

Health Matters

February 2011

Take a Right Brain Break on a Left Brain Day

When footbagging (a.k.a. hacky sack), use bean bags, hacky sacks or paper balls and develop coordination and agility. Juggling with the feet promotes a “right brain break” and improves communication between the left and right sides of your brain.

Use your legs and feet (head, knees, or upper body too) to keep the footbag in the air for as long as possible. Hands and arms may not be used. Have fun learning the **3 basic skills**:

- **Toe Kick:** kick with the toes curled inside the shoe.
- **Inside Kick:** use the inside of the foot by bending the knee outwards and lifting the foot in front of the body to provide a flat kicking space.
- **Outside Kick:** use the outside of the foot by twisting at the knee and offering the outside of the foot out to the side of the body as a flat space.



Adapted from the Action Schools! BC Middle School Classroom Action Resource at www.actionschoolsbc.ca.

Healthier Rewards

Food preferences can be affected when they are connected with rewards or praise.

Rewarding children with candy or food:

- Teaches children to reward and comfort themselves with food
- Encourages overeating of foods high in sugar and fat
- Teaches children to eat when they're not hungry
- Can cause tooth decay if rewards are high in sugar

Ideas for non-food rewards:

- Get children to write ideas for fun activities on pieces of paper and put them in a container. They can choose a paper and the activity will be their reward.
- Attention, praise or thanks
- Extra time for playing or reading



Intrinsic rewards are natural results of the child's behaviour. For example, children can find things easily in their bedroom when they keep their room tidy or they feel good when they help others. Help children to recognize these natural rewards. Watch this interesting video on “The surprising truth about what motivates us” by Dan Pink <http://www.youtube.com/watch?v=u6XAPnuFjJc>



KALE CHIPS - Preheat oven to 400° F. Wash one bunch of kale and pull or cut off tough stems. Spin in salad spinner to remove as much moisture as possible. Place kale on a rimmed baking sheet. Sprinkle with canola or olive oil and toss with your hands to help spread oil; spread in a single layer on baking sheet. Season with a small amount of coarse salt and bake for 10 minutes until kale is crispy and starting to brown. Serve when it comes out of the oven.

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or Kathy.Romses@vch.ca. If you have general nutrition questions, call **Health Link at 811** and ask to speak to a dietitian or visit www.HealthLinkBC.ca