



# get Learning - Brain Power

## Learning new things helps us have a healthy brain

### Exercise

Exercise gets our hearts pumping more oxygen around our bodies. It also increases blood flow to the brain and releases happy chemicals called endorphins that make us feel good. Exercise can help lift your mood. Try and have at least 1 hour of exercise every day.



### Our happy chemicals



Dopamine is a pleasure chemical that is released when we do something that we like. It is highly addictive.



Serotonin is a natural antidepressant, released when we are happy. This is focused by things like sleep and sunlight.



Endorphins are produced by exercise and laughter and they block pain and relieve stress.



Oxytocin is released when we have trusting and healthy relationships. It is known as the 'love hormone' or 'bonding hormone'.

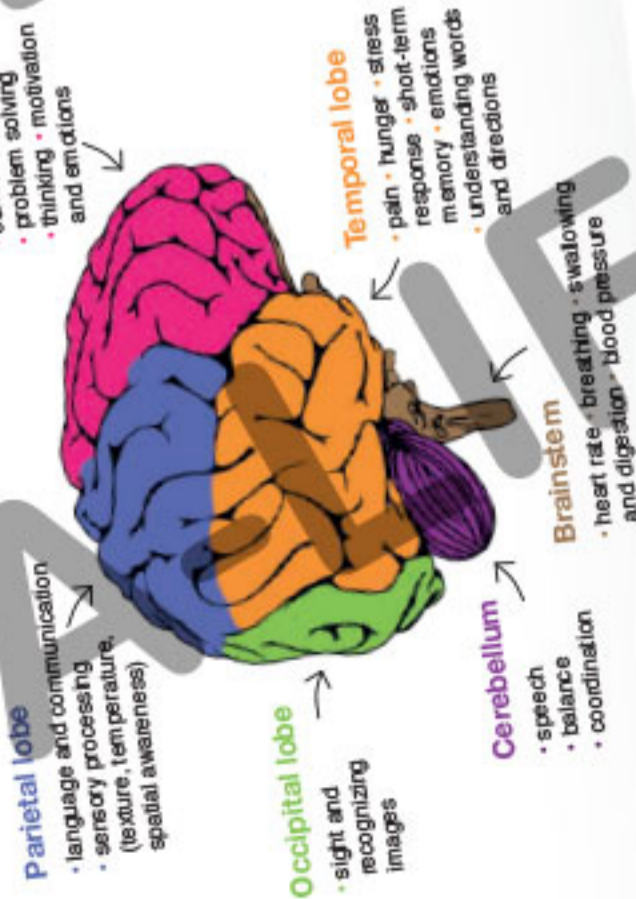
### Sleep & rest

Sleep & rest is really important. It helps:

- our brains to concentrate and learn
- our bodies to grow and have energy
- our mood, so we feel happier

When we sleep, our brain processes its thoughts from the day. Like saving a file on the computer, it helps you remember things. We need good sleep to concentrate the next day and perform at our best. Being on a screen before bed can badly affect your sleep.

### Neuroscience



### The human brain is like a powerful computer.

It stores our memory and controls how we think and react. The brain is the centre of the nervous system, controlling our thoughts, movements, memories and decisions. It contains billions of nerve cells that send and receive information around the body.

### Learning & trying new things

When we learn new things, it helps build a healthy, active brain and also helps us feel a sense of achievement. Walking, talking, sleeping and drinking may seem easy to most of us but a baby has to learn these things.



### Think positively



What we think about affects how we feel and behave. Having a growth mindset helps us see things in a positive way.

### Food

The right food choices give us the energy to get active and the nutrients our brains and bodies need to grow well. Healthy choices will give us lots of energy for a long time.



### Get outdoors

Fresh air and breathing deeply gives us more oxygen which helps our brains work better. Moderate sunshine gives us vitamin D which helps:

- improve our mood and focus by boosting serotonin levels in the body
- improve our sleep
- our bones to strengthen and grow
- strengthen our body's immune system (defence system)

### Breathing

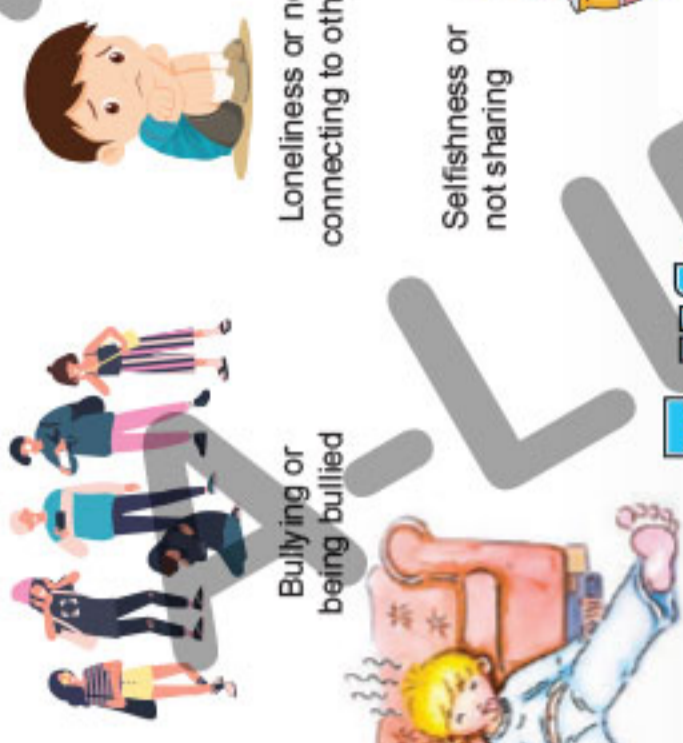
Taking long, deep breaths helps reduce stress and anxiety and can calm us down.



### Brain baddies

These things are not good for our brains...

- Not getting enough sleep
- Too much time inside or too much screen time
- Bullying or being bullied
- Loneliness or not connecting to others
- Selfishness or not sharing
- Stress



RHE, Science