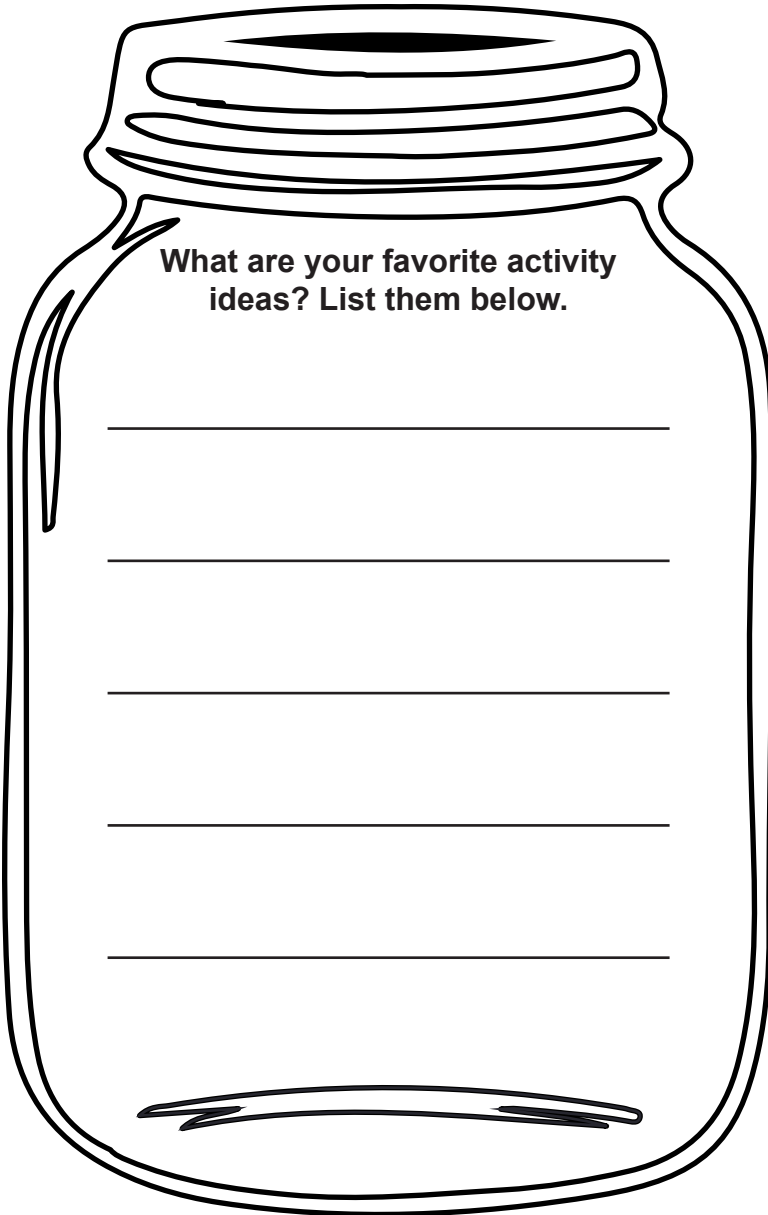




ABC's OF HEALTHY KIDS | O: Open to New Things

# Experience Jar

Cut out the new experience ideas on the right, fold each one and put them in a jar. Draw one when you'd like to try a new activity.



When we have a new experience, our brain develops new neural pathways (connections). Learning new things can help improve skills like concentration and problem solving. People who seek new experiences generally live healthier, happier lives.



- Work on a jigsaw puzzle.
- Try drawing or sketching—even stick figures or abstract shapes!
- Listen to new types of music, including music from other countries.
- Learn to count to ten in another language.
- Try a new food.
- Plant some fragrant flowers in your garden or an indoor container.
- Try eating, writing or brushing your teeth with the hand you don't normally use.
- Solve crosswords, sudoku puzzles or a memory card game
- Learn a new skill and teach it to someone else.