

Take Care of the Most Important Person - YOU!

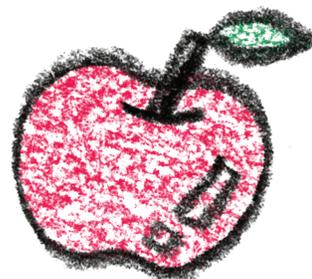
Sometimes we're so focused on working hard that we forget to take care of ourselves. But what does that have to do with being good at math? Well, we need our brains working properly to be good at things, right? And our brains live in our bodies. Being physically tired or hungry or feeling yucky can make learning math way harder than it actually is.

So how do we take care of our brain?



#1: Catch some zzzzz's! It may sound a bit boring, but sleep is THE most important thing for brain function. If you're tired, not only will you be grumpy, but you won't be able to think as well as you normally would. To make sure you can fall asleep, create a routine that helps you relax. Shut down those screens and figure out what makes you feel relaxed and ready for bed and do it EVERY NIGHT.

#2: Eat smart! For your brain to work properly, you have to charge it up first. If you're not hungry first thing in the morning, make a smoothie to go or grab a granola bar. Also, make sure your backpack is full of healthy little snacks that you can munch on throughout the day. It matters WHAT you put in your body. We all love junk food, but it actually makes us more tired. Save it for weekends or times when you don't need to focus.



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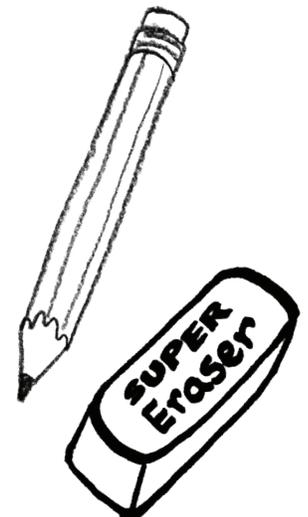
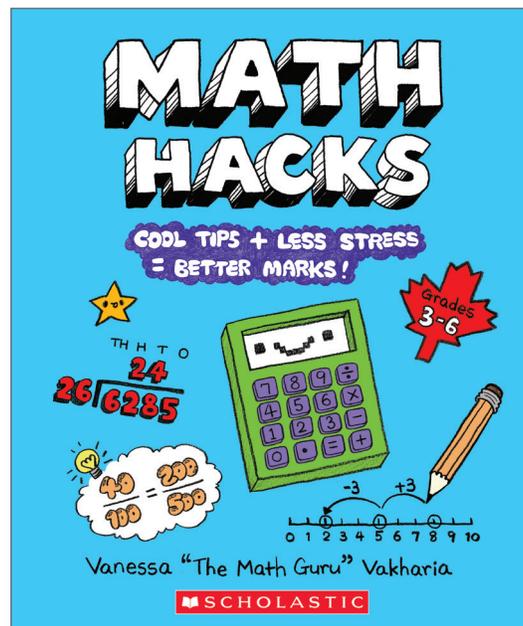
Adapted from *Math Hacks: Cool Tips + Less Stress = Better Marks*.

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#3: Water your brain One of the MAIN reasons that people get tired and grumpy is because they're thirsty . . . and don't even know it. Get a cool water bottle and stick it in your backpack. Before and after recess and at lunch, have a few big gulps of water, whether you think you're thirsty or not. Water your brain and see how much better you feel!



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memory and more, get
yourself a copy!



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