HOW DID YOU DO?

12-14 Brilliant! You are caring for your brain really well
9-11 Well done – you are helping your brain
6-8 You are doing some good things for your brain – but you could make it even better.
3-5 Take control! Some quite simple improvements could make a big difference.
0-2 This is not funny! You only have one brain, and there’s only one person who can look after it....

Try to score at least 11 every day. Making your brain FLOURISH is about understanding all the things that help our brains, and trying to do lots of them.

Activity: think of three ways you could improve your score.

1.

2.

3.

YOUR FLOURISH SCORE: ............

The best way to care for your brain is to learn how it works. Lots of information at www.nicolamorgan.com

From BRAIN STICKS™ – a huge range of classroom resources for learning and wellbeing, created by Nicola Morgan for schools – www.nicolamorgan.com