



Overview

It is important to keep the brain healthy and active to avoid a decline in mental ability and memory loss.

We can keep our brains healthy with some basic good health habits:

- Stay physically active
- Get enough sleep
- Don't smoke
- Make friends and socialise
- Eat a balanced diet

Memory isn't always perfect. It's normal to occasionally forget the name of somebody you just met or where you put your shoes. And of course, everyone has forgotten an answer during a test! It's also typical for people to forget more things as they grow older.

Most memory problems affect older people, so what can you do for your memory if you're 12, not 82? In addition to protecting your brain, for example by wearing a helmet when cycling, it is important to exercise your brain!

Activity 1: Brainteasers

Exercise your brain by doing the challenges on the next few pages.

Activity 1: Brainteasers



My Health, My Well-Being



I keep healthy by:

Puzzle 1. Unscramble the words...

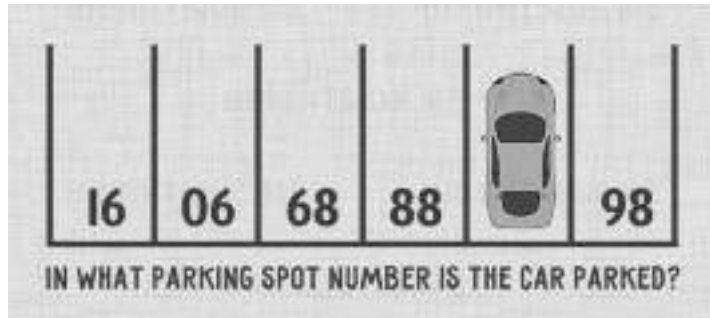
Can you unscramble the following words. Hint: they are all parts of the body!

QUESTIONS	ANSWERS
1. MAR	1.
2. OEBN	2.
3. GNUL	3.
4. ERTHA	4.
5. EINYDK	5.
6. RAIH	6.
7. EEY	7.
8. DBOLO	8.
9. EHTET	9.
10. VLRIE	10.
11. BIR	11.
12. UMLSCE	12.
13. OETNSKEL	13.
14. ENOS	14.
15. TFEE	15.
16. REFNGI	16.
17. AINBR	17.
18. NEKE	18.
19. MACHSTO	19.
20. ULDSEHOR	20.

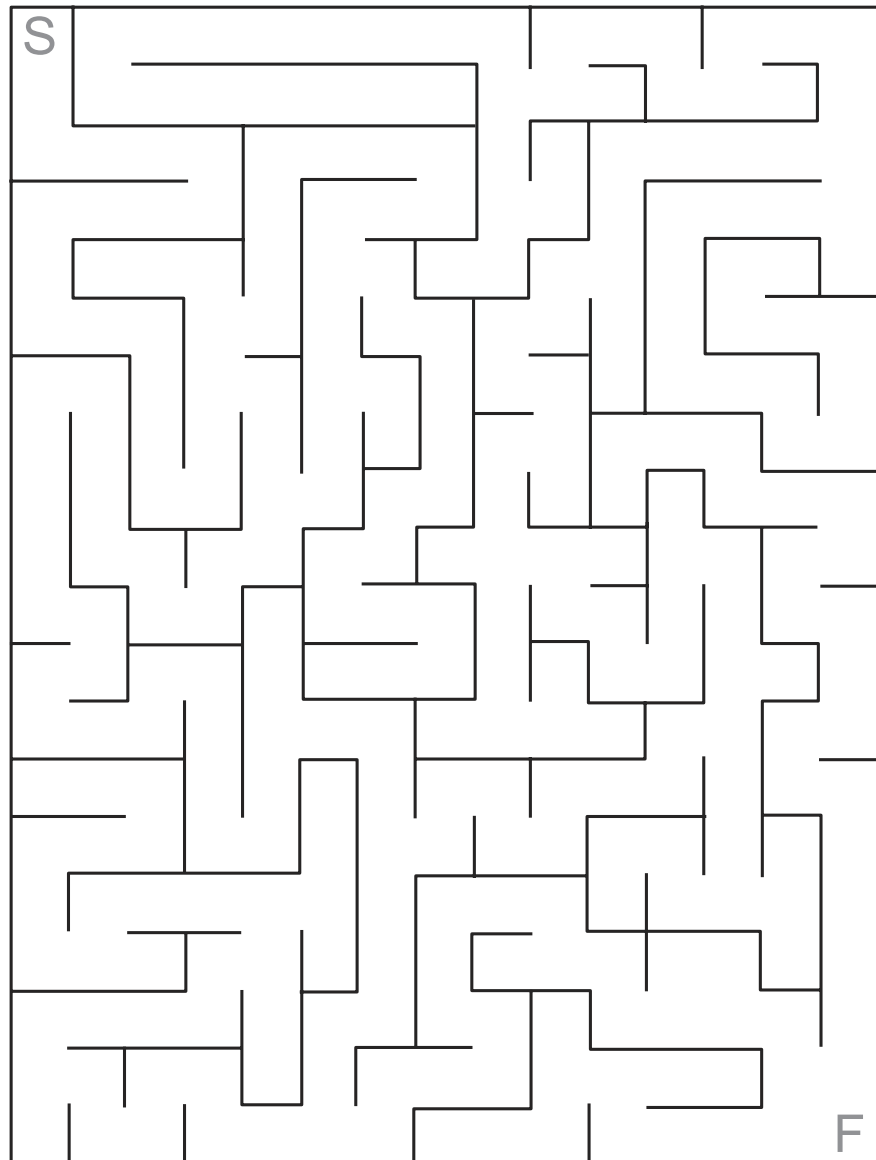


Puzzle 2. Park the car

In what parking spot number is the car parked?



Puzzle 3. The Maze...



Can you find your way through the maze, S=Start F=Finish



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