

Dear \_\_\_\_\_,

Today's ELF SKILLZ Lesson is all about Healthiness – Learning!

Having healthiness is also about exercising your brain!

When you read, write, and explore then your brain is storing new information. This helps your brain stay healthy, which means you will be smarter and more confident.

Let's take a quiz to see if you know how to exercise your brain properly!

Are you exercising your brain if...

- You work on writing a sentence, but then quit because you are tired?
- You write as many sentences as you can and then try to write more sentences they next day?
- You try to read a book, but then give up after the first page?
- You try to read a book each day?

Today I challenge you to exercise your brain. Pick a healthy way to exercise your brain such as reading a book or writing a paragraph.



*If you accomplish this task, then you will get 5 points, and remember, when you have **20 points** you get a prize!*