

🌟 My Brain-Supporting Adventure Plan 🌟

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What Makes My Brain Special 🧠

My Brain is Like a High-Quality Computer 🖥️ 🌈

Your brain is amazing! It's like having a high-quality computer that processes information in its own special way. Some computers are super-fast ⚡, and some take a bit more time to think through things carefully 🐢 - and that's exactly what makes them special and powerful! 💪

My Superpowers 🦸

- **Leadership Skills:** 👑 You're a natural organiser and leader
- **Amazing Memory:** 🧠 💎 You remember things really well
- **Creative Mind:** 🎨 📝 You write beautiful poetry and have great business ideas
- **Caring Heart:** ❤️ 🐾 You're wonderful with people and animals
- **Problem-Solving Brain:** 🧩 🔍 You just need the right time and space to show how smart you are

My Special Brain-Supporting Supplements 💊 ✨

My Morning Power-Up: L-Theanine 📅 ⚡

- **When:** 30-60 minutes before school (keep doing this!) 🕒
- **What it does:** Helps your brain feel calm and focused for learning 🧑 📖

My Afternoon Focus Boost: L-Theanine 😊 🎯

- **When:** When you get home, before homework 🏠 📄
- **What it does:** Helps your brain stay calm and ready to learn 🧠 ❤️

My Sleepy-Time Helper: Sleep X 🌙 😴

- **When:** 30-60 minutes before bedtime routine starts 🛌
- **What it does:** Helps your brain and body get ready for awesome sleep 🌊 ✨
- **Special ingredients:** ☀️
 - Magnesium to help your muscles relax 🤲 😊
 - Special plants that help your brain feel calm 🌿 🧠
 - Eye vitamins that help your brain process what you see 👁️ 💎

My Brain-Boosting Food Adventures 🍎🧠👧

Morning Brain Fuel 🍷🚀

- **Protein smoothies:** 🍷 Yogurt + protein powder + banana + berries (yum!)
- **Warm frittata squares:** 🍳 Eggs with chicken and cheese (mum can make these on Sunday!)
- **Super oats:** 🌾 Add nuts like almonds or walnuts to your porridge

Lunch Power-Ups 🍷⚡

- **Pasta with protein:** 🍝 Pasta with chicken/turkey, beef meatballs, penne in oil/butter with beef strips, chicken/turkey, peas, corn, cherry tomato, mushrooms, fried egg (anything you like really – mix it up, try new things and see what you like best)
- **Smart snacks:** 🧀 Cheese and crackers, nuts, boiled eggs

Special Brain-Supporting Treats 🍓🎉

Instead of regular sweets, you get to try these awesome treats:

- 🍫 Chocolate protein energy balls (tastes like chocolate but feeds your brain!)
- 🍦 Frozen yogurt pops (like ice cream but healthier!)
- 🍏 Baked apple cookies (warm and yummy!)
- 🍌 Trail mix bars (crunchy and sweet!)
- 🍓 Smoothie popsicles (fruity and fun!)

Ask mum to show you the recipes - maybe you can help make them! 🧑👧

My Screen Time Rules

- **Weekdays:** No gaming (this is helping your brain rest and focus better!)
- **Weekends:** 20-30 minutes, then 5-10 minute breaks, maximum 2 hours total
- **Phone time:** Mum and dad will help set time limits

Why this helps: Screens can make your brain work extra hard, especially the part that processes what you see. Taking breaks helps your brain feel better and learn easier and give you great energy all day.

My Amazing Bedtime Independence Journey

Phase 1: Getting Started (Weeks 1-2)

- Start taking your new Sleep X supplement
- **Your leadership job:** Create your own bedtime checklist! You're the expert organiser
- Keep your current routine while your body gets used to the new supplement

Phase 2: Becoming More Independent (Weeks 3-4)

- Mum will stay for 5 minutes less each week
- **Your entrepreneurial project:** Design your own bedtime reward system
- You're learning to help your own brain get ready for sleep

Phase 3: Using Your Special Comfort Items (Weeks 5-8)

- Learn special techniques to help yourself feel calm
- **Your organising skills:** Set up your own comfort items and bedtime space
- Practice being brave and independent







Phase 4: You're the Bedtime Expert! (Weeks 9-12)

- You'll be amazing at getting yourself ready for sleep
- Mum will still check in briefly because she loves you
- **Celebrate:** You'll be the expert who could teach other kids about good sleep!

Mum has a special handout with lots of specific ideas to help you with each phase.






My Special Tests to Help My Brain


Fun Tests (No Needles!)

- **Pee test:**   Shows how your body makes brain chemicals
- **Hair test:**   Shows if your body has all the minerals it needs
- These tests help us understand your amazing brain even better!  

Blood Test Adventure

This one has a tiny needle, but you get to be the boss of it:

- **You choose:**  Which arm, what comfort item to bring, what reward after (within mum and dad's limits)
- **You organise:**  Make a preparation checklist (you're so good at organizing!)
- **You learn:**  Watch videos about it so you know exactly what happens
- **Dad might come:**  He's good at staying calm during medical things
- **Special timing:**  First appointment of the day so no waiting

Remember:  This test helps us understand how to help your brain be even more amazing!

My Goals and Celebrations

Sleep Goals

- **4 weeks:** Wake up only 3-4 times per week instead of 5-6
- **12 weeks:** Sleep through the night almost every night!
- **Big goal:** Become an expert at helping yourself fall asleep

Brain Power Goals

- Keep growing at school (you're already doing great!)
- Get ready for your new school with confidence
- Feel more energetic in the mornings

Celebration Ideas

- Take a photo when you're brave at the blood test
- Have a special meal after completing each bedtime phase
- Create a certificate when you become a bedtime expert
- Share your success with your best friend

What Makes This Plan Special

It's Just for Your Brain Type

This plan is designed specifically for how your amazing brain works.

It Uses Your Superpowers

- Your leadership skills help you organise your bedtime routine
- Your amazing memory helps you remember what to take and when
- Your caring nature helps you help yourself

It's a Team Effort

- You're the expert on your own brain
- Mum and dad help support you
- Your teacher helps at school
- The practitioner Janaya helps figure out what your brain needs

You've got this!

If you have questions about your plan, you can ask mum to email the Janaya, or you can ask mum or dad to explain anything you want to know more about.