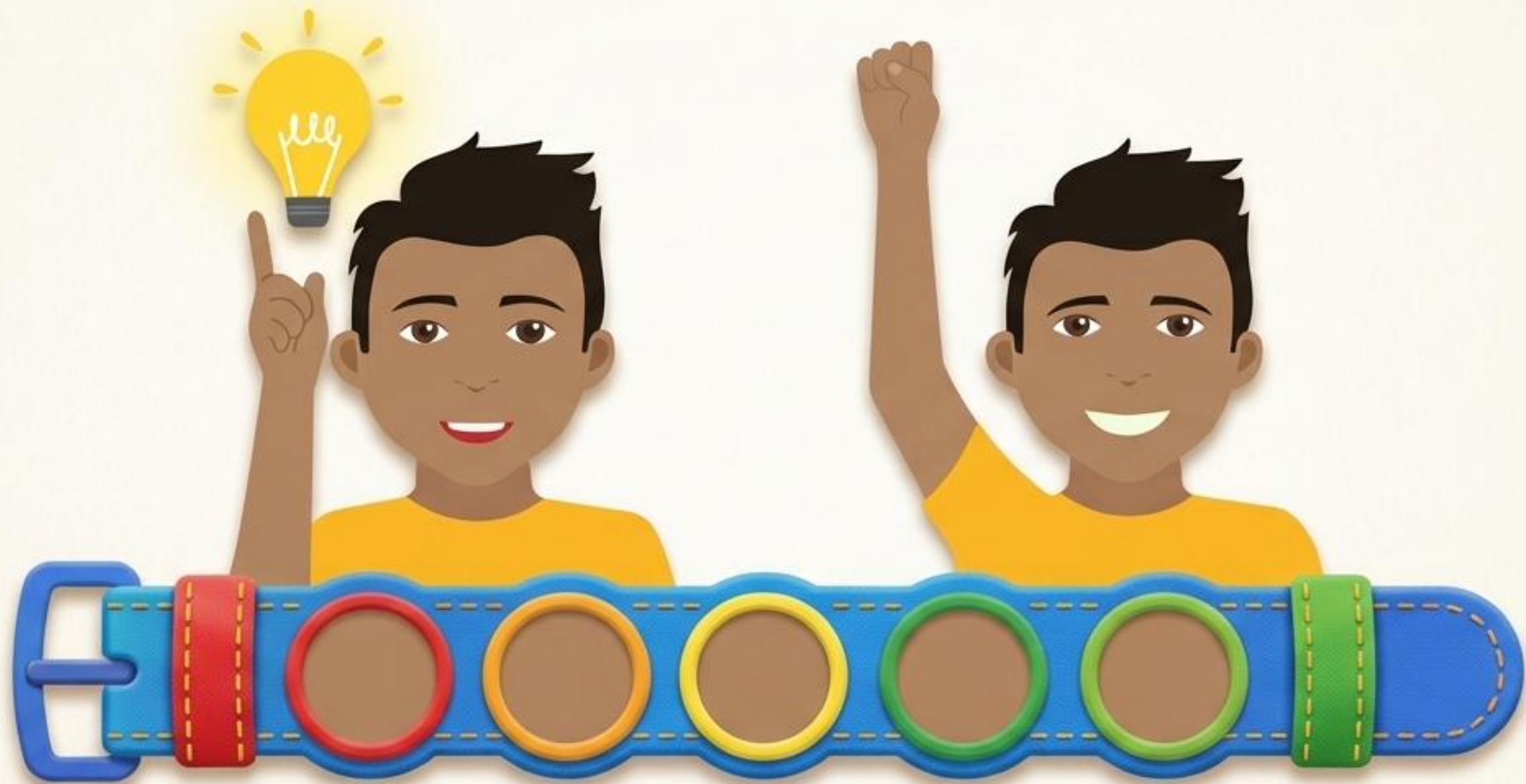


Meet Sam and the Brain Best



Are you ready to be a Brain Detective?

What is your “Brain Best”?

When your
brain gets what
it needs...

...learning
is fun!

...playing
feels great!

...you have
brilliant ideas!



Uh oh... Catching The Prickle!

Sometimes, things don't feel right. We call this warning sign **THE PRICKLE**.

Can you catch it before you hit the red zone?



**RED
ZONE**

**BRAIN
BEST**

Your Secret Toolbelt: The 5Cs



5 secret tools to keep your brain happy and healthy.

Tool 1: Comfortable

I feel uncomfortable.



I feel really comfortable.



1



10

Tool 2: Connected

I feel disconnected.



I feel really connected.



1



10

Tool 3: Count

I feel I do not count.



I feel I count!



1



10

Tool 4: Capable

I feel incapable.



I feel really capable!



1



10

Tool 5: Control

I feel a lack of control.



I feel a strong sense of control!



1



10

Plan Ahead: Prep4Best!

1. Catch the Prickle

2. Pick a Tool

3. Back to Green!



Catch the prickle early. Tell a teacher or friend which tool you need!

Your Empathy Superpower



Brain Detectives don't just help themselves. When a friend is in the Red Zone, help them find their 'Why'.

You are a Brain Detective!

What number
are you right
now?



Which 'C' do you
need to reach
your Brain Best
today?

1

2

3

4

5

6

7

8

9

10