

RILEY'S RAINFOREST



“Send down...from the clouds of Thy mercy the rains of Thy healing...”
—Bahá'u'lláh

EXPLORE & SOAR: MIND-BODY BALANCE

Try these tips to strengthen your mind-body connection.

- Spend time in nature. Watch clouds, play in a park, and notice the sights, sounds, and scents.
- Take a barefoot walk in the grass and pay attention to how it feels.
- If you're frustrated or moody, ask yourself, “What do I need now?” You may be tired or hungry!



- Move your body! Play with a pet or make up a dance routine to your favorite song with friends.
- Video games are fun, but balance them with off-screen time.
- Gratitude is a powerful mood-booster! Write down three things you're thankful for every day.
- Make sure to get good sleep—about 9–12 hours per night.

COOL CONNECTIONS

I've been feeling down lately—but the weird thing is, I'm not sure why. I'm on a school break, and I've been having a blast playing my new Wing Watchers video game and eating deep-fried figs. I've been staying up late too, which is fantastic. So what's the problem?

I talked to my friend Vita about it. Her mom's a psychologist and her dad's a doctor, so she knows a *lot* about health stuff. She said that your mind and body are super connected. If you don't take care of one, the other struggles too. Your brain and body are linked through lots of **neural pathways**, which are connections between nerve cells—sort of like the brain's wiring. They send messages throughout your body. So not taking care of your body



can be bad for your mindset. In fact, not getting enough sleep, nutritious food, and exercise can make you more stressed and less happy. On the other wing, having a positive attitude boosts your energy, helps you sleep better, and can even strengthen your immune system!

After talking with Vita, I realized that I haven't been taking great care of my body. Staying up late playing video games and eating snacks may be fun, but it's good to keep things in balance. Vita said even small things can have a big impact—like going on a short walk or taking deep, mindful breaths. Check out these ideas we came up with to connect your mind and body. I hope they help you stay happy *and* healthy!

CURIOSITY CANOPY



Did you know that breathing is a powerful way to connect your mind and body? Try taking mindful, deep breaths, drawing air toward your belly. It can ease stress, boost your energy, and clear your mind. If deep breaths don't help, try drinking ice-cold water.