

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*



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MIND MAP FOR A SMART CHILD IN EQ AND IQ



Let them write how they feel to you

Break routine

Get involve with volunteer activity and let them join the activity

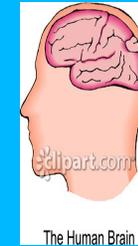
*Pray!
Trust and believe in God*

*Go to different places
be adventurous*

Have a weekly or monthly activities and create new activity for a change

Let them help you in the kitchen

Celebrate relatives birthday, ask them to help plan a surprise party.



Make family journal or album together



MIND

Requires reflections, imagination and creativity

- * *memorize*
- * *write*
- * *read aloud*
- * *show and tell*
- * *draw and color*
- * *games that requires problem solving skills*
- * *learn music*



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

**SMART CHILD
EQ AND IQ**