

SECTION 1

WHAT IS BOREDOM?

YOUR BRAIN'S
SECRET
ADVENTURE
GUIDE

Your brain is looking for something meaningful.

Boredom is the feeling
your brain gets when it says:

**"I want something
interesting."**

I'm ready
for something
new!

YOUR BRAIN EVOLVED TO LOOK FOR THINGS THAT MATTER.

Long ago, humans needed to:



notice
danger



find
food



explore
the world



learn from
what was happening
around them

Because of this, your brain is always asking:

"What should I pay attention to now?"

WHEN NOTHING NEW IS HAPPENING...

your brain can feel a bit
empty or restless.
That feeling
has a name.

It is called
BOREDOM.

BOREDOM DOES NOT MEAN:

❌ you are
broken



❌ your life
is bad



❌ something
terrible is
happening



❌ you are
lazy or
naughty



BOREDOM DOES MEAN:

your brain is ready for something new.



curiosity



movement



creativity



discovery

Think of
boredom
like hunger for
your brain.

Hunger tells you your
body needs food.



Boredom tells you your
brain is ready for
something new.



Your brain is **warming up**,
not shutting down.

IN SIMPLE WORDS...

Boredom is your brain's way of saying,
"I want something interesting."

And that is a good thing!

REMEMBER

- ✓ Boredom is normal.
It comes and goes.
 - ✓ It means your brain is ready
to learn, play, create, move,
rest or explore.
- You're not alone – everyone
feels bored sometimes!



SECTION 2

THE BOREDOM DETECTIVE

Wait... am I actually bored?

Sometimes "I'm bored" is another feeling in disguise.
Let's find the real feeling so we can choose what we really need!

BORED?

"Nothing feels interesting."



You might notice:

- Feeling restless but calm
- Nothing sounds fun
- Wanting something new
- Saying "I don't know what to do"

What you might need:

Something new, interesting or creative!



LONELY?

"I want someone with me."



You might notice:

- Wishing someone was here
- Feeling left out
- Wanting company
- Feeling a little empty

What you might need:

Connection, time with someone, or belonging.



TIRED?

"My body needs rest."



You might notice:

- Heavy eyelids
- Yawning
- Moving slowly
- Wanting to lie down

What you might need:

Sleep, rest or a quiet break.



WORRIED?

"My brain feels noisy."



You might notice:

- Lots of worrying thoughts
- Tense body
- Finding it hard to focus
- Heart beating fast

What you might need:

Reassurance, calm, slow down time or support.



Being a detective helps you choose what you really need!



DETECTIVE TIP

It's okay to feel lots of feelings. There is no wrong answer.

SAD?

"Everything feels heavy."



You might notice:

- Feeling down
- Not enjoying things
- Wanting to be alone
- Feeling like crying

What you might need:

Comfort, kindness, time or someone to talk to.



★ WHAT CAN YOU DO NEXT? ★

1 NOTICE

What am I really feeling?



2 NAME IT

Give the feeling a name.



3 NEED IT

What do I really need right now?



4 CHOOSE IT

Pick one small thing that helps.



5 TRY IT

Give it a go. You deserve it!



SECTION 3



YOU
CHOOSE
YOUR
PATH!

THE 5 SECRET PATHS OUT OF BOREDOM

Choose a path. Start small. See where it leads!

Boredom is not
the end of fun.
It is the start of
your adventure!



1 MOVE

Wake up your body,
wake up your brain!



IDEAS TO TRY

- Dance challenge
- Hallway races
- Balloon volleyball
- Shadow jumping
- Yoga animal poses
- 60-second jump challenge

POWER-UP

Movement wakes
up your brain.



2 MAKE

Create something
just because!



IDEAS TO TRY

- Invent a superhero
- Build a fort
- Design a logo
- Create a comic
- Junk modelling
- Draw a dream room

POWER-UP

Creating gives your
brain purpose.



3 PLAY

Turn your world
into an adventure!



IDEAS TO TRY

- Lava floor game
- Treasure hunt
- Role-play shop
- Create a mystery mission
- Become explorers
- Make up your own game rules

POWER-UP

Play turns boredom
into discovery.



4 REST

Rest is not lazy.
It is brain fuel!



IDEAS TO TRY

- Cloud watching
- Listening challenge
- Count the shadows
- Calm breathing
- Lie down and imagine stories
- Look at the sky

POWER-UP

Rest helps your
brain reset.



5 THINK

Ask big questions.
Imagine bigger!



IDEAS TO TRY

- What if cats could talk?
- What if your house was on the moon?
- Invent a new country
- Create your own game rules
- Design something that doesn't exist
- Write a story starter

POWER-UP

Curiosity turns boredom
into imagination.



REMEMBER



There is no
wrong path.

Pick what feels
right today.



Start small.

One tiny step
can lead to big
adventures.



Your ideas
matter.

The world is
better when
you create.



Every choice
builds you.

You're learning,
growing and
becoming you!



Boredom is
your superpower
in disguise.

You've got this!



PATH 1

MOVE

Wake up your body, wake up your brain!

Movement **changes** how you feel.
It boosts your **mood, energy and imagination!**

POWER-UP

Movement wakes up your brain and helps ideas flow!



WHY MOVE WHEN YOU'RE BORED?



RELEASES FEEL-GOOD CHEMICALS
like dopamine and endorphins



REDUCES STRESS
and restless feelings



IMPROVES FOCUS
and thinking



BUILDS CONFIDENCE
and self-esteem



HELPS YOU SLEEP BETTER
and feel calmer

YOU DON'T NEED EQUIPMENT.

Your body is your best tool!



★ IDEAS TO GET YOUR BODY MOVING! ★

DANCE CHALLENGE

Put on your favourite song and dance like nobody's watching!



TIP: Try slow, fast, silly and freeze!



WALK & RUN

Walk outside and notice things. Then run, jog or race for fun!



TIP: Try different speeds. See how your body feels!



BALLOON VOLLEYBALL

Keep a balloon in the air for as long as you can!



TIP: Use hands, forearms, even your head!



SHADOW JUMPING

Jump on your shadow when it appears!



TIP: Works best when the sun is shining!



YOGA ANIMAL POSES

Move like your favourite animal!



TIP: Try cat, dog, lion, flamingo!



MOVE FOR 60 SECONDS!

Try these quick bursts of movement. Do each for 60 seconds!



STAR JUMPS

Jump out wide and in!



HIGH KNEES

Run on the spot!



ARM CIRCLES

Big circles forward and backward!



SQUAT & STAND

Down low, stand tall!



JUMP & CLAP

Jump and clap above your head!



MAKE IT A GAME!

Turn movement into an adventure!



BE A NINJA

Move quietly. Can you get from one room to another unseen?



OBSTACLE COURSE

Use pillows, chairs, cushions or boxes to create a course!



FOLLOW THE LEADER

Take turns leading the moves. Be creative!



MOVE STORY

Act out a story with your body – jump a river, climb a mountain, tiptoe through the forest!

HOW DO YOU FEEL NOW?

After moving, check in with yourself. What's changed?



HAPPIER



MORE ENERGY



CALMER



MORE FOCUSED



PROUD

REMEMBER

- ✓ Small moves = big changes.
- ✓ You don't have to be perfect.
- ✓ Every bit of movement helps!
- ✓ Your body is made to move!



MOVE YOUR BODY. CHANGE YOUR MOOD. POWER YOUR MIND.

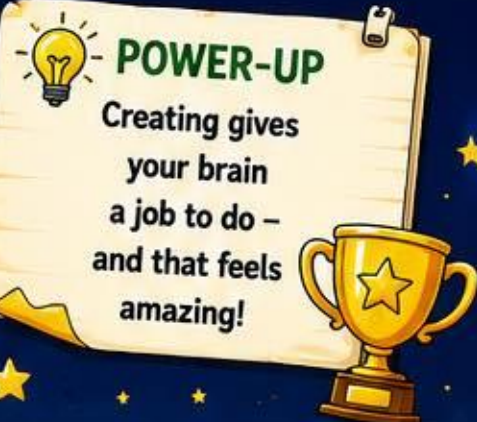
★ KEEP GOING, YOU'RE AMAZING! ★

PATH 2

MAKE

Create something just because!

Creating gives your brain **purpose**,
pride and so much **joy**!



WHY MAKE WHEN YOU'RE BORED?



GIVES YOUR BRAIN PURPOSE

It shifts your focus to something positive.



BOOSTS CREATIVITY

You practise thinking in new and fun ways.



BUILDS CONFIDENCE

You feel proud of what you make.



HELPS YOU EXPRESS FEELINGS

Art helps words that are hard to say.



GIVES YOU A SENSE OF ACHIEVEMENT

Finishing something (big or small!) feels awesome.

YOU DON'T NEED MUCH!

Big ideas can come from simple things.



Imagination is your best tool!



★ IDEAS TO CREATE SOMETHING AMAZING! ★

DRAW & DOODLE

Let your pencil go on an adventure!



TIP: Doodle how you feel, your dreams, or something silly!

BUILD & DESIGN

Use blocks, boxes or anything to build your world!



TIP: Build a castle, a city, a robot – you choose!

MAKE & CRAFT

Cut, glue, fold, stick and create!



TIP: Try making cards, origami, collages or decorations!

WRITE & STORY

Your stories can take you anywhere!



TIP: Write a story, a poem, a song or a comic!

CREATE WITH TECH

Use apps, music, photos or videos to bring ideas to life!



TIP: Wake a playlist, edit a video, or design something cool!

MAKE IT A CHALLENGE!

Try one of these fun challenges!



5 MINUTE CREATOR

Set a timer and create something in just 5 minutes!

5 MIN



COLOUR EXPLOSION

Use as many colours as you can!



UPCYCLE CHALLENGE

Turn something old into something new!



TINY MASTERPIECE

Make something amazing in a small space!



CREATE FOR KINDNESS

Make something to give to someone you care about!

MAKE IT AN ADVENTURE!

Turn your creativity into a quest!



INVENT A CHARACTER

Draw or write about someone totally new!



DESIGN A WORLD

Draw a place where anything is possible!



CREATE A SUPERPOWER

What can you make that solves a problem?



MAKE A MINI MOVIE

Tell a story with pictures, toys or stop-motion!



BUILD A DREAM ROOM

Design your perfect room or hangout!

HOW DO YOU FEEL NOW?

After making, check in with yourself.
What's changed?



HAPPIER



PROUD



CALMER



MORE INSPIRED



MORE CONFIDENT

REMEMBERE

- ✓ There is no wrong way to create.
- ✓ It doesn't have to be perfect to be wonderful.
- ✓ Every bit of creativity helps your brain grow!
- ✓ You are a creator – always!

Your imagination has no limits.
What will you create today?

CREATOR'S PLEDGE

I will use my imagination.
I will keep trying.
I will enjoy the process.
I will be proud of what I create!



★ CREATE YOUR WORLD. EXPRESS YOURSELF. BE PROUD OF YOU.

© S Keri

PATH 3

CREATE

Bring your ideas to life!

Creating lets your brain **imagine**,
plan and turn ideas into something **real**!

POWER-UP

Creating gives
your brain
a job to do –
and that feels
amazing!

WHY CREATE WHEN YOU'RE BORED?



GIVES YOUR BRAIN PURPOSE

It helps you focus
on something
positive.



BOOSTS CREATIVITY

You practise
thinking in new
and fun ways.



BUILDS CONFIDENCE

You feel proud of
what you create.



HELPS YOU EXPRESS FEELINGS

Art helps words
that are hard
to say.



GIVES YOU A SENSE OF ACHIEVEMENT

Finishing something
(big or small!) feels
awesome.

YOU DON'T NEED MUCH!

Big ideas can come from
simple things.



Imagination is your
best tool!

IDEAS TO UNLEASH YOUR CREATIVITY!

DRAW & DOODLE

Let your pencil
go on an
adventure!



TIP: Doodle how
you feel, your dreams,
or something silly!

BUILD & DESIGN

Use blocks, boxes
or anything to
build your world!



TIP: Build a castle,
a city, a robot –
you choose!

MAKE & CRAFT

Cut, glue, fold,
stick and
create!



TIP: Try making cards,
origami, collages
or decorations!

WRITE & STORY

Your stories
can take you
anywhere!



TIP: Write a story,
a poem, a song
or a comic!

CREATE WITH TECH

Use apps, music,
photos or videos
to bring ideas
to life!



TIP: Wake a playlist,
edit a video, or design
something cool!

CREATE IN MINI CHALLENGES!

Try one of these fun ideas!



3 MINUTE SKETCH

Draw anything you see
in 3 minutes!

3
MIN



COLOUR BLAST

Use only 3 colours to
make something amazing!



UPCYCLE & TRANSFORM

Turn something old
into something new!



PHOTO STORY

Take 3 photos that tell
a story!



CREATE FOR KINDNESS

Make something to give
to someone you care about!

CREATE AN ADVENTURE!

Turn your ideas into a quest!



INVENT A CHARACTER

Who are they? What's their story?
Draw or write about them!



DESIGN A WORLD

Create a place, a planet
or a dream home!



CREATE A SUPERPOWER

What can you do? How will
you use it to help others?



MAKE A MINI MOVIE

Tell a story with pictures,
toys or stop-motion!



BUILD A DREAM ROOM

Design your perfect
space to relax or hang out!

HOW DO YOU FEEL NOW?

After creating, check in with yourself.
What's changed?



HAPPIER



PROUD



CALMER



MORE
INSPIRED



MORE
CONFIDENT

REMEMBER

- There is no wrong way to create.
- It doesn't have to be perfect to be wonderful.
- Every bit of creativity helps your brain grow!
- You are a creator – always!



Your imagination
has no limits.
What will you
create today?



MAKER'S PROMISE

I will use my creativity.
I will keep trying.
I will enjoy the process.
I will be proud of
what I create!



★ CREATE YOUR WORLD. EXPRESS YOURSELF. BE PROUD OF YOU.

© S Keri

PATH 4

CONNECT

You're not alone – connection makes life brighter!

Connecting with others helps your brain feel
★ happy, supported and strong! ★

POWER-UP

Connection gives your brain a job to do – and that feels amazing!



WHY CONNECT WHEN YOU'RE BORED?



GIVES YOUR BRAIN PURPOSE

It helps you feel like you belong.



BOOSTS HAPPINESS

It releases feel-good chemicals in your brain.



BUILDS CONFIDENCE

You feel proud when you connect with others.



REDUCES LONELINESS

It reminds you you're not alone.



MAKES YOU STRONGER TOGETHER

Teamwork helps everyone shine!

YOU DON'T NEED A CROWD!

Even small moments of connection count!



A kind chat



A friendly message



A shared laugh



A helping hand

Connection is your superpower! 💜

★ IDEAS TO CONNECT AND FEEL GOOD! ★

TALK & LISTEN

Have a real conversation. Ask questions, listen and show you care.



TIP: Put your phone down and give your full attention.

PLAY TOGETHER

Play games, sports or create your own fun with friends or family!



TIP: Team up, take turns and enjoy the moment!

SHARE & SUPPORT

Share your ideas, help someone out or cheer them on!



TIP: Kind words and encouragement go a long way!

JOIN IN

Get involved in a club, class or group that matches your interests.



TIP: Find your people and do what you love together!

BE THERE

Check in on someone who might need a friend today.



TIP: A little kindness can brighten someone's whole day.

CONNECT IN MINI CHALLENGES!

Try one of these quick ideas!



COMPLIMENT CHALLENGE

Give 2 genuine compliments today!

5 MIN



THANK YOU CHALLENGE

Thank 3 people for something they do!

5 MIN



TEAMWORK TASK

Work together on a puzzle, project or build!

15 MIN



SCREEN-FREE TIME

Spend 20 minutes talking, playing or creating together!

20 MIN



KINDNESS CHALLENGE

Do one kind thing for someone without expecting anything back!

10 MIN

Small moments, BIG connections!

MAKE IT AN ADVENTURE!

Turn connection into a quest!



FRIENDSHIP QUEST

Learn something new about a friend or family member.



GLOBAL PEN PALS

Write a letter or message to someone from another place!



COMMUNITY HERO

Do something kind in your community or for a neighbour.



GROUP CHALLENGE

Set a goal together – read a book, run a mile, clean up a space!



MEMORY MAKERS

Create a memory together – take photos, draw, bake or explore!

HOW DO YOU FEEL NOW?

After connecting, check in with yourself. What's changed?



HAPPIER



MORE CONNECTED



MORE CONFIDENT



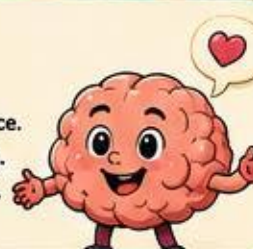
LESS LONELY



MORE SUPPORTED

REMEMBER

- ✓ Everyone needs connection.
- ✓ Small moments can make a big difference.
- ✓ You don't have to be perfect, just be you.
- ✓ You matter. You belong. You're not alone.
- ✓ Connection makes everything better!



CONNECT YOUR HEART. LIFT OTHERS. BUILD A BETTER WORLD.

★ TOGETHER, WE SHINE! ★

PATH 5

PLAY

Play is serious brain power!

Playing helps your brain **grow**,
★ **learn and feel amazing!** ★

POWER-UP

Play gives your
brain a job to do –
and that feels
amazing!

WHY PLAY WHEN YOU'RE BORED?



GIVES YOUR BRAIN PURPOSE

It keeps your brain
active and happy.



BOOSTS CREATIVITY

You imagine, invent
and think in new
and fun ways.



BUILDS CONFIDENCE

You try new things
and feel proud of
what you can do.



REDUCES STRESS

Play helps you relax,
reset and feel
good.



IMPROVES FOCUS

It helps your brain
learn and solve
problems better.

YOU DON'T NEED FANCY TOYS!

Anything can become a toy
when you use your imagination!



a box



a stick



a blanket



cushions

Imagination turns the ordinary
into something extraordinary!



★ FUN WAYS TO PLAY AND GROW! ★

ACTIVE PLAY

Run, jump, climb, dance
and move your body!



TIP: Moving your body
helps your brain stay
strong and alert!



MAKE-BELIEVE PLAY

Pretend, imagine and
create your own
stories!

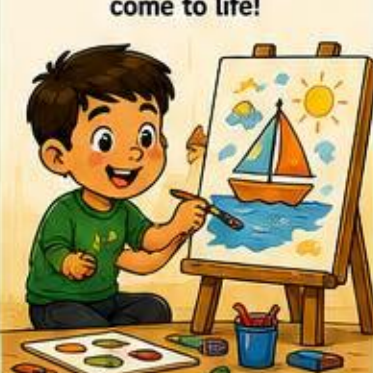


TIP: Pretend play helps
you understand the world
and other people!



CREATIVE PLAY

Draw, paint, build, craft
and make your ideas
come to life!

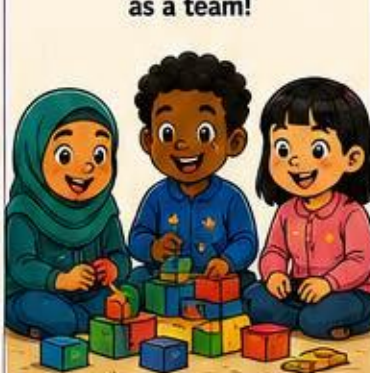


TIP: Creating builds new
connections in your brain
and boosts ideas!



SOCIAL PLAY

Play with others, take
turns, share and work
as a team!

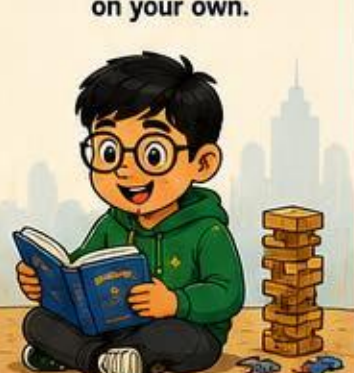


TIP: Playing together
builds friendship,
kindness and teamwork!



QUIET PLAY

Read, do puzzles,
build, or play calmly
on your own.



TIP: Quiet play helps
you focus, recharge and
feel in control!



PLAY CHALLENGES!

Try one of these fun ideas!



5 MINUTE PLAY BURST

Set a timer and play
for 5 minutes!

5
MIN



NATURE PLAY

Go outside and play
with nature!

10
MIN



BUILD IT CHALLENGE

Build the tallest tower
you can!

15
MIN



SILLY PLAY

Make someone laugh
with a silly game!

5
MIN



KINDNESS PLAY

Do something kind while
you play today!

10
MIN

Small acts of play,
BIG benefits!

MAKE IT AN ADVENTURE!

Turn play into a quest!



TREASURE HUNT

Find 5 things around your
home or garden!



MISSION IMAGINE

Invent a new game and
teach it to someone!



BUILD A WORLD

Create a world with toys,
blocks or craft!



STORY MAKER

Make up a story and act it
out with friends or toys!



PLAY & LEARN

Learn something new
while you play!



HOW DO YOU FEEL NOW?

After playing, check in with yourself.
What's changed?



HAPPIER



MORE
CONFIDENT



MORE
CALM



MORE
CREATIVE



MORE
CONNECTED

REMEMBER

- ✓ Play is not a waste of time.
- ✓ Play helps you learn and grow.
- ✓ Play can be big or small.
- ✓ Play is for everyone, every day!
- ✓ Make time for play – your brain will thank you!



You don't have to
grow up to be great.
You have to **play**
to grow great!

PLAY TODAY.
GROW TOMORROW.
SHINE ALWAYS!



★ **PLAY YOUR WAY. LEARN YOUR WAY. BE YOU!** ★

© S Keri

PATH 6

REST

Rest helps your body and brain recharge!

Rest gives your brain time to heal, grow and be ready for tomorrow!

POWER-UP

Rest gives your brain a job to do – and that feels amazing!



WHY REST WHEN YOU'RE BUSY?



GIVES YOUR BRAIN TIME TO RECOVER

It helps your brain heal and stay healthy.



BRINGS BACK ENERGY

Rest fills your body and mind with energy.



IMPROVES FOCUS

A rested brain can think, learn and remember better.



SUPPORTS MOOD

Rest helps you feel calmer, happier and more in control.



KEEPS YOU HEALTHY

Good rest boosts your immune system.

YOU DON'T NEED MORE TIME – YOU NEED BETTER REST!

Even short breaks can make a BIG difference!



A quiet moment



Fresh air



Listen to calming music



Stretch your body



Drink water

Rest is not lazy – it's smart!



WAYS TO REST AND RECHARGE

GET ENOUGH SLEEP

Sleep helps your brain clean, heal and grow.



TIP: Aim for 9–11 hours of sleep each night!

REST YOUR BODY

Take breaks from screens and busy activities.



TIP: Take regular breaks to stretch, relax and move gently.

QUIET YOUR MIND

Calm your thoughts and give your brain a break.



TIP: Try deep breathing, mindfulness or a calm quiet space.

DO NOTHING (AND THAT'S OK!)

Sometimes the best rest is giving yourself time to do nothing.



TIP: It's okay to relax without feeling guilty!



REST IN NATURE

Nature helps your mind slow down and feel peaceful.



TIP: Go outside, look at the sky, feel the breeze and take it all in.

REST CHALLENGES!

Try one of these this week!



SLEEP CHECK

Go to bed 15 minutes earlier tonight.

15 MIN



RELAX TIME

Take 10 minutes to do something calm.

10 MIN



SCREEN BREAK

Have 30 minutes without screens.

30 MIN



HYDRATION HERO

Drink a glass of water and take a deep breath.

5 MIN



GRATITUDE MOMENT

Think of one thing that made you smile today.

5 MIN

MAKE IT AN ADVENTURE!

Turn rest into a quest!



SLEEP SUPERHERO

Create a bedtime routine that helps you sleep like a hero!



CALM QUEST

Find a quiet place, close your eyes and take 5 deep breaths.



DREAM JOURNAL

Write or draw your dreams when you wake up!



RESTORE & RECHARGE

Choose one thing each day that helps you relax.



REST MISSION

Make rest a priority so you can be your best self!

HOW DO YOU FEEL NOW?

After resting, check in with yourself. What's changed?



MORE ENERGY



MORE CALM



HAPPIER



BETTER FOCUS



READY TO GROW

REMEMBER

- Rest is not a waste of time.
- Your brain and body need rest to grow.
- You don't have to be perfect – just rest.
- Every little bit of rest helps.
- A rested you is a brilliant you!



Small steps to rest, BIG benefits!

You are allowed to slow down. Rest today so you can shine tomorrow!

REST YOUR MIND. RECHARGE YOUR BODY. RISE STRONGER.

© S Keri

PATH 7

THINK

Your brain is powerful Use it!

Thinking helps you **solve problems**,
make good choices and understand the world!

POWER-UP

Thinking gives your
brain a job to do –
and that feels
amazing!

WHY THINK WHEN YOU'RE BORED?



KEEPS YOUR BRAIN ACTIVE

It helps your brain
stay strong and
healthy.



SPARKS CREATIVITY

Good ideas come
from curious
thinking!



SOLVES PROBLEMS

It helps you figure
things out and
make smart
choices.



IMPROVES FOCUS

Thinking helps you
concentrate and
remember better.



BUILDS CONFIDENCE

You feel proud
when you use
your brain.

YOU DON'T NEED TO GET IT PERFECT!

Every brain makes mistakes – that's how we learn!



Ask
questions



Try new
ideas



Learn
from
mistakes



Keep
going!

Your brain gets stronger every time you think!

FUN WAYS TO THINK AND EXPLORE!

ASK & WONDER

Ask 'what if?'
and 'why?'
Let your curiosity
lead the way!



TIP: There are no silly
questions!

PUZZLE TIME

Puzzles, riddles and
brain games are
great for your brain!



TIP: Challenge your brain
a little bit every day!

THINK IT THROUGH

Take your time.
Stop, think and
choose your
best option.



TIP: Pause, breathe
and think!

LOOK FOR SOLUTIONS

When there's a
problem, think of
ways to solve it!



TIP: Problems are
challenges in disguise!

LEARN & CONNECT

Read, discover,
observe and connect
ideas together!



TIP: Every new thing you
learn grows your brain!

THINK CHALLENGES!

Try one of these this week!



BRAIN TEASER

Solve a riddle or tricky
puzzle!

10
MIN



WHAT IF? CHALLENGE

Think of 3 different
endings to a story!

10
MIN



SPOT THE DIFFERENCE

Find 10 things that are
different!

10
MIN



BUILD & PLAN

Design something new
or build with blocks!

20
MIN



BIG QUESTION TIME

Think about a big
question and write
your ideas!

15
MIN

MAKE IT AN ADVENTURE!

Turn thinking into a quest!



DETECTIVE MISSION

Find clues and solve
a mystery!



INVENTOR CHALLENGE

Invent something that
makes life better!



FUTURE PLANNER

Imagine your future.
What will you change
in the world?



DESIGN YOUR WORLD

Draw or build a place
where everyone is happy!



STORY CREATOR

Make up a story with
your own characters
and ideas!

HOW DO YOU FEEL NOW?

After thinking, check in with yourself.
What's changed?



MORE
FOCUSED



MORE
CURIOUS



MORE
CONFIDENT



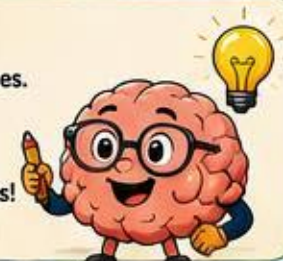
MORE
CREATIVE



READY TO
LEARN

REMEMBER

- Thinking helps you make better choices.
- It's okay to take your time.
- Your ideas are important.
- Every time you think, your brain grows!
- You can always learn something new!



Small thinking,
BIG impact!

Your mind is amazing.
Keep using it to make
wonderful things happen!

THINK BIG. ASK QUESTIONS. FIND SOLUTIONS. BELIEVE IN YOUR IDEAS.
YOU'VE GOT THE POWER!

SECTION 4

THE SCREEN TRAP

Screens can be helpful – but too much or the wrong kind can get us stuck!

It's all about **balance**, **choice** and **control**!

★ KNOW THE DIFFERENCE! ★



ACTIVE SCREEN TIME

You're in control.
You choose, create, learn and interact!



Learning something new



Creating something



Talking & connecting



Solving problems & thinking



Being active with screens

✓ Good for your brain, mood and skills!

VS

PASSIVE SCREEN TIME



You're just watching.
You scroll, stare and don't take part.



Endless scrolling



Binge watching



Mindless videos



Too much social media



Screen time before bed

! Too much can drain your brain and make you feel low.

★ WHY TOO MUCH PASSIVE SCREEN TIME CAN BE A PROBLEM ★

Less sleep



Harder to fall asleep and stay asleep.

Low mood



More screens can mean less happiness.

Poor focus



Harder to concentrate on other things.

Less moving



Sitting too much isn't good for bodies.

Missing out



Less time for friends, family and fun!

More stress



Too much can feel overwhelming and tiring.

THE GOAL:



Balance screens with real-life activities that help you grow!

SCREEN RULES THAT HELP!

- ✓ Make a plan, not a habit.
- ✓ Set time limits and stick to them.
- ✓ No screens 1 hour before bed.
- ✓ Screens in shared spaces.
- ✓ Take regular breaks – get up, stretch and move!
- ✓ Choose quality over quantity.
- ✓ Be the boss, not the screens!



SMART SCREEN IDEAS



Learn something new



Create a video, story or art



Play games that make you think



Video call a friend or family



Use apps that help you grow

SCREEN-FREE FUN!

Go outside, read, draw, build, play, cook, dance, talk, dream...
So many better things to do!



CHECK IN WITH YOURSELF

Ask yourself these questions:

	Yes	Sometimes	No
Am I in control of my screen time?			
Do I use screens to learn or create?			
Do I take breaks and move my body?			
Do I get enough sleep?			
Do I spend time with people I care about?			
Do I feel good after screen time?			

REMEMBER

- ✓ Screens are tools – not babysitters.
- ✓ Active is awesome. Passive can trap you.
- ✓ Balance helps your brain and body thrive.
- ✓ You choose how you use your time!



CHOOSE WISELY. STAY ACTIVE. LIVE FULLY. BE YOUR BEST!

★ YOU'VE GOT THE POWER! ★

SECTION 5

FUEL YOUR BODY

Food gives you energy to learn, play, grow and feel your best!

★ Good food = a healthy body and a happy mind! ★

POWER-UP

Eating healthy foods helps your body stay strong and your brain stay sharp!



★ EAT A VARIETY OF GOOD FOODS EVERY DAY! ★

FRUIT & VEG

Give you vitamins, minerals and fibre. Aim for 5 a day!



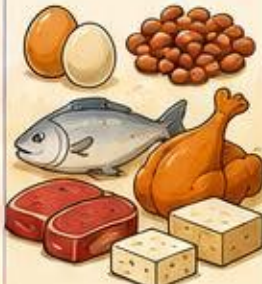
CARBOHYDRATES

Give you energy to learn, play and grow!



PROTEIN

Helps your body build and repair muscles.



DAIRY & ALTERNATIVES

Strong bones and teeth need calcium!



HEALTHY FATS

Good for your heart and brain. Choose small amounts.



✓ A balance of different foods helps your body and brain work at their best!

LIMIT FOODS THAT DON'T HELP YOU

Too much sugar



Too much salt



Too much fat



✗ They can make you feel tired, gain weight and harm your health.

★ SMART CHOICES EVERY DAY! ★

DRINK WATER

Water keeps you hydrated and helps your body work properly.



Choose water first!

EAT REGULARLY

Regular meals and snacks give you steady energy.



Don't skip breakfast!

PORTION POWER

Listen to your body. Eat the right amount for you.



Not too much, not too little!

COLOUR YOUR PLATE

The more colours you eat, the more nutrients you get!



Eat a rainbow every day!

PLAN AHEAD

Pack a healthy lunch and snacks for school and days out.



Plan today for a strong tomorrow!

GOOD FOOD = GOOD MOOD!

Healthy eating can help you:

- ⚡ Have more energy
- 🧠 Concentrate better
- 😴 Sleep better
- 🛡️ Stay strong and fight illness
- 😊 Feel happier



FOOD CHALLENGES!

Try one of these this week!

- TRY A NEW FRUIT** or vegetable **10 MIN**
- RAINBOW CHALLENGE** Eat 5 different colours in one day **15 MIN**
- WATER CHAMPION** Drink 6-8 glasses of water **20 MIN**
- SUGAR SPY** Find the hidden sugars in foods and drinks **15 MIN**
- HEALTHY SWAP** Swap a snack for a healthier choice **10 MIN**

Small changes make a BIG difference!

MAKE IT AN ADVENTURE!

Turn healthy eating into a quest!

- FOOD EXPLORER** Discover new healthy foods from around the world!
- CHEF CHALLENGE** Help make a healthy meal or snack.
- GROW YOUR OWN** Plant herbs or vegetables and watch them grow!
- FOOD DETECTIVE** Read food labels. Be a smart shopper!
- GRATITUDE BITE** Say thank you for the food that fuels you!

Food is fuel, not just filler. Choose foods that help you shine!



HOW DO YOU FEEL NOW?

After eating, check in with yourself. What's changed?



- MORE ENERGY**
- BETTER FOCUS**
- STRONGER BODY**
- BETTER MOOD**
- READY TO LEARN**

REMEMBER

- ✓ Eat a variety of healthy foods.
- ✓ Drink plenty of water.
- ✓ Limit sugary, salty and fatty foods.
- ✓ Listen to your body.
- ✓ Good food helps you grow, learn and feel amazing!



EAT WELL. FEEL WELL. LEARN WELL. LIVE WELL.

★ EVERY BITE COUNTS! ★

SECTION 6

THE BOREDOM CYCLE

POWER-UP

Boredom can lead to great ideas and growth – when you break the cycle!



I'm bored...

Boredom is a signal, not a problem.
Break the cycle. Take control!

Boredom is normal – but what you do next makes all the difference.

THE BOREDOM CYCLE

Getting stuck can make you feel worse.



BREAK THE CYCLE!

Choose actions that lift you up.



WAYS TO BREAK BOREDOM (BETTER CHOICES!)

GET ACTIVE

Move your body and boost your mood!



BE CREATIVE

Draw, write, build, craft or make something new!



LEARN SOMETHING

Read, watch, explore or try something you've never done!



HELP OTHERS

Do something kind and make a difference.



CONNECT

Talk, laugh and spend time with people who lift you up.



GET OUTSIDE

Fresh air, nature and sunshine can change your day!



CHECK IN WITH YOURSELF

When boredom hits, ask:

- ♥ What am I really feeling?
- ☁ What do I need right now?
- 👟 What's one small step I can take?
- ❓ Will this choice help or trap me?

REMEMBER

- ✓ Boredom doesn't last forever.
- ✓ You are in charge of your next choice.
- ✓ Small steps lead to big changes.
- ✓ You have the power to break the cycle!



YOUR MISSION

The next time you feel bored, choose one better option from above. See how it makes you feel! You've got this!



BREAK THE CYCLE. MAKE A CHOICE. CREATE YOUR LIFE.

SECTION 7

MINI ADVENTURES

Small adventures. BIG learning!

POWER-UP

New experiences build confidence, curiosity and happy memories!



★ Try a mini adventure today – see how you feel! ★

★ CHOOSE YOUR ADVENTURE! ★

1 NATURE EXPLORER



Go on a bug hunt or spot 5 different leaves in a park or garden.

Builds:



2 KINDNESS MISSION



Do something kind for someone – a note, a smile or a helpful hand.

Builds:

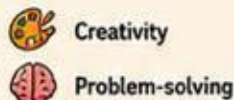


3 CREATIVE CHALLENGE



Draw, make, build or craft something unique and you!

Builds:



4 FOODIE EXPLORER



Try a new fruit, vegetable or dish. What does it taste like?

Builds:



5 MOVEMENT ADVENTURE



Try a new sport, dance move or go on a family walk or bike ride.

Builds:

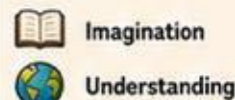


6 STORY DISCOVERER



Read a new book or listen to a story from a different culture.

Builds:



★ MAKE IT YOUR OWN! ★

✓ CHOOSE IT
Pick an adventure that excites you.



📅 PLAN IT
Decide when, where and how you will do it.



🚀 DO IT
Go on your adventure! Enjoy the moment and have fun.



💖 FEEL IT
How did it make you feel? What did you learn?



ADVENTURE CHECKLIST

- ✓ I tried something new
- ✓ I stepped out of my comfort zone
- ✓ I had fun
- ✓ I learned something
- ✓ I'm proud of myself!



★ LEVEL UP YOUR ADVENTURE!

- Go with friends or family
Adventures are better together!
- Ask questions
Stay curious and notice new things.
- Take a photo or draw it
Capture the memory!
- Keep a mini adventure journal
Write or draw your favourite moments.

Small steps lead to BIG adventures and amazing growth!



ADVENTURE IDEAS TO INSPIRE YOU!

- ★ Visit a museum or library
- ★ Watch the sunset
- ★ Build a den or fort
- ★ Learn a magic trick
- ★ Plant a seed and watch it grow
- ★ Explore a new place
- ★ Help cook a new recipe
- ★ Write a short story
- ★ Learn a new skill online
- ★ Go stargazing
- ★ Visit a farm or zoo
- ★ Make a playlist of happy songs
- ★ Paint a kindness rock
- ★ Try some origami
- ★ Volunteer with your family
- ★ Learn a few words in another language
- ★ Make up your own game!



HOW DO YOU FEEL NOW?

After your adventure, how do you feel?



REMEMBER

- ✓ You don't need big plans to have big learning.
- ✓ Every adventure builds your brain and heart.
- ✓ Be brave. Be curious. Be you!
- ✓ The best adventures start with saying YES!



You are an adventurer.
The world is full of possibilities!



SAY YES TO ADVENTURES. SAY YES TO GROWTH. SAY YES TO YOU!

YOU'VE GOT THE POWER!

You've learned a lot today – about your brain, your body and how to make amazing choices!

Every choice you make shapes your day, your future and the world around you!

Small steps. Good choices. Big impact.
BELIEVE IN YOURSELF – YOU CAN DO THIS!



★ WHAT WE'VE DISCOVERED TOGETHER ★

1 MOVE

Keep your body strong and active.



Move more, feel better!

2 FUEL

Eat well, drink water and give your brain energy.



Good fuel, big results!

3 PLAY

Play, have fun and connect with others.



Play together, grow together!

4 REST

Sleep well and give your brain time to recharge.



Rest today, strong tomorrow!

5 THINK

Use your brain to solve problems and make good choices.



Think smart, choose wisely!

6 THE SCREEN TRAP

Balance screen time and real-life time.



Balance is power!

7 THE BOREDOM CYCLE

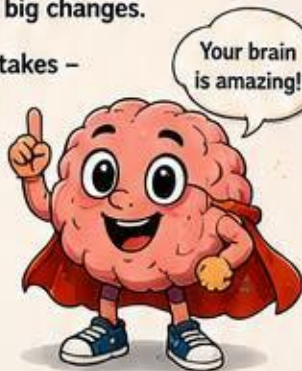
Break the cycle and choose better options.



You're in charge!

★ REMEMBER

- ✓ You have a powerful brain.
- ✓ You can learn and grow every day.
- ✓ Small choices lead to big changes.
- ✓ It's okay to make mistakes – that's how we learn!
- ✓ You are important.
- ✓ You can make a difference.



YOU ARE...

- ★ **CAPABLE**
You can achieve great things.
- ♥ **VALUABLE**
You matter, just as you are.
- 🚀 **RESILIENT**
You can bounce back and keep going.
- 🌍 **KIND**
Your kindness can change the world.
- 🛡️ **STRONG**
You have the power to make good choices.

YOUR VOICE MATTERS!

Speak up, ask for help and support others.



- 💬 Speak up
- ❓ Ask questions
- 🤝 Help others
- ♥ Show respect
- 👥 Work together

MAKE IT A DAILY HABIT!

Build these habits into your day:

- 🏃 Move your body
- 🍎 Fuel your body
- 👥 Play and connect
- 🌙 Rest and recharge
- 💡 Think and learn
- 📺 Balance screen time
- 🔄 Break the boredom cycle



LOOK TO YOUR FUTURE!

Imagine the amazing things you can do...

- 🚀 Follow your dreams
- 📖 Learn new things
- 👥 Help others
- ♥ Be healthy and happy
- 🏡 Make your community better
- 🌍 Create a world you're proud of



YOU HAVE THE POWER TO CHOOSE.
YOU HAVE THE POWER TO GROW.
YOU HAVE THE POWER TO CHANGE THE WORLD!

Believe in yourself, keep going and never give up!