

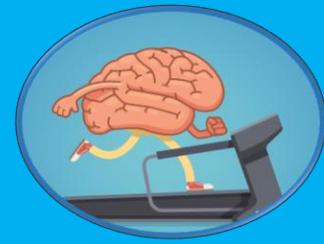
## Boost Your BrainPower

Your habits shape who you are and what you do. Three important habits that prepare you for any adventure are to:

**Sleep** Elementary school kids need 9-12 hours of sleep every night to repair, recharge, and grow

**Sweat** Kids need at least 60 minutes daily of moderate-vigorous physical activity to build strong bodies and boost the brain's ability to learn

**Eat** Learn to love a variety of foods packed with brain-boosting power



Every family has unique patterns of moving, eating, and sleeping. Recording and analyzing data is a great way to discover the patterns. The goal of this adventure is to be aware of your own habits, how they impact the way you feel, and then share what you learned.

To earn Academic Adventure credit for BrainPower

1. Record time spent sleeping & sweating for at least one week using one of the attached Activity Journals.
2. Record the fruits and veggies you eat for at least one week using one of the attached Fuel Journals.
3. Choose one project to help teach other people about what you learned from recording your habits.

Turn in your Project to the Office by May 3.

Questions? Email [academicadventure@enataiptsa.org](mailto:academicadventure@enataiptsa.org)



## Use your data to create your project

- **STEM Project:** Analyze the data you collected and find the vegetable color of which you ate the least. First, choose one vegetable that color and find out what vitamins and minerals are in it. Then choose one of these vitamins or minerals to further research to learn what they do to for your body. If you are still learning to like this vegetable, see if you can find other foods you already like that have the same vitamin or mineral. Summarize findings on one 8.5x11 inch paper using any combination of graphs, charts, pictures and/or words. Include your name, grade, and teacher on the front or back of the project.
- **Social Studies Project:** From your data, see what are your top three favorite vegetables. Find a recipe from another country that uses at least one of these vegetables in it. Help prepare this dish with an adult. On an 8.5x11 inch paper, tape or glue a picture of yourself making or eating the dish and include the recipe and where the dish is from. Tell us what would you serve with this dish? Would you recommend this recipe to a friend to try? Include your name, grade, and teacher on the front or back of the page.
- **Literacy Project:** Do you wake up rested and ready to get out of bed? Do have enough energy to run around the playground for most of recess? Did your fuel log have lots of colors on it or just a few? Write a one-page fictional story or poem that shows what happens when kids do or don't have healthy habits. Include your name, grade, and teacher on the front or back of the page.
- **Arts Project:** Does music help you feel like moving? Create a playlist with about sixty minutes of songs to boost your mood while you exercise. On an 8.5x11 inch page, create two columns. In the first column, write the name of the song and the artist. In the second column, describe what you like about the song using words, emojis, or a picture that you draw. Include your name, grade, and teacher on the front or back of the page.
- **Your choice:** Have another idea for a project that could help kids learn how to fuel their adventures? Email [academicadventure@enatiaptsa.org](mailto:academicadventure@enatiaptsa.org) to preapprove your idea.

Turn in your project by May 3 in the office.



# CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUTH

An Integration of Physical Activity, Sedentary Behaviour, and Sleep.



A HEALTHY 24 HOURS INCLUDES:

## SWEAT

### MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities and muscle and bone strengthening activities should each be incorporated at least 3 days per week.

## STEP

### LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities.

## SLEEP

### SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5 to 13 years and 8 to 10 hours per night for those aged 14 to 17 years, with consistent bedtimes and wake-up times.

## SIT

### SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time and limited sitting for extended periods.

Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviour and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

VISIT BUILDYOURBESTDAY.COM AND CREATE THE BEST DAY EVER!



Canada's guidelines are similar to US CDC guidelines for sleep and movement.

Check out

[buildyourbestday.com](http://buildyourbestday.com)

for a fun tool to create different ways to spend each day.



# My Fuel Journal: \_\_\_\_\_

# Week #: \_\_\_\_\_

Your body needs building blocks and fuel to grow, repair, and move. An important part of energy comes from eating a variety of fruits and vegetables. Track the variety in what you eat for at least two weeks using one of these journal sheets each week.

How to use this journal: 1) See the backside of this sheet for ideas of different colors of fruits and veggies to try. 2) Guidelines for serving sizes are below. 3) Each square represents one serving of fruit or veggie. Color the squares for each serving to match the color that you ate.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Red							
Orange/Yellow							
Green							
Blue/Purple							
White/Tan/Brown (color brown or mark with an X for white)							

## Veggies: Eat at least 3-5 servings daily

- 1 serving of veggies =
- ½ cup of cooked or raw veggies
  - 1 cup of leafy greens
  - ½ cup 100% vegetable juice

**1/2 CUP**  
cooked veggies  
or legumes



**1 SMALL**  
potato



**1 CUP**  
salad veggies



## Fruit : Eat 2-3 servings daily

- 1 serving of fruit =
- ½ cup cooked or raw fruit
  - ¼ cup dried fruit
  - ½ cup 100% fruit juice

