**HEALTHY HOBBIES**

- making art, singing or dancing,
- playing sports or exercising,
- playing or listenting 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

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**HELPFUL HABITS**

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

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**FAMILY ACTIVITY GUIDE**

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

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**PHYSICAL ACTIVITY**

**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?

**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

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*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