



The Brain Health School Challenge 2023/24



3 – 2 – 1 BRAIN POWER



Take the challenge and win up to EUR 500 for your class!

Video on brain health: (3 Mins.)

<https://vimeo.com/824018797>



Why Brain Health?

The brain is our center of control. It steers what we perceive, what we feel, what we know and think, how we act. It makes sure our organs function and helps us move. To sum it up: without the brain nothing works anymore. This is why...

EVERY HUMAN BEING NEEDS AND DESERVES A HEALTHY BRAIN!



Question:

What is it the brain does? What do we need a brain for? Can we live without a brain?

Answer: (click 1 time!)
 What is it the brain does? What do we need a brain for? Can we live without a brain?

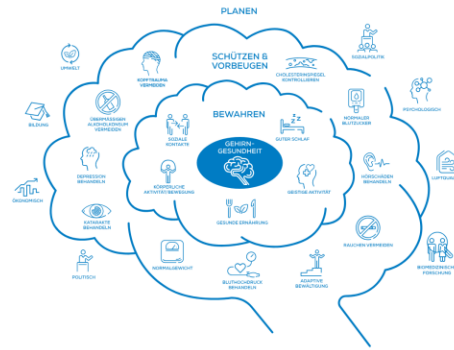



Answer:

What is it the brain does? What do we need a brain for? Can we live without a brain?

act
 breathe
 build
 calculate
 climb
 cook
 create
 cry
 cycle
 dance
 deliver
 do
 dream
 drive
 earn
 eat
 fight

find
 flirt
 graduate
 hear
 hire
 hit
 hope
 hug
 invent
 invite
 jump
 laugh
 learn
 listen
 look
 love
 miss



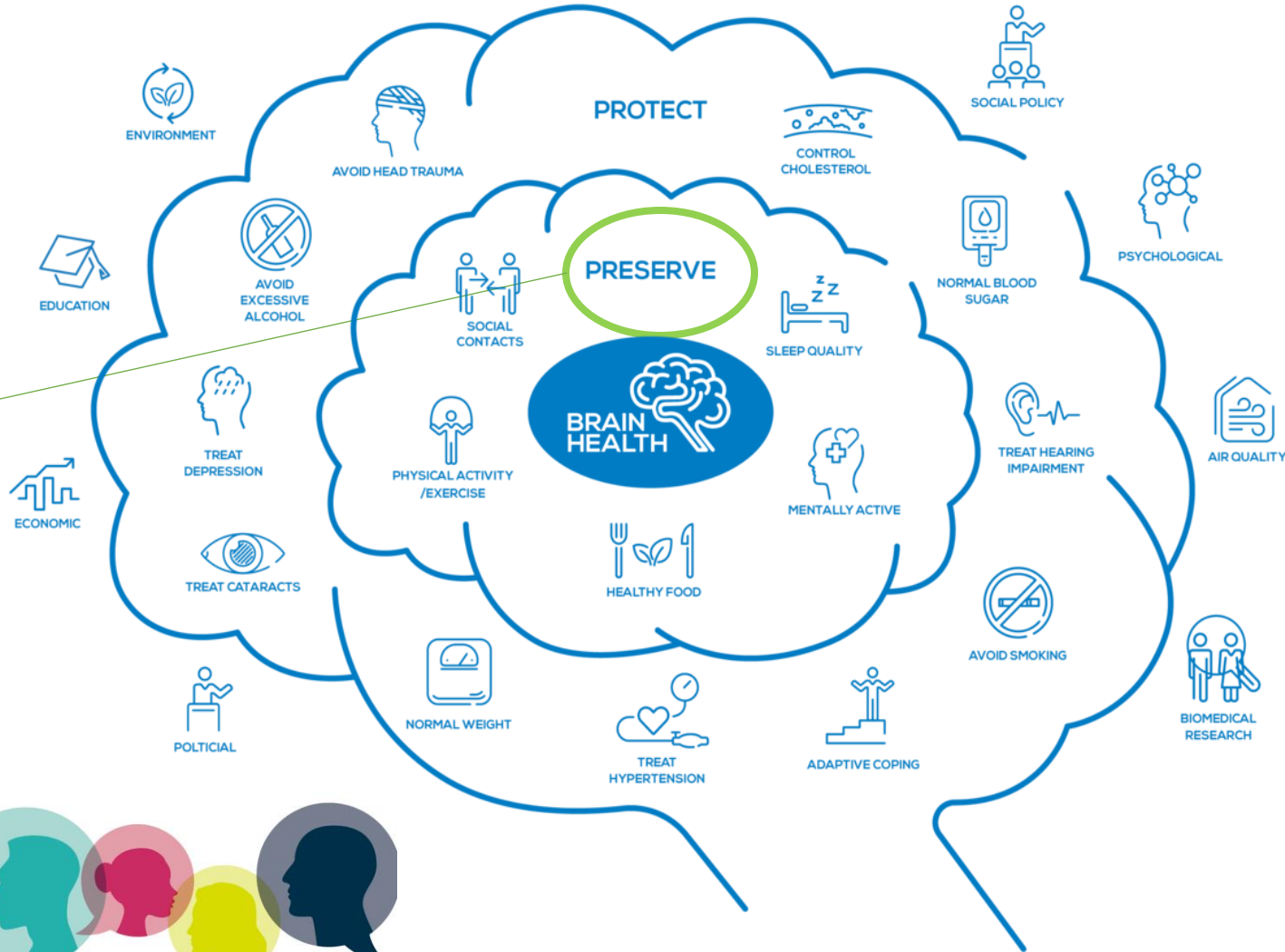
move
 obey
 organize
 plan
 play
 practice
 repair
 run
 see
 select
 share
 sing
 sit
 sleep
 smell
 snack
 speak
 stand

study
 swim
 talk
 taste
 telephone
 think
 train
 try
 understand
 use
 volunteer
 walk
 whisper
 write
 yawn



Take care of your brain!

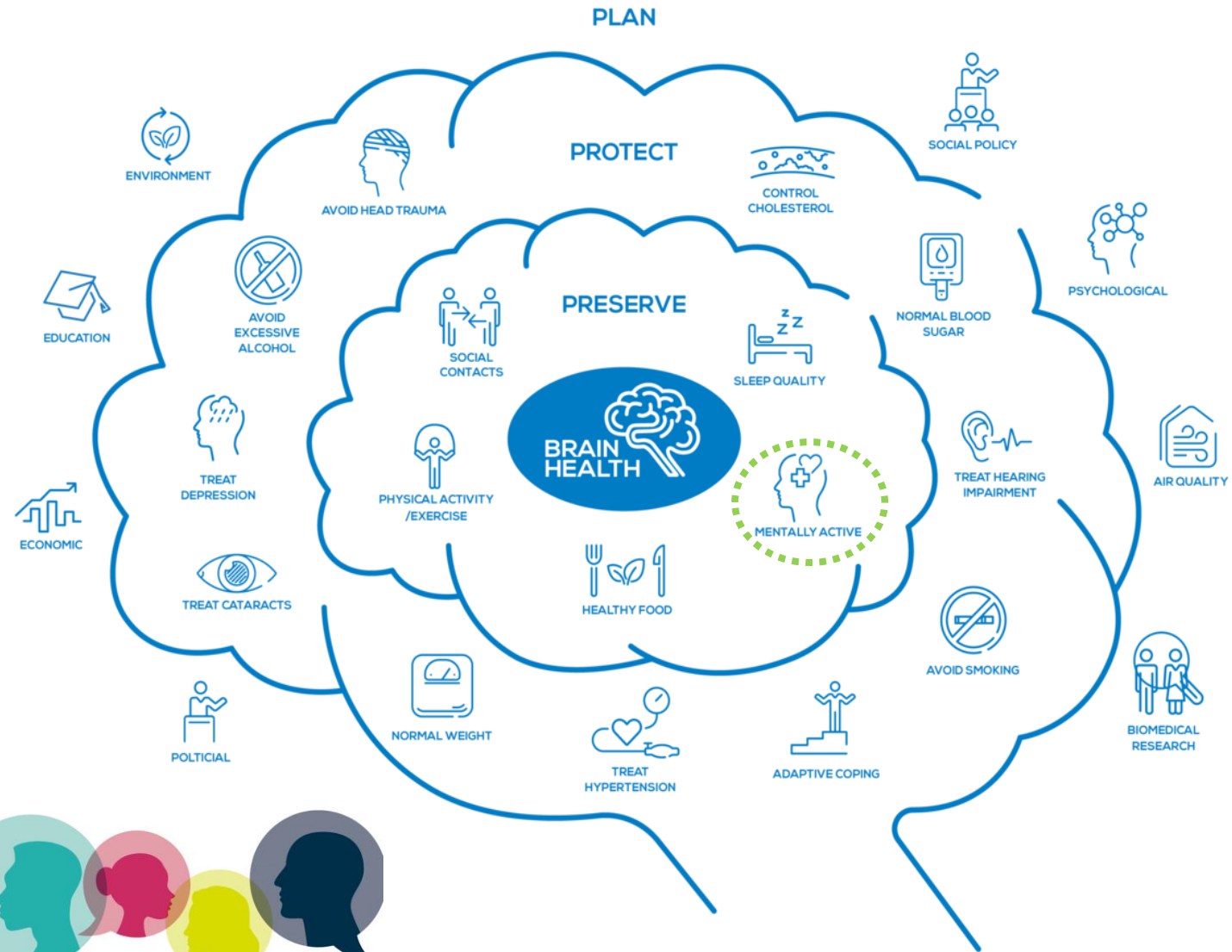
PLAN



What can YOU do every day?



Do it!



Use your brain!

Challenge – “I pack my suitcase...”

1. child says: “I pack my suitcase with a shirt”.
2. child says: “I pack my suitcase with a shirt and a pair of trousers”.
3. child says: “I pack my suitcase with a shirt and a pair of trousers and socks”.
4. child: ...

Challenge – “Pat and rub”

Put one hand on your belly and move it in circles. Simultaneously, the other hand is placed on top of your head and pats it up and down.



Challenge – “Say your name backwards...”

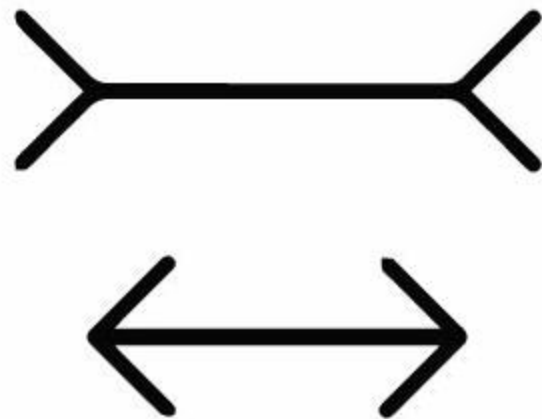
The teacher points at one child who then says his or her name backwards (“Helena” – “Aneleh”). This child then points at another one and so forth until everybody had its turn.



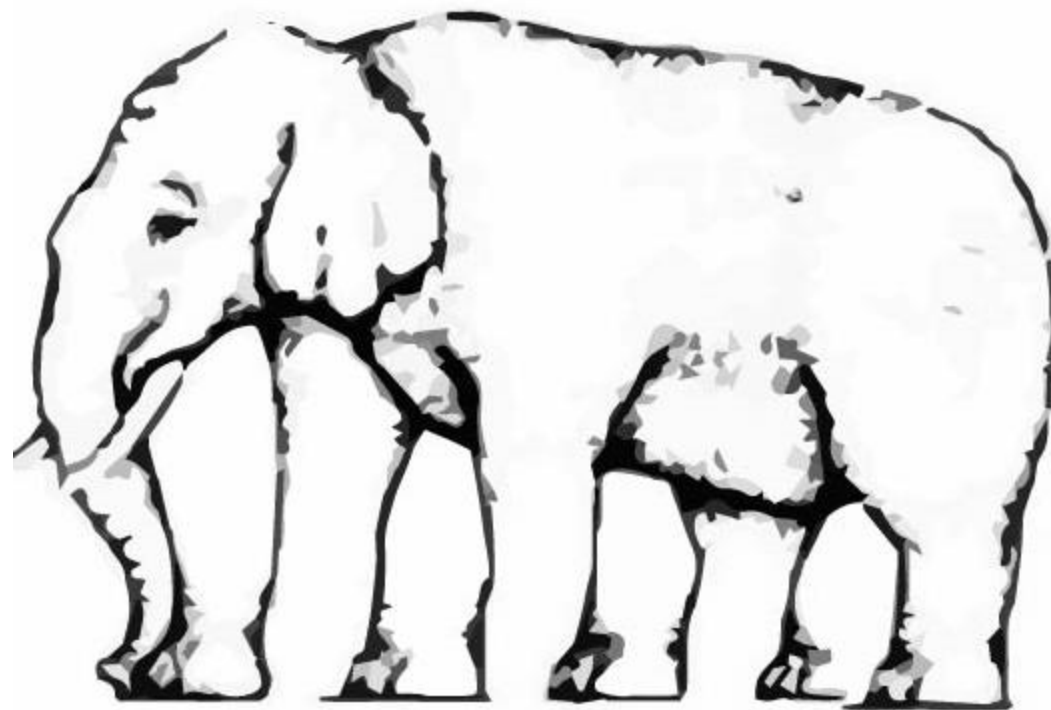
Can this be?



What is it you see? An old or a young woman?



Are the lines equally long?



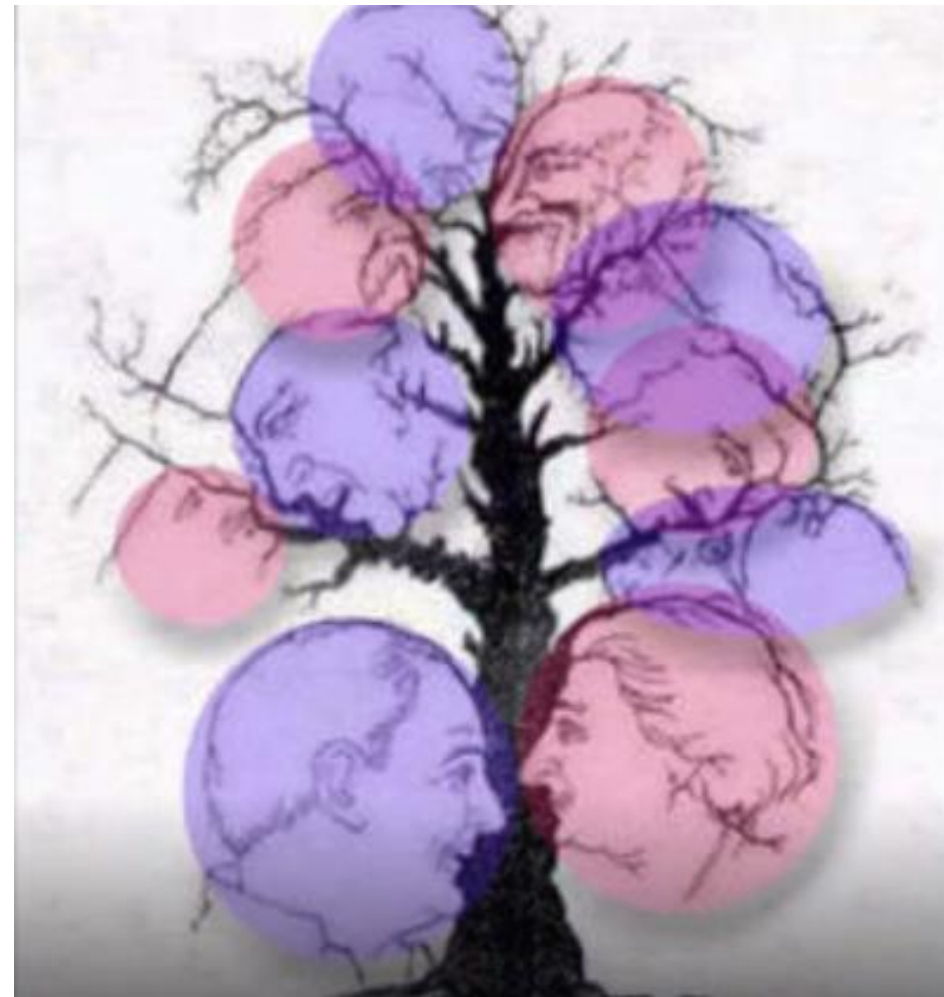
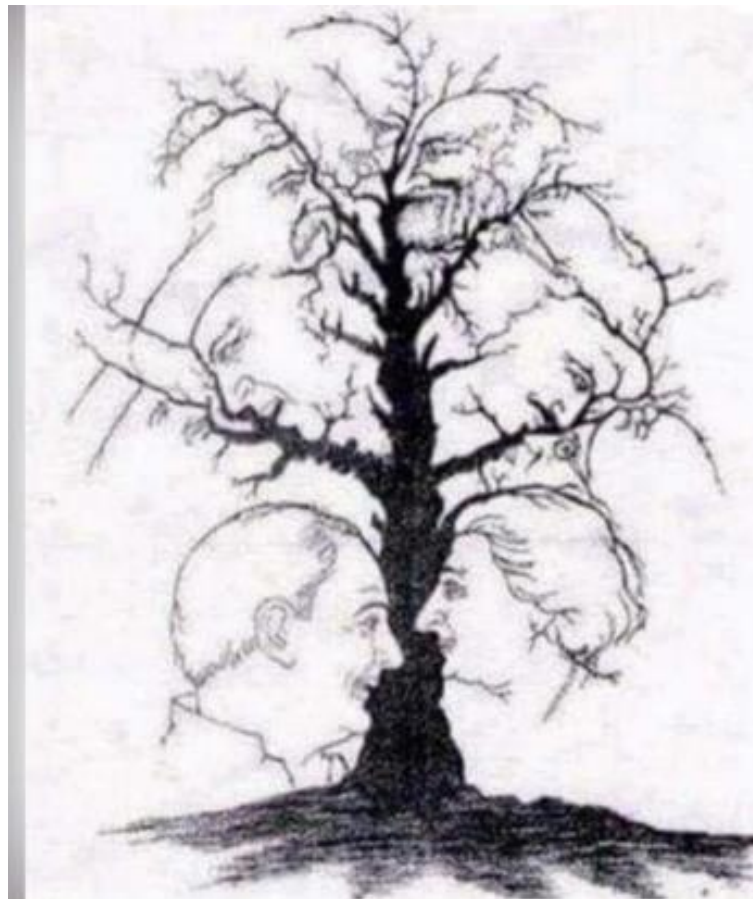
How many legs does this elephant have?



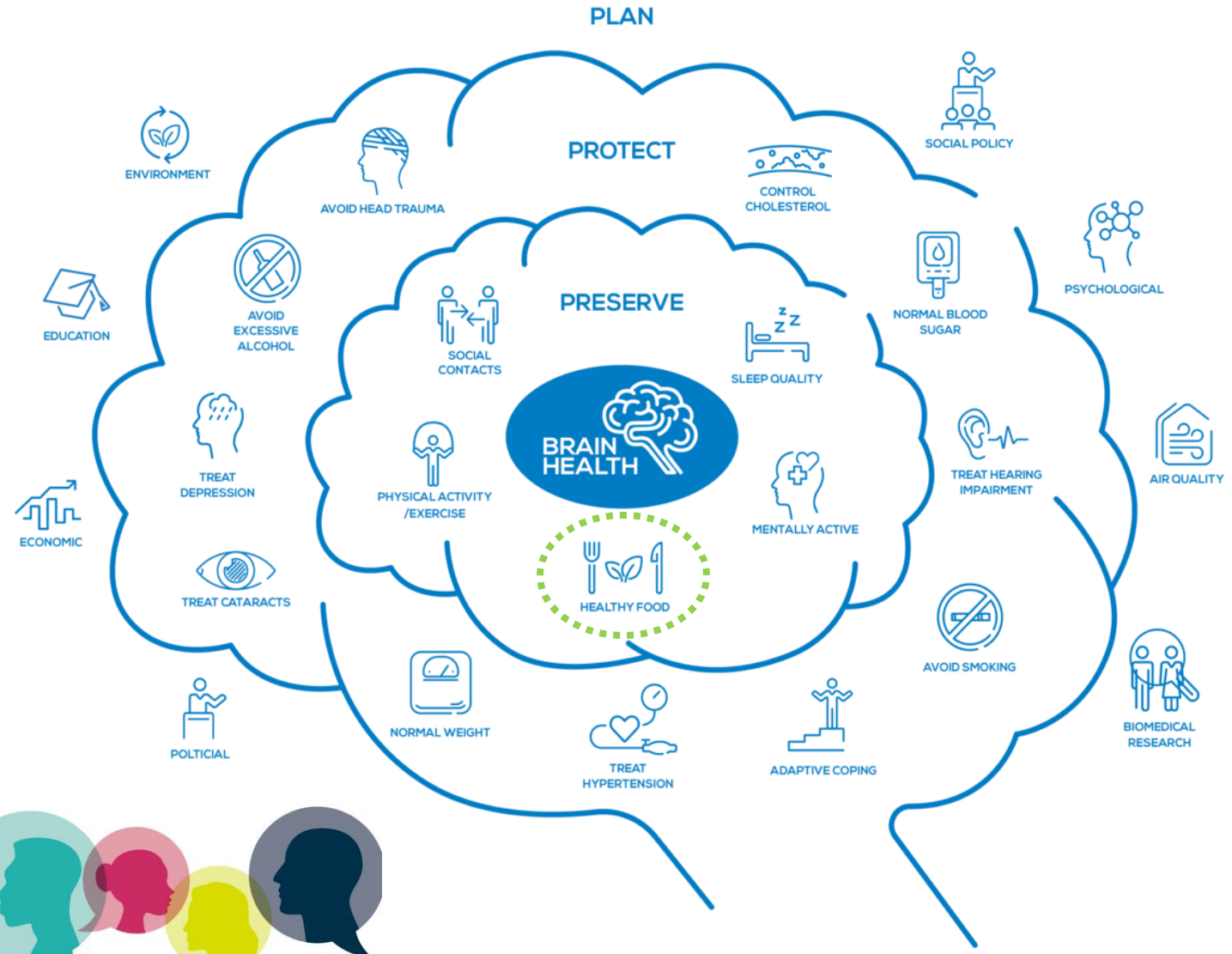
Can this be?

Just a gnarled old tree?

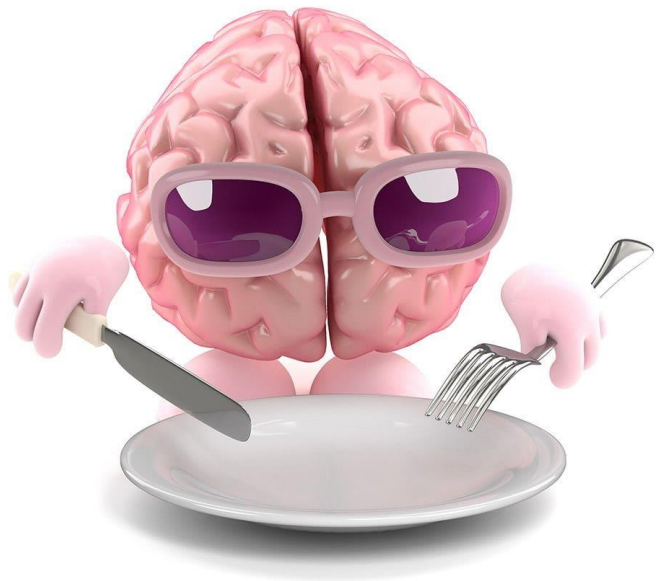
There are actually faces
within the tree but how
many can you detect?



Your brain needs good food...




What food does the brain need?



The brain works all the time.

- Healthy food
- Good and enough sleep
- Clean air
- Happy feelings
- Input and challenge
- Physical activities



Good for the
heart = good
for the brain!

Challenge:

*What food is good for your brain?
Fast food? Soft drinks?
Or something else?*



Challenge – Food for Brain Health

Find the 16 words that describe food for Brain Health.

J	I	I	S	O	Y	B	E	A	N	S	H	K	K
G	V	H	E	R	B	S	U	Q	G	Z	U	W	M
P	T	C	R	E	F	I	S	H	K	Q	L	P	Y
M	G	O	F	B	R	O	C	C	O	L	I	D	S
S	M	B	V	E	G	E	T	A	B	L	E	S	D
W	H	O	L	E	G	R	A	I	N	B	R	E	A
K	D	N	U	T	S	J	A	T	G	R	P	Y	R
J	X	G	G	R	A	I	N	S	K	P	T	E	A
G	C	P	G	T	C	B	S	C	E	C	H	B	D
M	M	I	L	K	P	R	O	D	U	C	T	S	F
D	A	F	R	U	I	T	A	U	W	A	T	E	R
A	V	O	C	A	D	O	K	V	E	G	G	S	Z
Q	T	S	A	L	M	O	N	A	F	Z	O	V	B
V	A	E	G	B	E	A	N	S	H	X	K	Q	V



Solution – Brain Health food

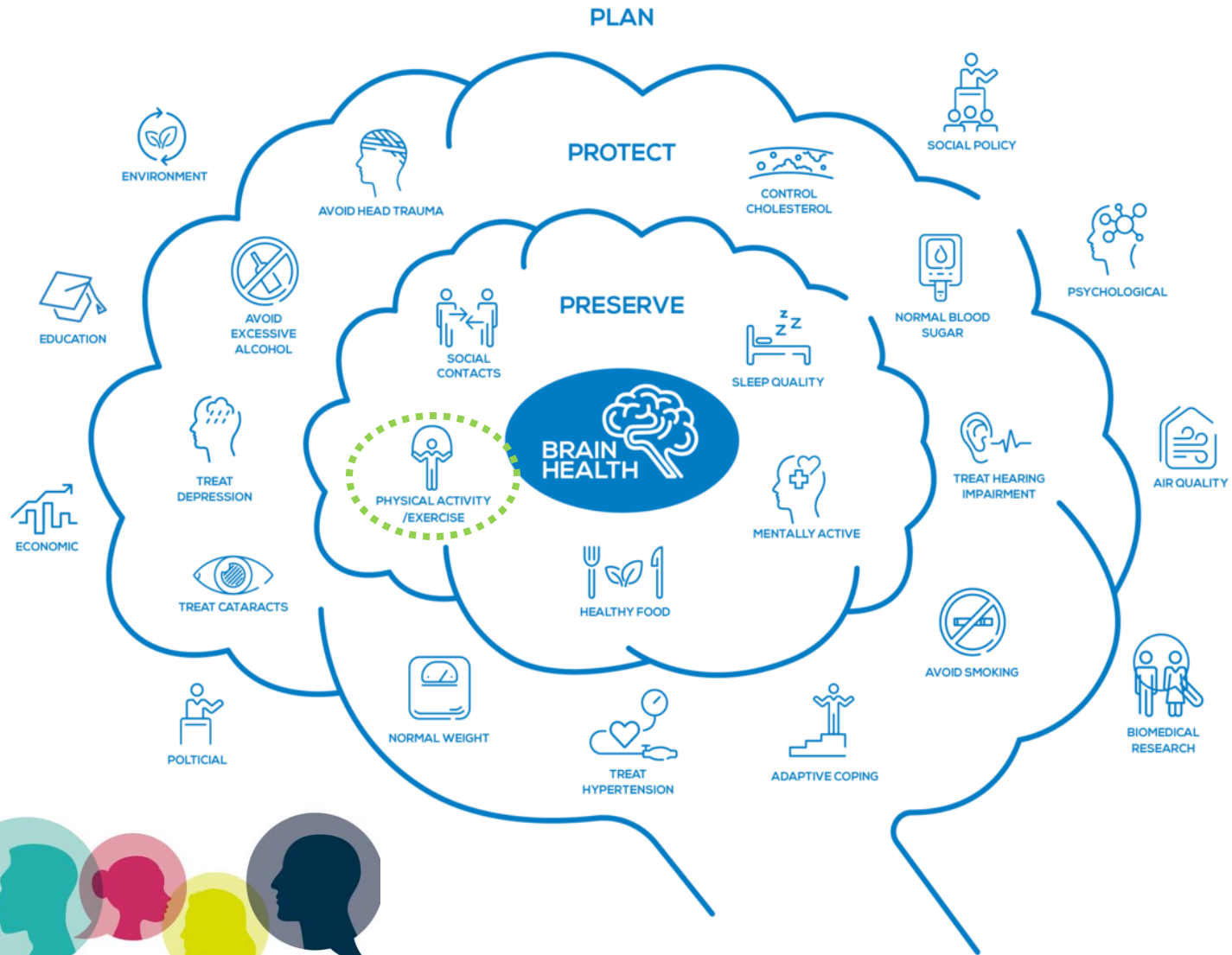
Find the 16 words that describe food for Brain Health.

J	I	I	S	O	Y	B	E	A	N	S	H	K	K
G	V	H	E	R	B	S	U	Q	G	Z	U	W	M
P	T	C	R	E	F	I	S	H	K	Q	L	P	Y
M	G	O	F	B	R	O	C	C	O	L	I	D	S
S	M	B	V	E	G	E	T	A	B	L	E	S	D
W	H	O	L	E	G	R	A	I	N	B	R	E	A
K	D	N	U	T	S	J	A	T	G	R	P	Y	R
J	X	G	G	R	A	I	N	S	K	P	T	E	A
G	C	P	G	T	C	B	S	C	E	C	H	B	D
M	M	I	L	K	P	R	O	D	U	C	T	S	F
D	A	F	R	U	I	T	A	U	W	A	T	E	R
A	V	O	C	A	D	O	K	V	E	G	G	S	Z
Q	T	S	A	L	M	O	N	A	F	Z	O	V	B
V	A	E	G	B	E	A	N	S	H	X	K	Q	V

Avocado	Beans
Broccoli	Eggs
Fish	Fruit
Grains	Herbs
Milkproducts	Nuts
Salmon	Soybeans
Tea	Vegetables
Water	Wholegrainbread



Get active!



Challenge – Sport makes your body stronger – and your Brain Health!

Try to find one sport for each letter of the alphabet. You have 3 minutes!

(click and see many sports from A – Z)

Acrobatic Aikido Aquagym Aerobic American Football Archery	Athletics	Golf Gymnastics	Minigolf Mountainbike Mixed Martial Arts Motorsport	Swimming Sailing Skateboarding Skiing Stand-Up Paddling Streetball	Slacklining Snowboarding Squash Sledding Snooker
Badminton Baseball Basketball Beachvolleyball	Bouldern Boxing Bowling Ballett	Handball HIIT Hockey Horse Racing	Netball Nordic Walking	Trampoline Tennis Tabletennis Trailrunning	Tae-Bo Taekwondo
Cycling Curling	Canoeing Cheerleading	Inline-Skating Icehockey	Iceskating	Orienteering	Ultimate Frisbee
Disc-Golf Darts Diving	Downhill Dancing Dodgeball	Jogging Judo Ju-Jitsu	Pilates Polo Poolbillard	Volleyball	
Equestrian		Kickboxing Karate Kitesurfing	Qigong Quidditch	Waterball Waterski Walking	Windsurfing Weightlifting Wrestling
Fencing Football Frisbee Formula 1	Fitneß Freeclimbing Fishing	Lacrosse Light-Contact Boxing Line Dancing	Rowing Rugby Rollerblading Rafting	Running	Yoga Zumba

Your „To-Do-List“

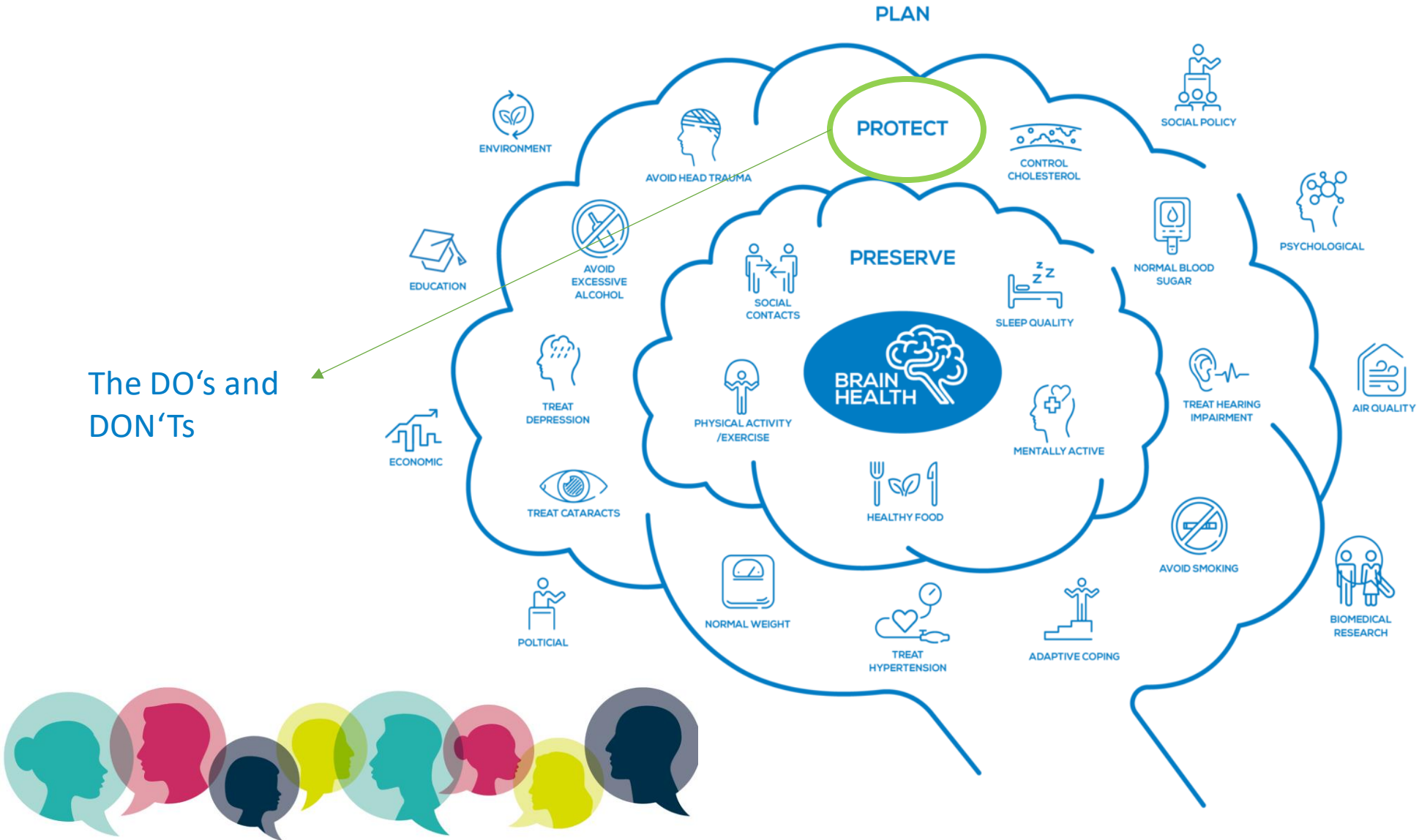
PLAN

PROTECT

PRESERVE

BRAIN HEALTH

The DO's and DON'Ts



How does Brain Health work?



AVOID HEAD TRAUMA



CONTROL
CHOLESTEROL



NORMAL BLOOD
SUGAR



AVOID
EXCESSIVE
ALCOHOL



NORMAL WEIGHT



AVOID SMOKING



One small step every day



What your world should provide for you...



The Brain Health School Challenge 2023/24



3 – 2 – 1 **BRAIN POWER**



The Brain Health School Challenge 2023/24



3 – 2 – 1 BRAIN POWER



Together with your class think of a strategy to convince other young people to take good care of their Brain Health.



Design a poster, write a short story, make a video, write a poem or a song, draw a comic... any idea is good as long as it helps other people get on board the Brain Health Mission.



Send your idea to BrainHealthMission@ean.org. There will be an online voting at [School Challenge - ean.org](https://www.schoolchallenge-ean.org). The most voted for projects will be seen by a jury, who then chooses the winners. Winning classes will be notified and will be invited to the award ceremony.



Die Brain Health School Challenge 2023/24



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There are two winner classes in each school category (primary education classes, lower secondary education classes and upper secondary education classes). The **1st winning class** receives Euro 500,00, the **2nd winning class** receives Euro 250,00.



Additionally, each winning child gets a Brain Health T-Shirt and each participating class gets a certificate for a Brain Health friendly class.



The awarding ceremony will be your chance to present your ideas.



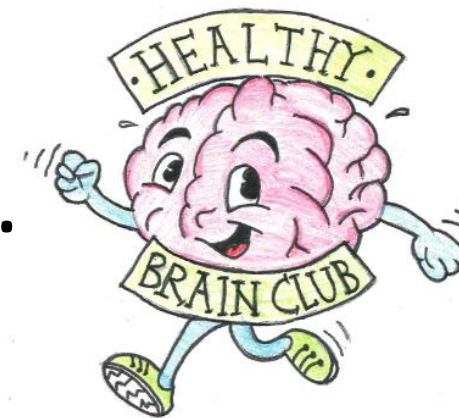
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Take the challenge and join the...



Information and Resources

[What is the Brain? For Kids | Information and Resources \(twinkl.at\)](#)

[The Human Brain | Educational Videos for Kids – YouTube \(3:32 Min\)](#)

[How Sleep Affects Your Brain – YouTube \(1:53 Min\)](#)

[How the food you eat affects your brain- Mia Nacamulli – YouTube \(4:52 Min\)](#)

[How Exercise Affects the Brain – YouTube \(1:57 Min\)](#)

[Being-Brainy-Activity-Pack-1.pdf \(beingbrainy.com\)](#)



We are looking
forward to your
contribution!



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