

# boost your brain with HEALTHY ACTIVITIES

**BRAIN & BODY HEALTH:** When it comes to academic and mental health, healthy activities benefit the brain! Healthy Activities can include a wide variety of activities - from how we move our bodies, to how we learn and engage our minds, to the hobbies and habits we practice. They can help us connect to others, give us a way to work through or cope with difficult emotions, or grow in confidence and sense of self.

## HEALTHY HOBBIES

## HELPFUL HABITS

- making art, singing or dancing,
- playing sports or exercising,
- playing or listening to music,
- meditation or daily gratitude practices,
- talking to friends, laughing,
- reading or journaling,
- biking or skate boarding,
- cooking or baking,
- snuggling pets,
- spending time outdoors,
- taking walks,
- watching movies



**Build good habits** by practicing skills that improve things like organization, memory, time management, self-control and adaptability

Learn more about EXECUTIVE FUNCTION SKILLS  
[English](#) | [Spanish](#)

From infancy to adolescents, there are easy activities you can do every day to build **executive function skills**

Click on the age group below to discover practical tools  
[3-5 year olds](#) | [5-7 year olds](#)  
[7-12 year olds](#) | [adolescents](#)

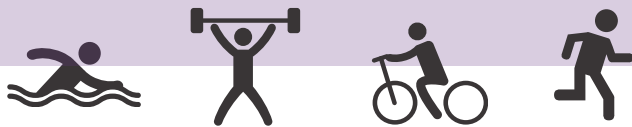
Visit the source for the full Activity Guide:  
[Center on the Developing Child-Harvard University](#)

[BOARD GAMES](#) that enhance Executive Functioning.

## FAMILY ACTIVITY GUIDE [ENGLISH](#) | [SPANISH](#)

Check it out for more ways to boost your brain with your family (conversation prompts, ideas for physical movement and daily gratitude practices)

## PHYSICAL ACTIVITY



[LEARN MORE](#) from Jeffco's Healthy Schools Team about **Boosting Your Brain with Physical Activities**

Family Physical Activity Calendar  
[English](#) | [Spanish](#)

[Watch this Short Video for Jeffco Families](#)

### DID YOU KNOW...

- Active children and teens have better academic and mental health outcomes?
- Children and teens should be physically active for 60 MINUTES DAILY?



**\*REMEMBER\*** every school has mental professionals who are happy to provide support, connection, information, and resources. [Find your school's info here!](#)

[Jeffco Public Schools Mental Health and Wellness Hub](#)