

BrainMinder™ Buddies Story

**“Wise Old Owl
and His Fuzzy, Funny,
Smart and Sunny
BrainMinder Buddies”**

Wise Old Owl

Hello, boys and girls!

I am your buddy, Wise Old Owl.

I know lots of things, and they are kept safe in my brain up here inside my head.

I have a secret to tell you...

You have a brain inside your head, too!

You can't see your brain because it is inside your head, but it is there, and it does all sorts of wonderful things for you.

Do you know that your brain helps you to learn and to remember things?

AND It helps you do most things that you do everyday, like seeing and hearing, running, and walking, crying and laughing.

Your brain is like your very own computer that is inside of your head!

Because your brain is so special, you need to take good care of it.

Even though you can't see it, there are ways you can protect your brain.

Let's meet some new buddies and find out what they do to take care of their brains.

Here is Gerald Giraffe.

When Gerald rides his bike, he always wears his helmet.

If Gerald falls down, his brain is protected by his helmet.

Gerald wears his helmet when he rides his scooter and his skate board, too.

And when Gerald goes roller blading, he always puts on his helmet.

Gerald puts on his helmet very carefully so that it comes down over his forehead. This is the way the helmet protects Gerald's brain.

Meet our friend Penny Panda!

Penny is going for a ride in the car with her mother.

See how Penny's mother puts Penny in the car seat?

The straps keep Penny and her brain safe if the car should have an accident.

When Penny gets bigger, she will sit in the car with a seat belt around her.

Penny will buckle herself in. Penny knows that the car seat and seat belt will help keep her safe.

Here is our new friend, Martin Monkey!

Martin loves to swing and climb at the playground!

He loves to climb high and to jump down!

Martin knows to be careful, too.

That is why he looks around before he climbs and jumps so that he doesn't run into his other monkey friends.

Martin plays where the ground is soft with grass or wood chips.

Martin doesn't play where the ground is hard.

Martin knows that if he should fall, he can keep his brain safe by playing where the ground is soft.

Martin cares about his friends' brains.

That is why he is careful to watch out for his friends, too.

Fiona Fox is a smart little friend!

Fiona knows to stop and look both ways before she crosses the street.

Fiona never runs out into the street before stopping first.

Even if the ball that Fiona throws should roll into the street, she never runs after it.

Fiona knows to keep her brain safe.

That is why she is street smart!

Our new friends Gerald, Penny, Martin and Fiona want you to know that they care about you.

They want you to take good care of your brain, so that you can have fun and keep safe.

So remember... Wear your helmet over your forehead when you ride and skate like Gerald does!

Sit in your car seat or wear your seat belt – like Penny Panda does!

Climb, jump and swing where there is grass or wood chips. And watch out for your friends – like Martin Monkey does!

ALWAYS stop and look both ways before you cross the street, just like our friend Fiona Fox does!

I am Wise Old Owl... and I had fun with you.

And I want us to be friends for a long, long time.

So will you do me a favor?

Will you please take care of your brain like our new friends do and be a BrainMinder Buddy, too??

Play safe and play smart ... Then you will be wise like me!

Thank you!