**Healthy Habits Competition with Educational Brains!**

How to compete:

1. Print a copy of your heathy habits chart and put it somewhere you will see it everyday like on the refrigerator or in your agenda.
2. Give yourself one point every time you practice a healthy habit for at least one week in November of 2023.
3. Go to [www.educationalbrains.com](http://www.educationalbrains.com) to submit your contact information and the number of points that you earned.
4. Like and check out our Facebook page on December 3, 2023 to see if your name was drawn to be a winner of an educational game!

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Healthy Habit** | **Why should I practice this?** | **S** | **M** | **Tu** | **W** | **Th** | **F** | **S** | **Total** |
| Free time play | What? I get points for playing? Yes! Spending free time playing no matter how old you are increases blood flow to the brain and can improve your ability to learn, helps creativity and potentially boosts memory function. |  |  |  |  |  |  |  |  |
| Sleep for at least 8 hour a night | You should go to sleep at the same time every day; regular sleep patterns can help you be more attentive in classes, stay in a better mood during the day and build immunity. |  |  |  |  |  |  |  |  |
| Hydrate yourself (generally 6 to 8 cups of water a day) | Drinking water increases energy and relieves fatigue  |  |  |  |  |  |  |  |  |
| Power down at least an hour before bed | Eliminating screen time (ALL electronics) before bedtime helps you fall asleep. |  |  |  |  |  |  |  |  |
| Practice gratitude | Practicing gratitude helps people builds relationships and helps us deal with adversity. |  |  |  |  |  |  |  |  |
| Complete school assignments on time | Effective time management helps you achieve balance and frees up time for other activities.  |  |  |  |  |  |  |  |  |
| Read for at least 30 minutes | Reading helps you improve focus, memory, empathy and communication. |  |  |  |  |  |  |  |  |
| Bonus | Take a picture of yourself doing a healthy habit and share it with our Facebook page! |  |

**What services are offered at Educational Brains?**

Psychoeducational Testing and Counseling:

It sometimes can be hard to tell if someone’s behavior is just part of growing up or a problem that should be evaluated and be treated by a mental health provider. If there are signs or symptoms that are interfering with someone’s life at school, home or with friends it might not be a bad idea to consult with a professional.

An individual may benefit from a psychoeducational evaluation and/or counseling if they:

* Are academically advanced for their age and met developmental milestones early
* Have tantrums that the frequency, duration or intensity of them is troubling
* Complain about frequent stomachaches or headaches with no known medical cause
* Haven’t met their developmental milestones on time
* Have difficulties sustaining attention, initiating and completing tasks
* Are not interested in play with others and have difficulties making friends
* Academically try their best but despite their effort still have low grades
* Engage in high risk behavior
* Have low energy and spend more time alone than with their friends and family

Research Studies:

Educational Brains participates in helping with research through testing companies. Most companies compensate the examinee with a Visa GiftCard to compensate you for your time!