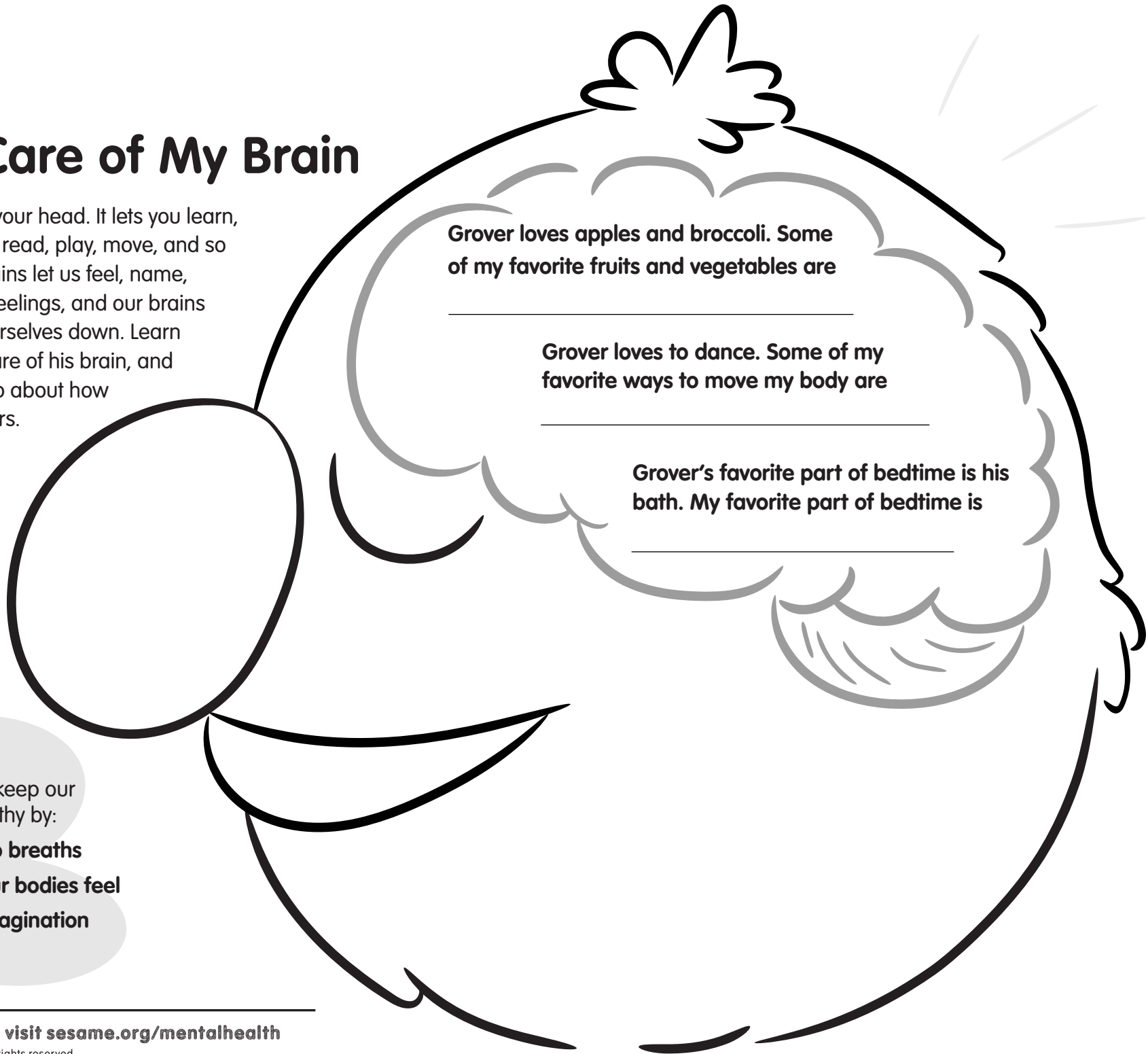


Taking Care of My Brain

Your brain is inside your head. It lets you learn, listen, talk, imagine, read, play, move, and so much more. Our brains let us feel, name, and talk about our feelings, and our brains can help us calm ourselves down. Learn how Grover takes care of his brain, and talk with a grown-up about how you take care of yours.



Grover loves apples and broccoli. Some of my favorite fruits and vegetables are

Grover loves to dance. Some of my favorite ways to move my body are

Grover's favorite part of bedtime is his bath. My favorite part of bedtime is

We can also keep our brains healthy by:

- taking deep breaths
- noticing how our bodies feel
- using our imagination