



TEN WAYS TO BUILD YOUR BRILLIANT BRAIN



1. Grow Brain Connections – be determined
2. Fuel Your Brain – don't be hungry or thirsty
3. Be Active – move your body to boost your brain
4. Sleep Well – why and how
5. Make Friends – learn and grow together
6. Bounce Back – failure is a step to success
7. Be Curious – your brain loves new knowledge
8. Be Creative – express, enjoy, invent
9. Love Books – the power of reading for pleasure
10. Take Breaks – your brain will come back better!



For fascinating details of WHY, ideas for HOW, facts, brain boosts and questions answered, see Nicola Morgan's brilliant book:



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NICOLA MORGAN

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