



THE BENGAL BEAT

Plainfield East Student Services Issue 1

In this issue:

- Healthy Habits Tips
- The Brain-Changing Benefits of Exercise- Wendy Suzuki <https://ed.ted.com/featured/X93aZK9s>

Healthy Habits

The purpose of a newsletter is to provide our students and families with educational information for a healthy lifestyle. Our students are very important and ensuring they live healthy lives is important. Today's world has many stresses. We hope the information in this newsletter is helpful for students and their families.

Healthy Habits and Tips

Eat Healthy Food

Be Active

Exercise

Get 8-10 hours of Sleep

Read

Learn new Things

Take Time away from social media

Express Feelings in a Healthy Manner (journaling, talking, art, etc.)

Go for walks

Use Time Management Skills (planner/calendar)

Surround yourself with POSITIVE PEOPLE

Stay hydrated

Have a few minutes??

Check out this excellent

Ted Talk!

<https://ed.ted.com/featured/X93aZK9s>

Be the Positive



HEALTHY HABITS