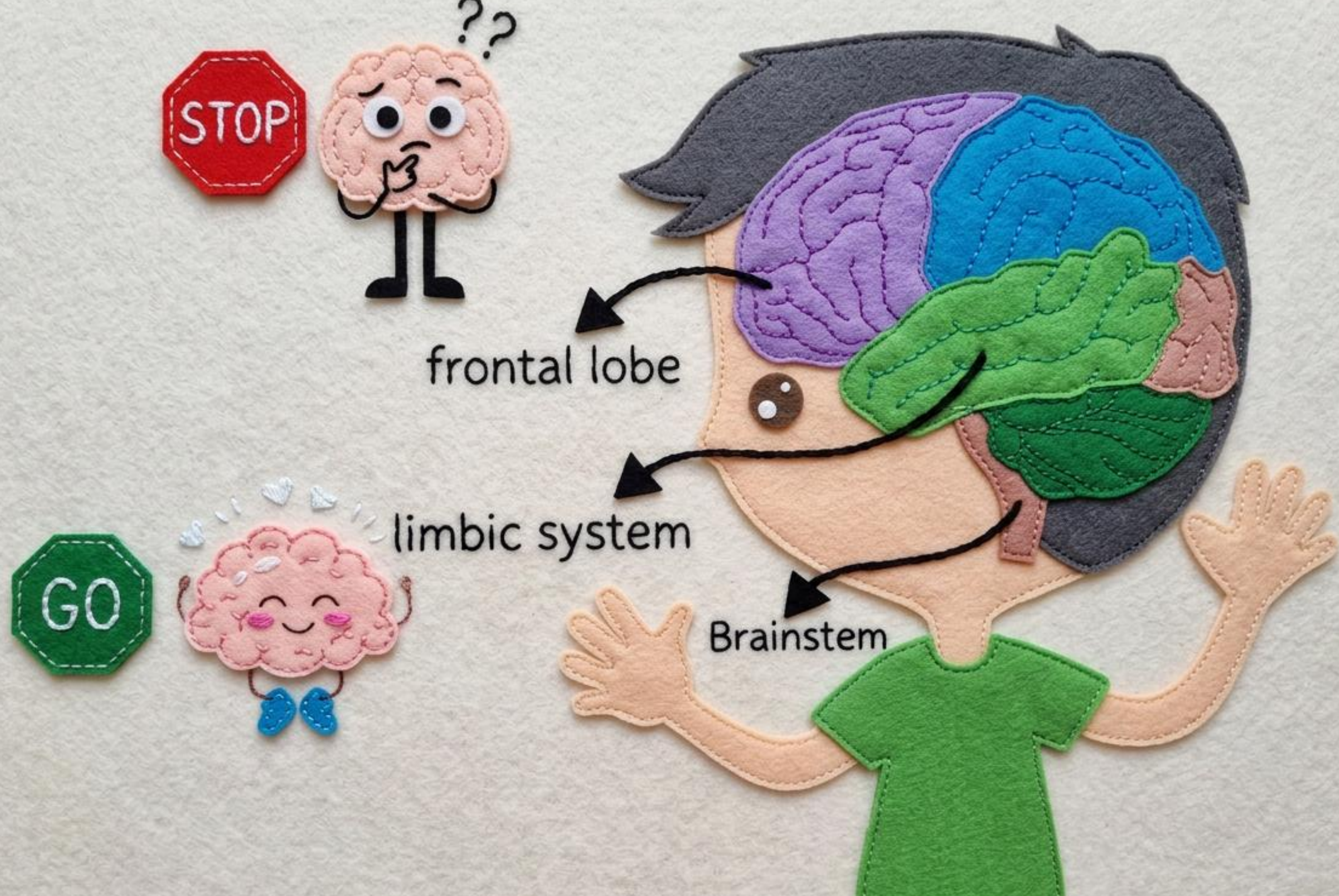
Eyes

Sleep

Posture

Tummy

Feet





Your Body and Brain are Connected!

💖 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 show-and-tell? Sweaty hands are your body's way of saying 'I'm a little worried!'

🦵 Wiggly Legs

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

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



1 : My Brain and Balance



Spinning



Rolling



Swinging



Jumping



My Balance System Needs Practice!

Your body has a built-in **balance system** and it gets stronger every time you practice!



Flamingo

Stand on one foot



Airplane

Arms out wide, switch feet



Statue

Freeze perfectly still!



2 : My eyes need breaks

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

1 🧘 Blink

Three slow, gentle blinks

2 🌳 Look Far

Find something far away in the room

3 🖐️ Look Close

Now look at your hand — far, close, far, close!

4 ☀️ Go Outside

Natural light is the best eye break!

3. Posture: Screens Can Make Our Bodies Curl Up



Screens can make us lean over.

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



Body Challenge:

🧑 Sit tall

💪 Shoulders back

☀️ Stretch break



4. My Body Needs Sleep 🌙

Sleep helps my brain and body **grow**.

🌟 Sleepy Starfish Breath

Open one hand like a starfish. Trace **up** a finger — breathe **in**. Trace **down** — breathe **out**. Do two or three fingers together.

📵 Screens Off Before Bed

Bright screens tell our brains it's still daytime — making it hard to fall asleep!

😴 Sleep = Brain Superpower

While you sleep, your brain sorts everything you learned that day!

5. My Tummy Has Important Messages



**What Message
is your tummy
sending to your brain
right now?**

6. Bodies are made to move!



YOUR BRAIN JUST GOT A MOVEMENT SNACK!



Screens Are Not Bad – Bodies Need Balance! 🏹

📱 Screens Can Be Fun!

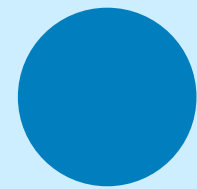
Learning, stories, creativity, connecting with family

🧠 Bodies Need Balance!

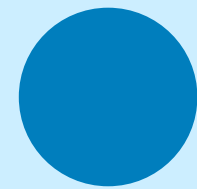
Move, sleep, eat, blink, breathe, and play outside too

Body Check Questions

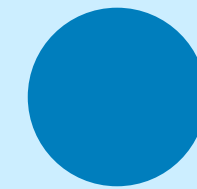
Ask your body — right now!



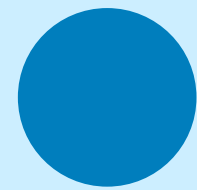
Am I hungry?



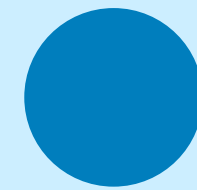
Am I thirsty?



Am I sleepy?



Do I need to move?



Do I need help?

   **Thumbs Up / Thumbs Down:** Sleep? Water? Sitting all day? Playing outside? Screens at dinner time? Blinking?

