



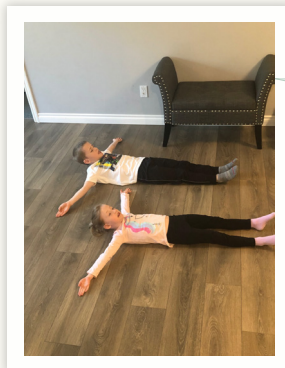
It's hard to do schoolwork at home.

We want to help during COVID-19. Let's give our brains and bodies a boost in 10 minutes every morning!

Brain 1st videos can help:

- Start the day off right and get children ready to learn
- Facilitate better behaviour and movement
- Positively impact focusing and learning challenges

By using gross and fine motor movements, mindfulness, and other physical literacy tools, we can positively impact learning, behaviour, and movement. Start your day off with Brain 1st and see the changes for yourself!



See what parents have to say:

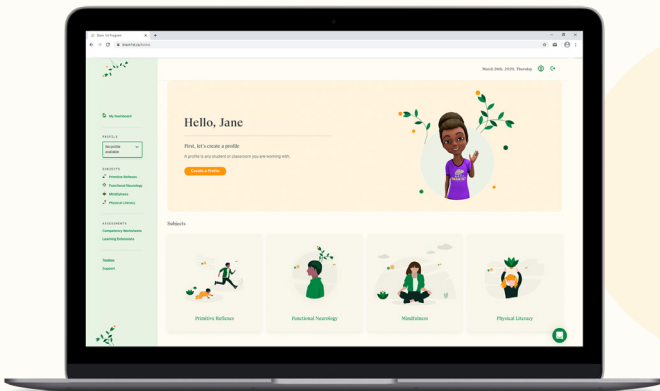
” I highly recommend the Brain 1st Program to anyone who is looking for a way to help their child with school or other issues. My one daughter would have meltdowns on a regular basis and was a wreck after school. After doing the Brain 1st exercises my once distraught child came home happy and excited to tell me about their day!

- Sarah, mother of 10 year old

” I'm BEYOND thrilled at the changes in my son since we've started using Brain 1st. His focus, his listening and fidgeting have all improved so much and he looks forward to his exercises every day.

- Mother of 7 year old

Teachers using online classrooms and parents looking for positive brain and body health resources, receive a 6 month subscription for just \$29*
This tool was made for the classroom, but can be used at home!



For more information, visit our website at www.brain1st.ca

*Offer valid from March 17 - May 1, 2020. Subscription activates on purchase date. Does not include applicable taxes.