



Did you **know?**

Naming a feeling can calm the brain's alarm. Brain scans show that putting an emotion into words quiets the amygdala, the alarm center.

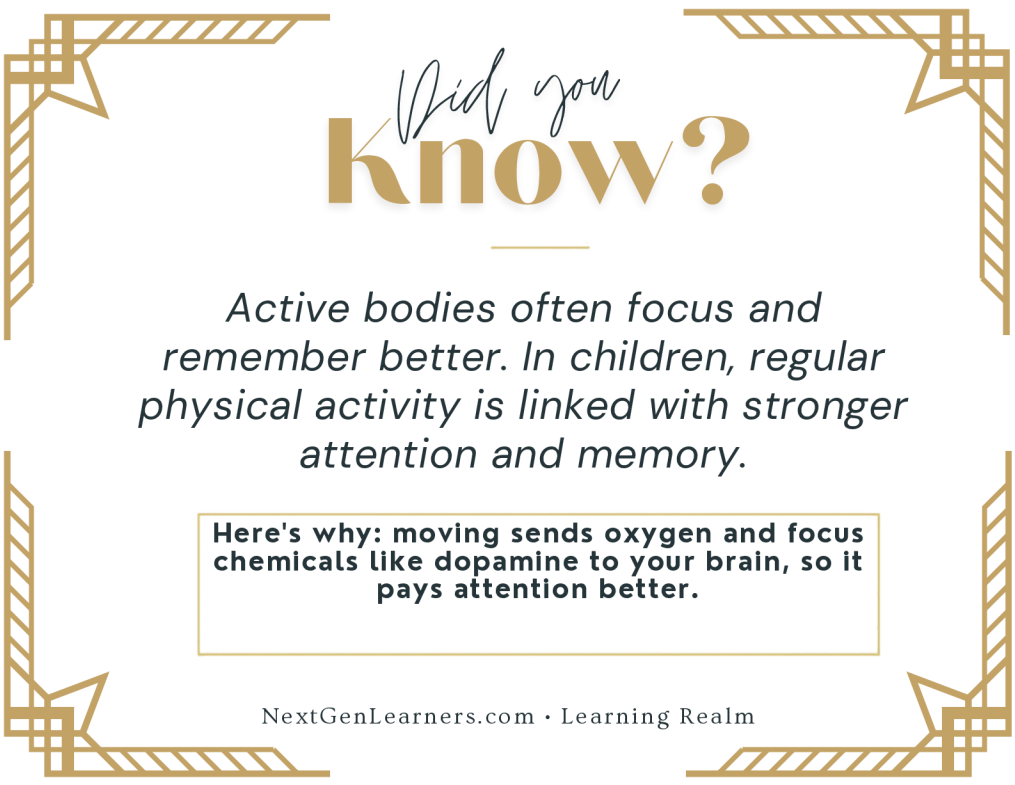
Here's why: putting a feeling into words moves it from your brain's alarm center to its thinking center, turning the alarm down.



Did you **know?**

Breathing out slowly, fewer than about ten breaths a minute, can lower your heart rate and help your body feel calmer.

Here's why: a slow breath out flips on the vagus nerve, your body's calm switch, which slows your heart.



Did you **know?**

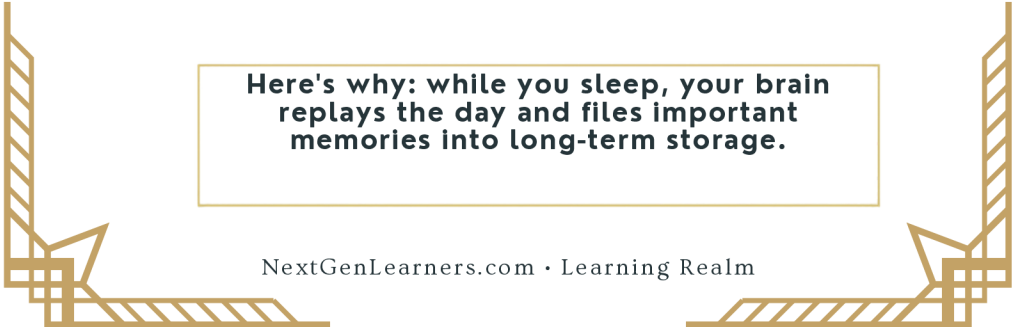
Active bodies often focus and remember better. In children, regular physical activity is linked with stronger attention and memory.

Here's why: moving sends oxygen and focus chemicals like dopamine to your brain, so it pays attention better.



Did you **know?**

While you sleep, the brain replays and stores what you learned that day. Good sleep helps memories last.



Here's why: while you sleep, your brain replays the day and files important memories into long-term storage.



Did you **know?**

Young brains borrow calm from the adults nearby. Warm back-and-forth moments help build the brain and help a child settle.

Here's why: a calm adult's warm attention helps a child's brain build the wiring to settle itself.



Did you **know?**

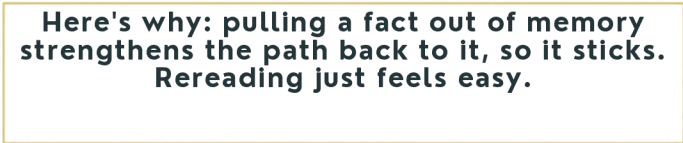
Noticing a mistake sparks the brain and is part of how it learns. Trying hard things grows new connections.

Here's why: a small 'oops' signal fires when you slip, and that spark is the moment your brain starts to learn.



Did you **know?**

*Trying to recall something, instead of
just rereading it, helps it stick.
Remembering is a workout for memory.*

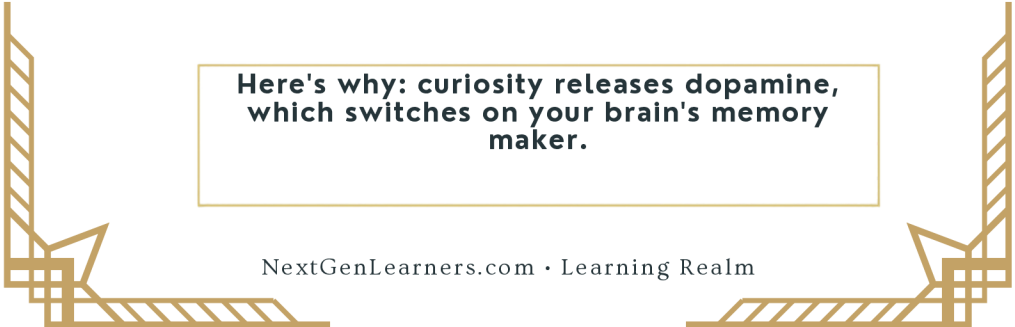


**Here's why: pulling a fact out of memory
strengthens the path back to it, so it sticks.
Rereading just feels easy.**



Did you **know?**

When we feel curious, the brain learns better, and even nearby facts stick. Curiosity opens the door to memory.



Here's why: curiosity releases dopamine, which switches on your brain's memory maker.



Did you **know?**

Reading together and talking about the pictures grows a child's words. Back-and-forth beats reading straight through.

Here's why: talking back and forth about a book makes a child use more words than just listening does.



Did you **know?**

*A little practice spread across days
beats cramming it all at once. Short,
spaced reviews help learning last.*

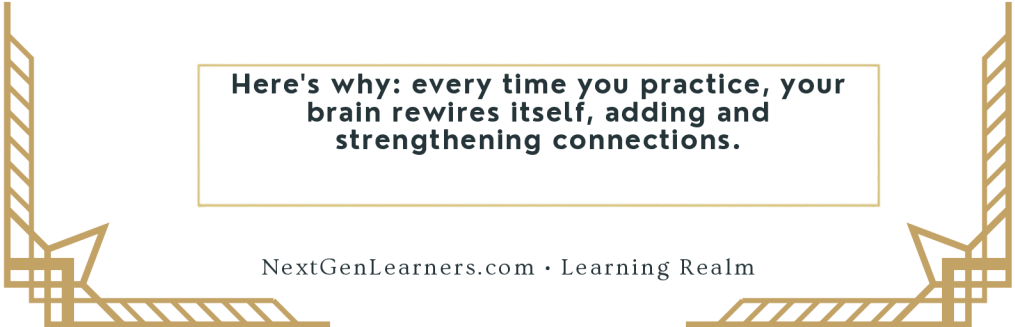


**Here's why: small gaps make your brain
work to remember, and that effort builds a
lasting memory.**



Did you **know?**

*Your brain keeps growing and changing
your whole life. This is called
neuroplasticity.*

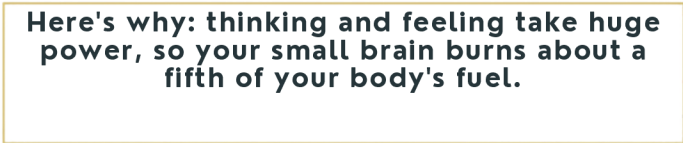


**Here's why: every time you practice, your
brain rewires itself, adding and
strengthening connections.**



Did you **know?**

*Your brain is only about three pounds,
but it uses around a fifth of your
body's energy.*



**Here's why: thinking and feeling take huge
power, so your small brain burns about a
fifth of your body's fuel.**



Did you **know?**

Your brain is about three-quarters water, so even a little thirst can make it harder to focus and remember. Sipping water helps it work its best.

Here's why: brain cells need water to send signals, so even a little thirst slows your thinking.



Did you **know?**

*Laughing can lower stress and help you
feel close to the people around you.*



**Here's why: laughing lowers stress
hormones and releases feel-good
endorphins you can share with others.**



Did you **know?**

Your gut and brain send signals along a nerve called the vagus. That is why big feelings can show up as butterflies or a tummy ache.

Here's why: your gut and brain talk on the vagus nerve, so worry can travel down as butterflies.



Did you **know?**

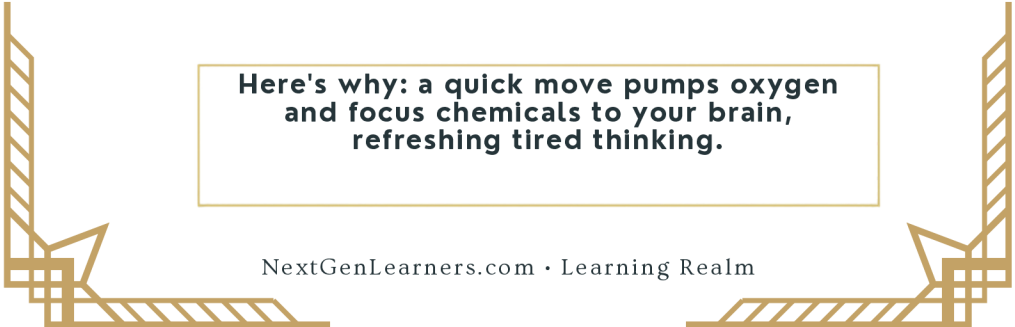
Morning sunlight reaches your inner body clock and helps it release the sleepy hormone melatonin earlier at night. Tip: get some daylight soon after you wake up.

Here's why: morning light sets your inner clock to release the sleepy hormone melatonin earlier that night.



Did you **know?**

*A quick walk or a wiggle can wake up
your brain when you feel stuck.*

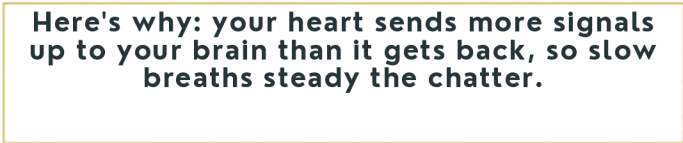


**Here's why: a quick move pumps oxygen
and focus chemicals to your brain,
refreshing tired thinking.**



Did you **know?**

*Your heart and brain send messages to
each other all day long.*

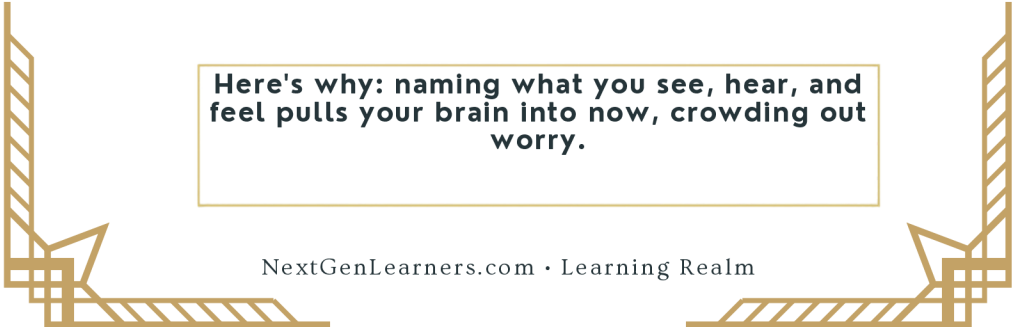


**Here's why: your heart sends more signals
up to your brain than it gets back, so slow
breaths steady the chatter.**



Did you **know?**

*Noticing colors, sounds, and textures
around you can help a busy mind slow
down.*

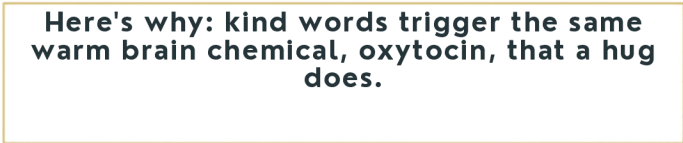


**Here's why: naming what you see, hear, and
feel pulls your brain into now, crowding out
worry.**



Did you **know?**

Kind words can light up the same warm feeling in the brain as a hug.

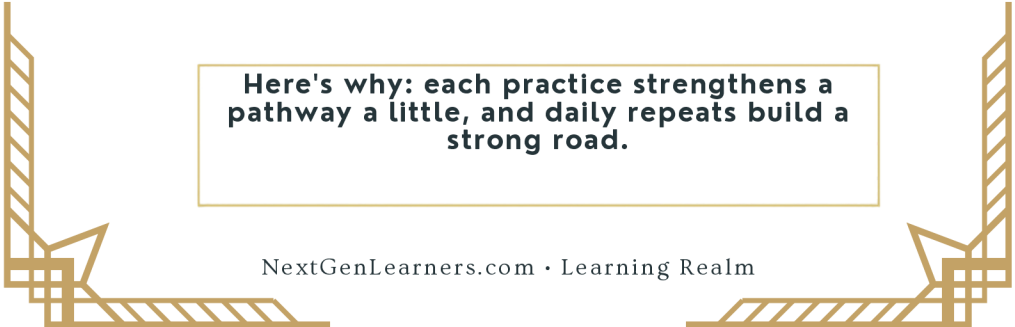


Here's why: kind words trigger the same warm brain chemical, oxytocin, that a hug does.



Did you **know?**

*Practicing a little each day builds
stronger brain pathways than one big
rush.*



**Here's why: each practice strengthens a
pathway a little, and daily repeats build a
strong road.**



Did you **know?**

*Deep belly breaths tell your body's
calm system that you are safe.*



**Here's why: slow belly breaths switch on
your calm system, telling your body the
danger is over.**



Did you **know?**

*Music and rhythm can lift your mood
and help you focus.*



**Here's why: music releases dopamine, your
feel-good spark, and a steady beat helps
your brain keep time.**

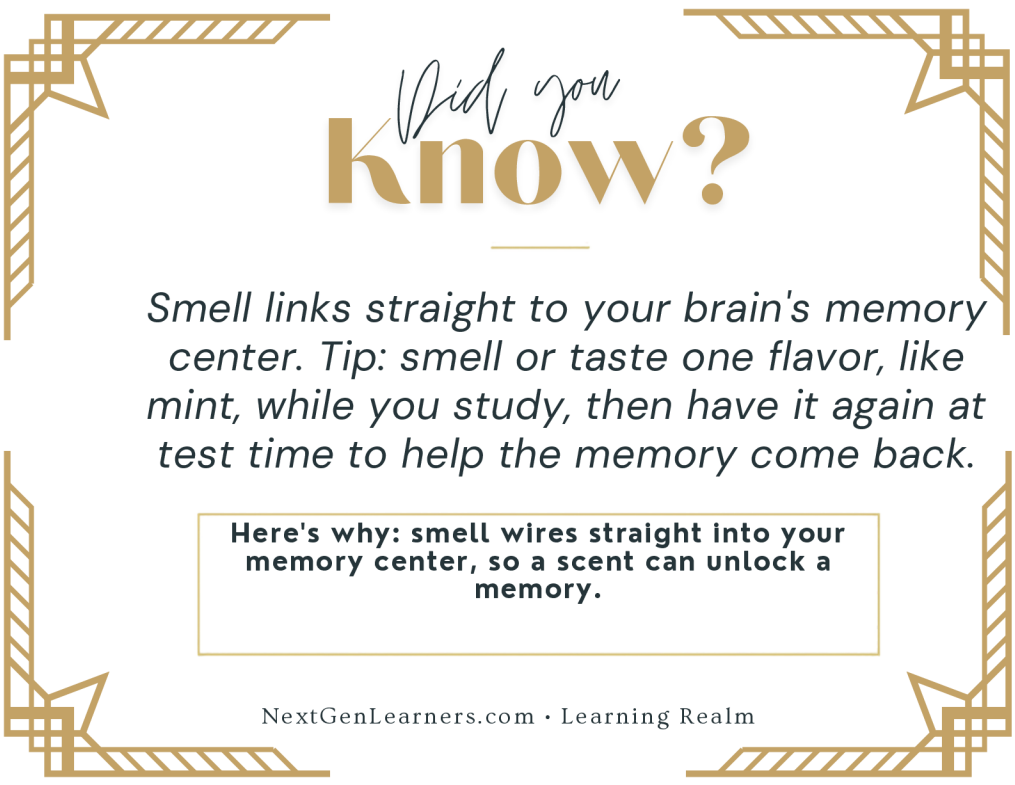


Did you **know?**

Stretching and moving helps blood and oxygen reach your brain.



Here's why: stretching opens up blood flow, carrying more oxygen to your brain so it feels awake.



Did you **know?**

Smell links straight to your brain's memory center. Tip: smell or taste one flavor, like mint, while you study, then have it again at test time to help the memory come back.

Here's why: smell wires straight into your memory center, so a scent can unlock a memory.



Did you **know?**

*A big yawn helps bring in more air to
wake up your brain.*

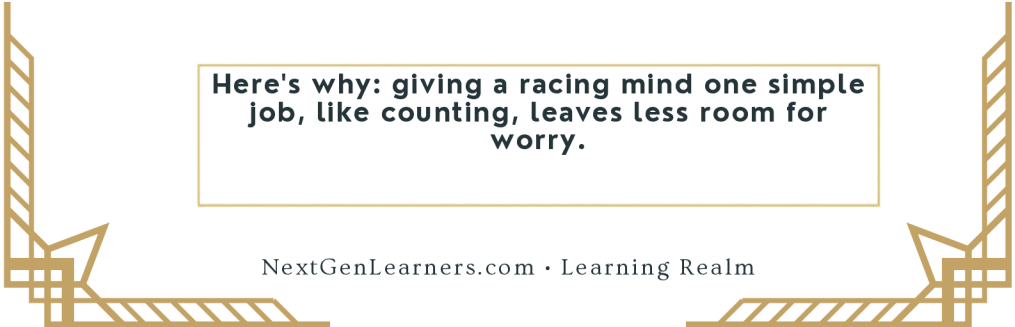


**Here's why: a yawn isn't about oxygen; it
pulls in cool air to cool your brain and keep
it alert.**



Did you **know?**

*Counting slowly can give a racing mind
one calm thing to do.*

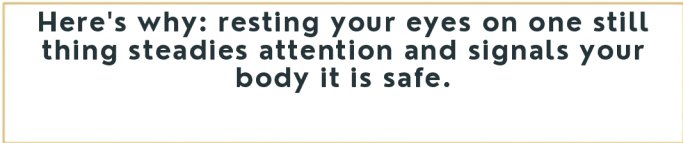


**Here's why: giving a racing mind one simple
job, like counting, leaves less room for
worry.**

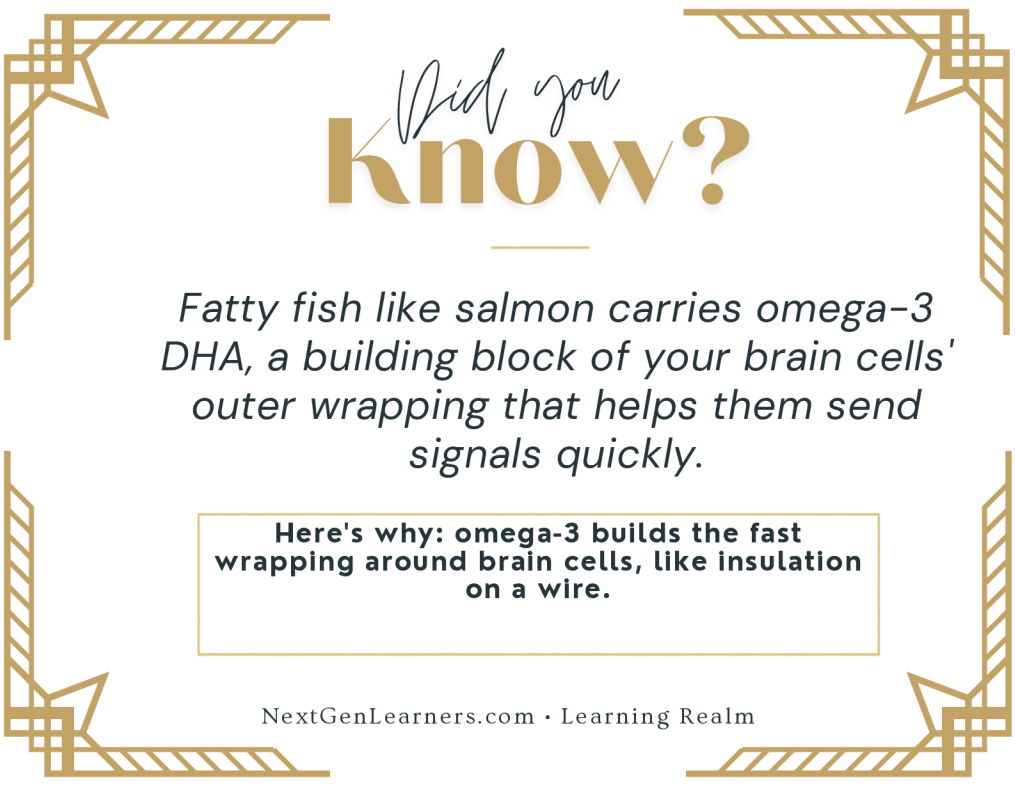


Did you **know?**

*Resting your eyes on one still object
can slow a racing mind.*



**Here's why: resting your eyes on one still
thing steadies attention and signals your
body it is safe.**



Did you **know?**

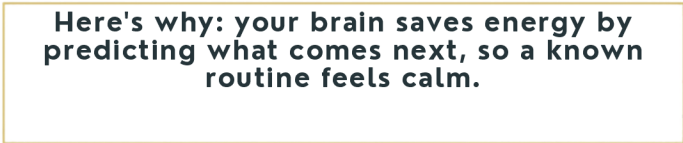
Fatty fish like salmon carries omega-3 DHA, a building block of your brain cells' outer wrapping that helps them send signals quickly.

Here's why: omega-3 builds the fast wrapping around brain cells, like insulation on a wire.



Did you **know?**

Your brain loves patterns, which is why routines feel calming.

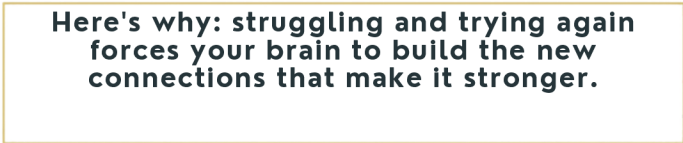


Here's why: your brain saves energy by predicting what comes next, so a known routine feels calm.

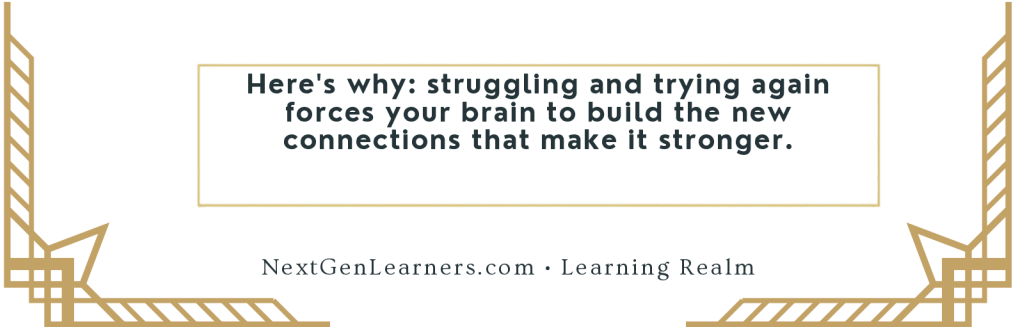


Did you **know?**

*Trying again after a mistake builds new
brain connections.*



**Here's why: struggling and trying again
forces your brain to build the new
connections that make it stronger.**

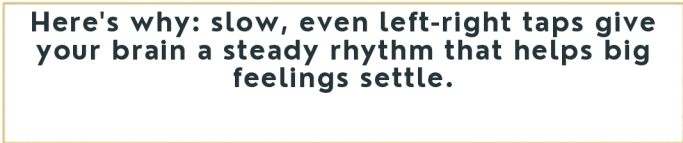


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Did you **know?**

*Slow, even tapping from side to side
can help settle big feelings.*

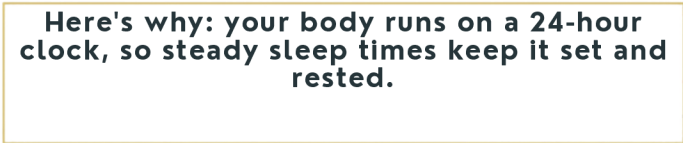


**Here's why: slow, even left-right taps give
your brain a steady rhythm that helps big
feelings settle.**



Did you **know?**

Your body has a built-in clock that likes regular sleep and wake times.

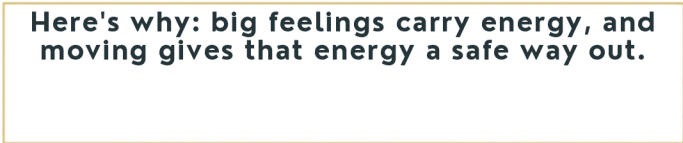


Here's why: your body runs on a 24-hour clock, so steady sleep times keep it set and rested.



Did you **know?**

Moving your body can help let big feelings out in a safe way.

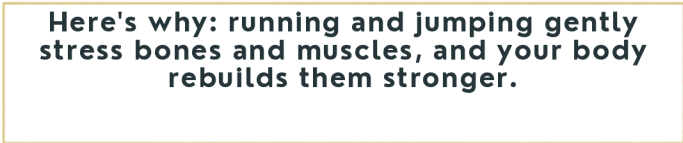


Here's why: big feelings carry energy, and moving gives that energy a safe way out.



Did you **know?**

*Bones and muscles grow stronger
when you run, jump, and play.*



**Here's why: running and jumping gently
stress bones and muscles, and your body
rebuilds them stronger.**



Did you **know?**

*A tight hug or a heavy blanket can feel
calming to many bodies.*

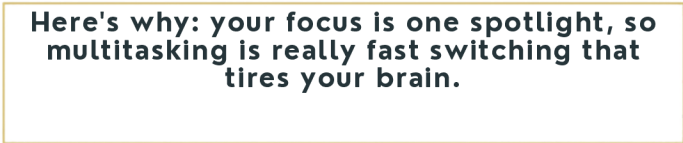


**Here's why: gentle, even pressure switches
on your calm system, so a firm hug or heavy
blanket soothes.**



Did you **know?**

*Your brain pays its best attention to
one thing at a time.*



**Here's why: your focus is one spotlight, so
multitasking is really fast switching that
tires your brain.**

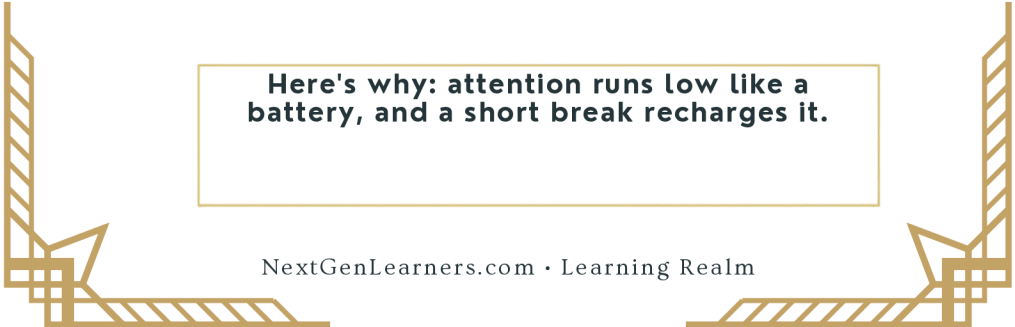


Did you **know?**

Short breaks help you focus for longer.



Here's why: attention runs low like a battery, and a short break recharges it.

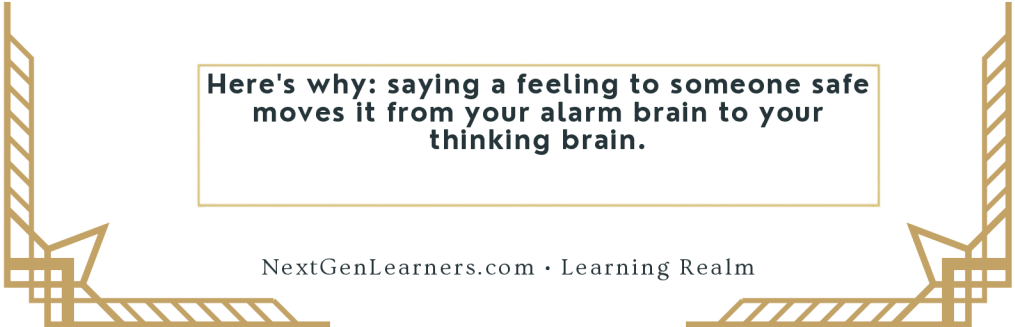


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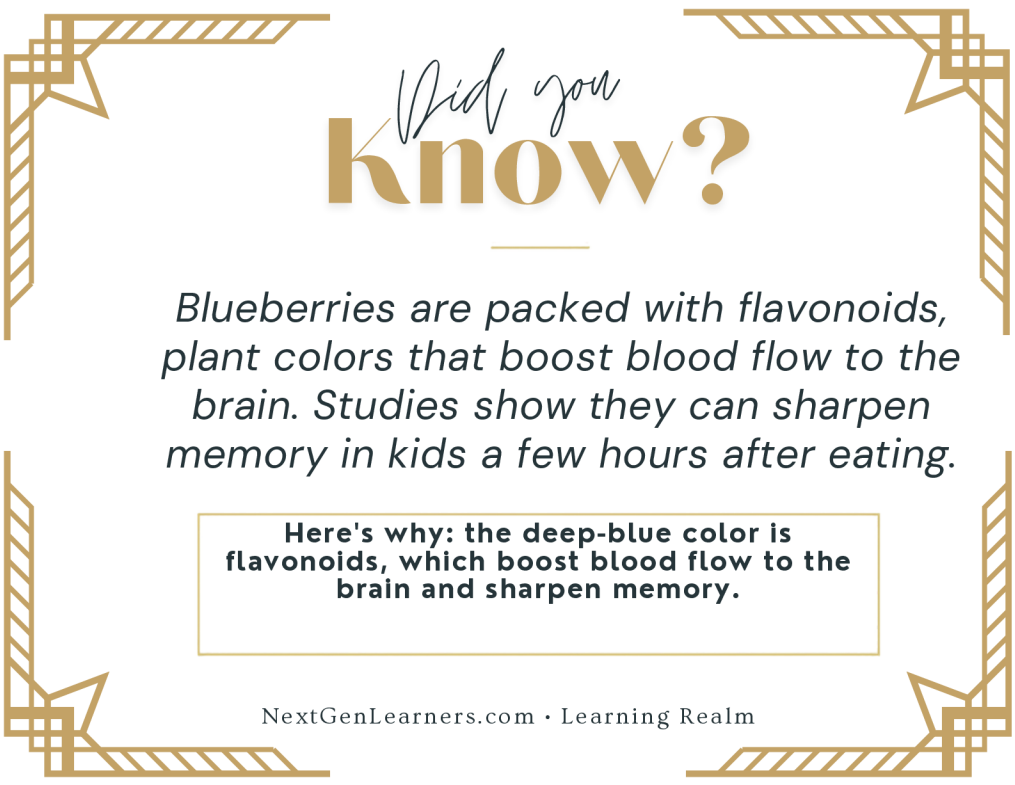


Did you **know?**

*Telling someone you trust how you feel
can help your brain calm down.*



**Here's why: saying a feeling to someone safe
moves it from your alarm brain to your
thinking brain.**



Did you **know?**

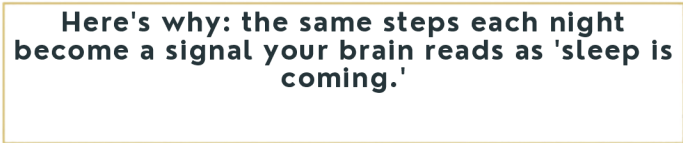
Blueberries are packed with flavonoids, plant colors that boost blood flow to the brain. Studies show they can sharpen memory in kids a few hours after eating.

Here's why: the deep-blue color is flavonoids, which boost blood flow to the brain and sharpen memory.



Did you **know?**

*A steady bedtime routine helps your
brain wind down for sleep.*

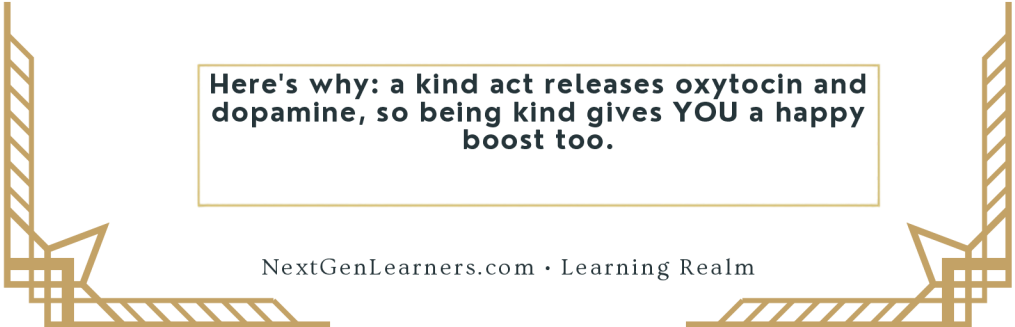


**Here's why: the same steps each night
become a signal your brain reads as 'sleep is
coming.'**



Did you **know?**

Practicing kindness can help you and others feel happier.

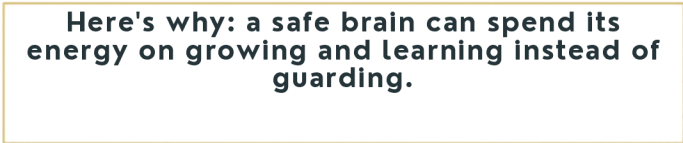


Here's why: a kind act releases oxytocin and dopamine, so being kind gives YOU a happy boost too.



Did you **know?**

*Brains grow the most when a child
feels safe and cared for.*

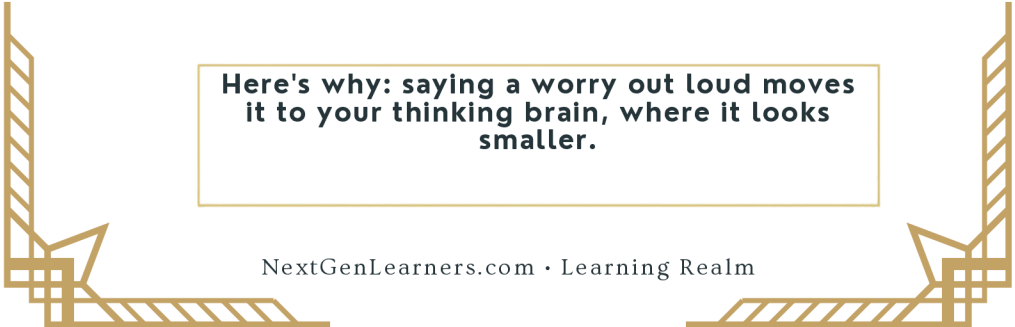


**Here's why: a safe brain can spend its
energy on growing and learning instead of
guarding.**



Did you **know?**

*Talking about a worry out loud can
make it feel smaller.*



**Here's why: saying a worry out loud moves
it to your thinking brain, where it looks
smaller.**



Did you **know?**

Your eyes blink less when you look at screens, which can make them tired.

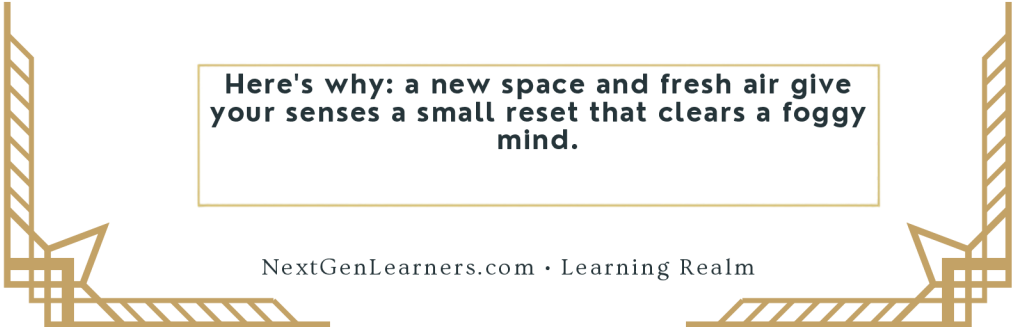


Here's why: you blink about half as much at screens, so eyes dry out; looking far away helps.



Did you **know?**

*Cool, fresh air and a change of room
can help reset a busy mind.*



**Here's why: a new space and fresh air give
your senses a small reset that clears a foggy
mind.**



Did you **know?**

*Drawing or coloring can help calm
strong feelings.*

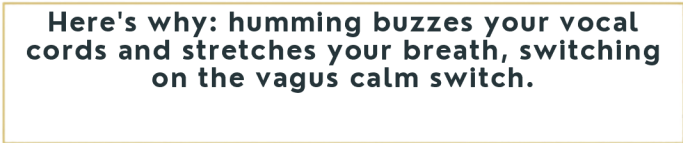


**Here's why: guiding your hands and eyes to
make marks gives busy feelings a quiet,
steady job.**

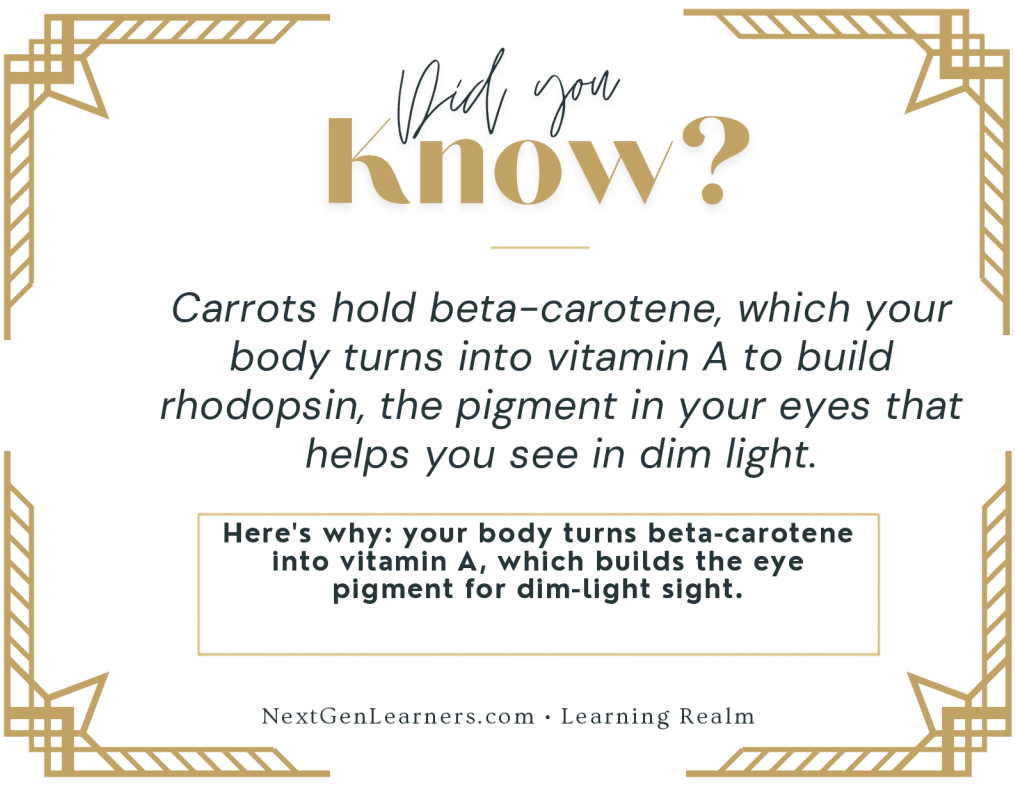


Did you **know?**

*Singing and humming can help your
body relax.*



**Here's why: humming buzzes your vocal
cords and stretches your breath, switching
on the vagus calm switch.**



Did you **know?**

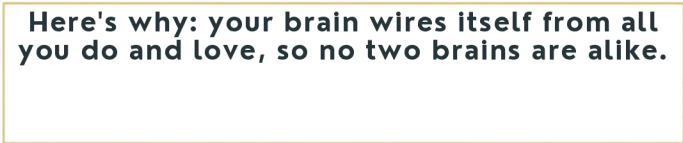
Carrots hold beta-carotene, which your body turns into vitamin A to build rhodopsin, the pigment in your eyes that helps you see in dim light.

Here's why: your body turns beta-carotene into vitamin A, which builds the eye pigment for dim-light sight.



Did you **know?**

*Every brain is a little different, and that
is what makes you, you.*



**Here's why: your brain wires itself from all
you do and love, so no two brains are alike.**