SOUL
Child’s little brain craves for attention, a pat on the back and words of encouragement are always a must.
Love, love and lots of Love!
* Teach them to pray, have faith, believe and love God!
* respect other’s religion and belief
* Communication
* let them give their opinion
* give them options
* Show them respect
* Say sorry to them and teach them to forgive
* Teach them to say Sorry, Please and Thank you.
* Share jokes and laugh with them
* make them say out loud every morning ‘I am Smart, Strong, Brave and i am ready for Today!’

BODY
Sports & outdoor activities not only help children stay healthy but also help boost brain power.
* exercise
* walk in the park
* camping
* outdoor activities
* teach them to breath deeper
* rest & take breaks
* good sleep
* play and have fun

FOODS
Knowing good foods for the brain and what to avoid.
* Always take Breakfast.
* Choline, eggs & nuts – for memory
* Antioxidants – Vit.A, Vit.C & Vit.E for Memory Improvement
* Omega-3 : fish, olive oil improve cognitive function
* Whole grain improve memory function
* Iron for mental alertness
* Calcium for bones
* WATER for concentration

Foods to avoid
* Foods with artificial sweetener & coloring
* sugary fruits drinks, colas & juices
* snack foods & can foods

MIND
Requires reflections, imagination and creativity
* memorize
* write
* read aloud
* show and tell
* draw and color
* games that requires problem solving skills
* learn music

SMART CHILD EQ AND IQ
Let them write how they feel to you
Break routine
Get involve with volunteer activity and let them join the activity
Pray! Thank and believe in God
Celebrate relatives birthday, ask them to help plan a surprise party
Have a weekly or monthly activities and create new activity for a change
Let them help you in the kitchen

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