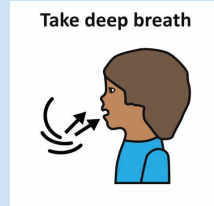


## SLEEP



## DEEP BREATHS



## LAUGHTER



## HEALTHY FOOD

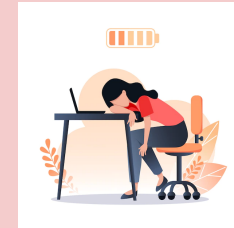


## EXERCISE

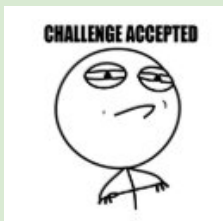


**A REGULATED BRAIN REQUIRES  
ALL OF THIS TO BE HEALTHY  
AND READY TO LEARN**

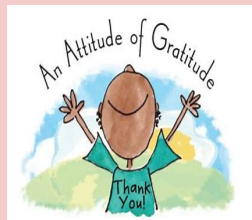
## LIMITED SCREEN TIME



## CHALLENGE



## GRATITUDE



## WATER



## TEAMWORK

