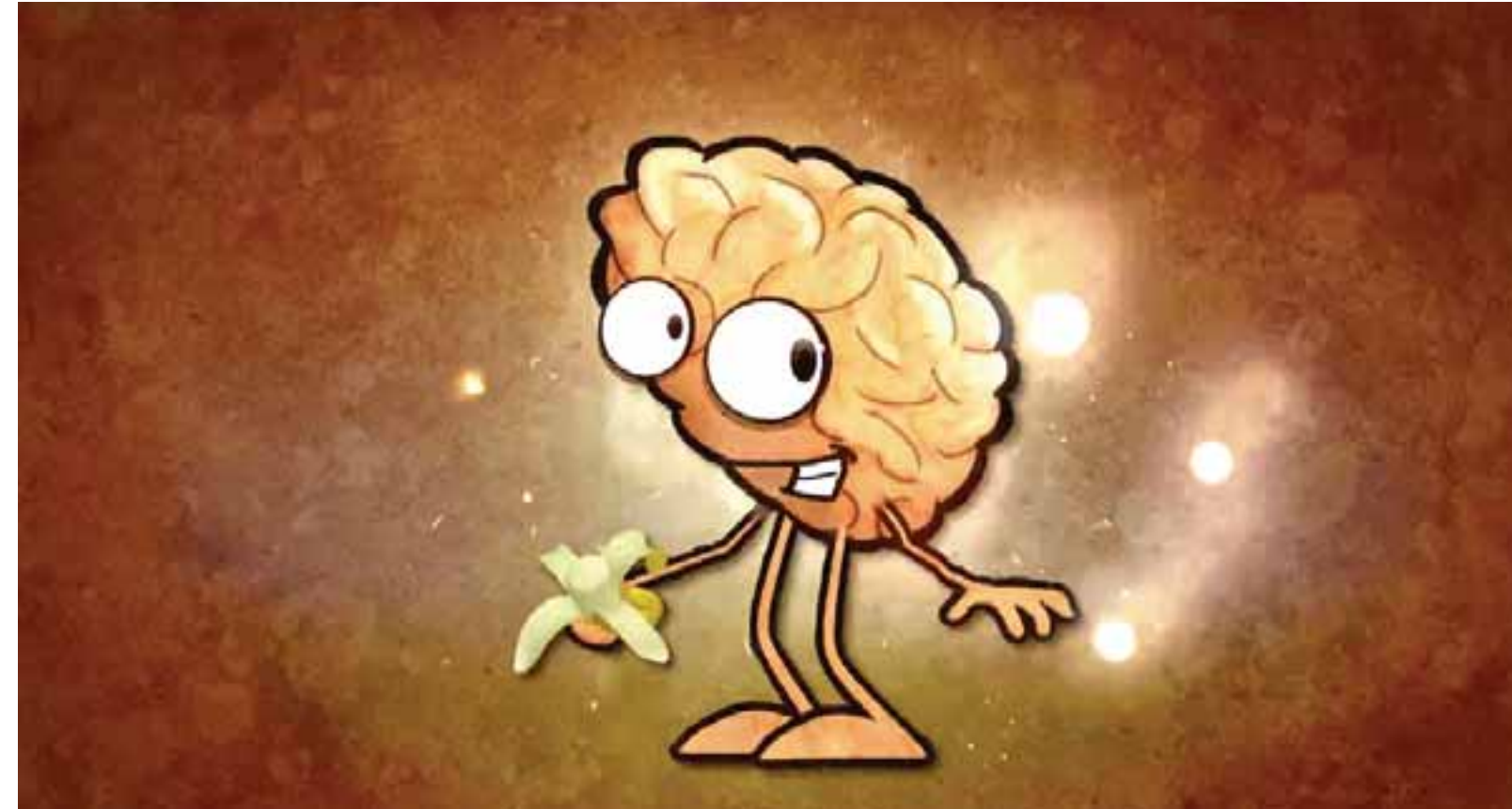


Healthy brain

- The **brain** is important because it helps us make decisions that keep us strong, happy and healthy.
- When we do things that are healthy for our body and mind, the **brain** makes a natural chemical called **dopamine**.
- **Dopamine** is like a reward for the **brain**. When we make healthy lifestyle choices, it thanks us by making us feel good.
- That's why when we do exercise and learn something new, we feel good!
- **Dopamine** rewards the **brain** for making healthy and smart choices and helps us feel good and survive.
- There are many healthy things we can do that make us feel good like:
 - eating healthy foods
 - getting enough sleep
 - spending time with family
 - learning at school
 - playing sport or going hunting
 - working everyday.
- There are also unhealthy things we can do that feed **dopamine** in the **brain**, then the **brain** gets tricked into wanting to do the unhealthy things over and over again. Smoking cigarettes is one of them.



When we do things that are healthy for our body and mind, the **brain** makes a natural chemical called **dopamine**.

Dopamine makes our **brain** feel good and that makes us feel good.