

# Week #1 Brain Games!

## How to Play >>>

1. Color in a game tile after completing a challenge. Challenges can be completed by children, parents/guardian or the entire family.
  2. Take a picture of your completed board and share it in a Facebook post (be sure it's public so we can see it!) before July 31, 2020.
  3. Then tag your pick-up site and @COCABerks with the hashtag #COCACampChallenge.
- Email to AKline@cocaberks.org if you don't have Facebook.

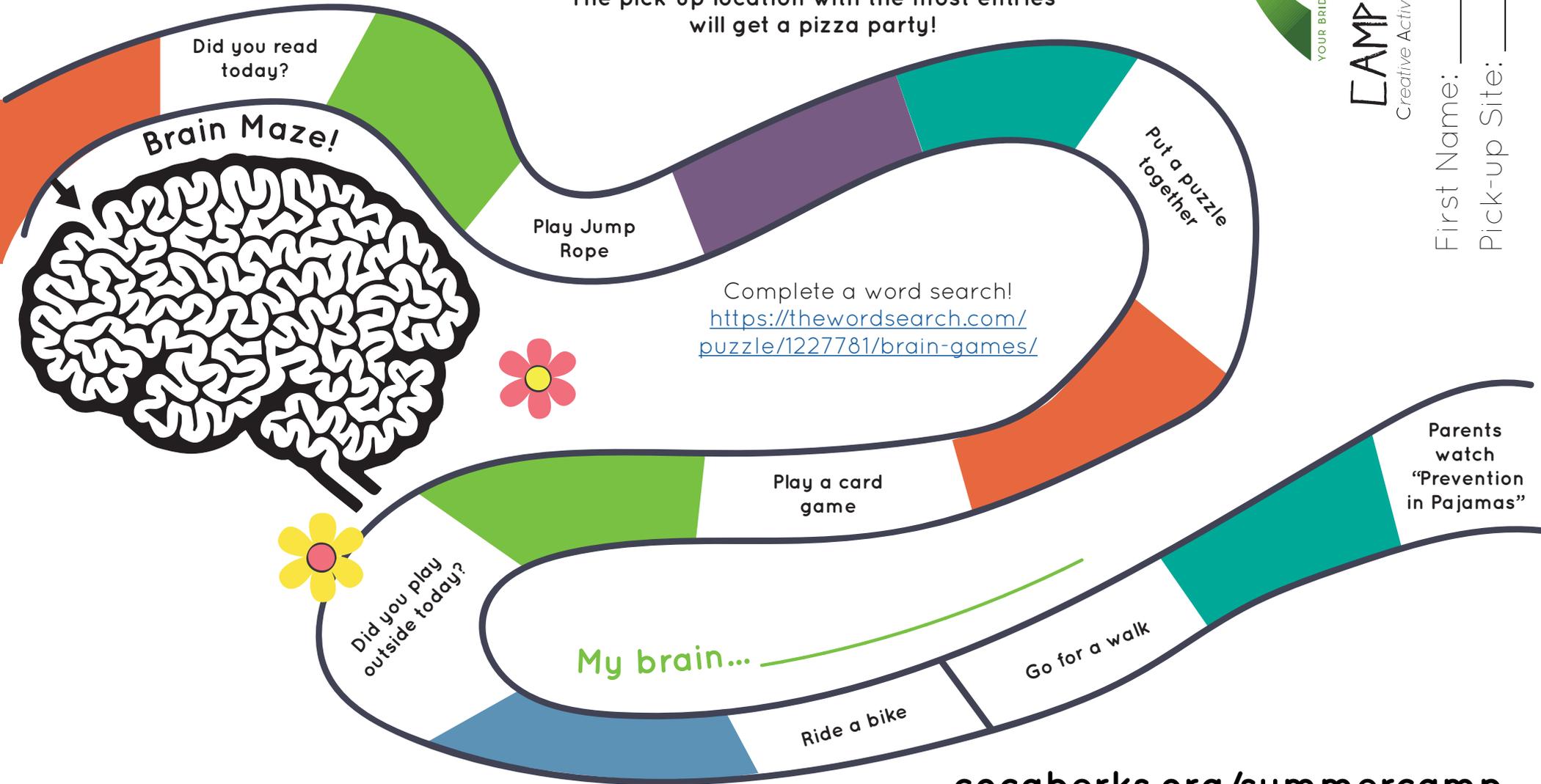


### CAMP CHALLENGE

Creative Activities for Meaningful Prevention

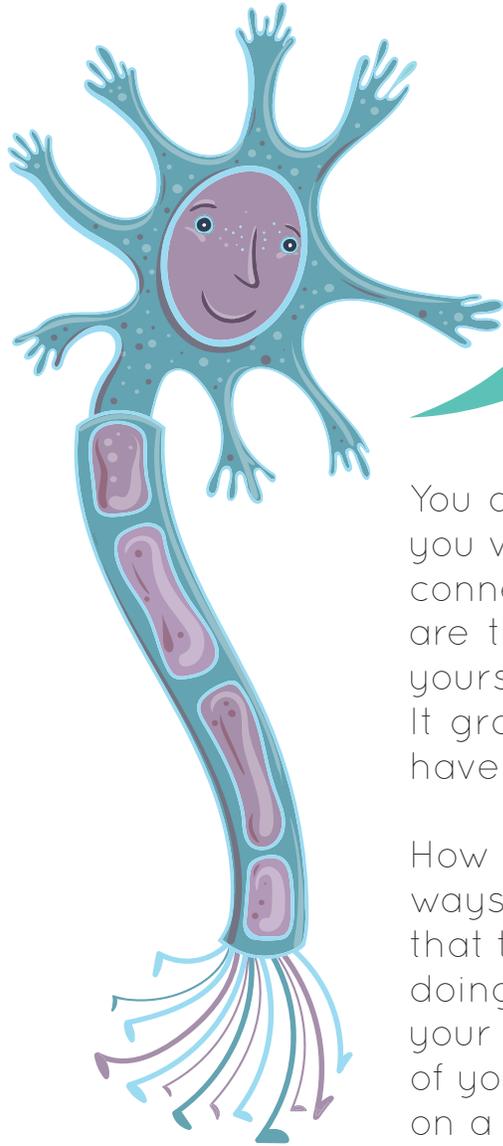
First Name: \_\_\_\_\_

Pick-up Site: \_\_\_\_\_



# CAMP CHALLENGE

*Creative Activities for Meaningful Prevention*



Hi! I'm Nicky the Neuron.  
I live in your brain. I talk with other  
neurons in your brain. We connect  
to create pathways in your brain  
so you can learn and grow.

You are born with over a 100 billion neurons and by the time you were three years old, your brain created over a quadrillion connections! Think of all the things you learn to do when you are that small. You learn to crawl, walk, talk, feed and dress yourself. When you are born, your brain is not fully developed. It grows as you grow. Just like the rest of your body, and you have to take care of your brain.

How do you take care of your brain? Exercise! There are two ways to exercise your brain. You need to use it! Playing games that test your memory, focus and concentration help, as well as doing puzzles, reading, and practicing math. The more you use your brain, the stronger it becomes. The other way to take care of your brain is to play! Running, jumping, swimming, swinging on a swing, dancing, walking, playing sports. Be active! When we move around, it increases our heart rate which creates extra oxygen in your body and brain! Extra oxygen in the brain helps to release proteins and chemicals that strengthen our memory and make us feel good!

We also have to be careful to not hurt our brains. Using chemicals such as drugs or alcohol can be dangerous to a brain that is still growing. When children use drugs or alcohol, it stops healthy brain development and puts the child at a higher risk for developing an addiction.