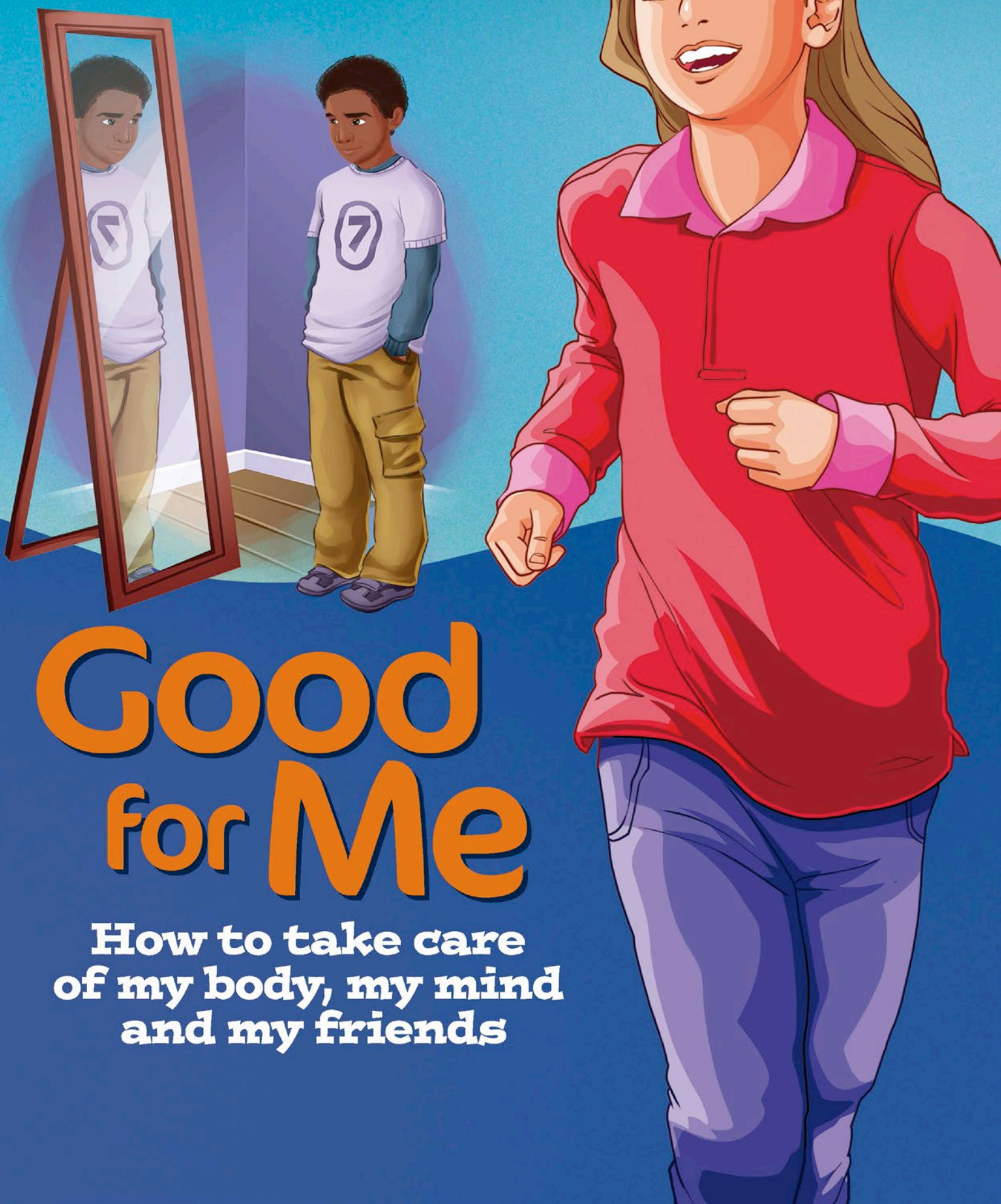


Mirian Montanari Grüdtner



Good for Me

**How to take care
of my body, my mind
and my friends**

INDEX

Introduction—To the Parents 5

PART I—ME AND MY BODY 6

Chapter 1—Why Protect My Health?..... 8

Chapter 2—Fat or Skinny? 14

Chapter 3—Ugly or Pretty? 20

Chapter 4—Eat Well! 26

Chapter 5—Move! 34

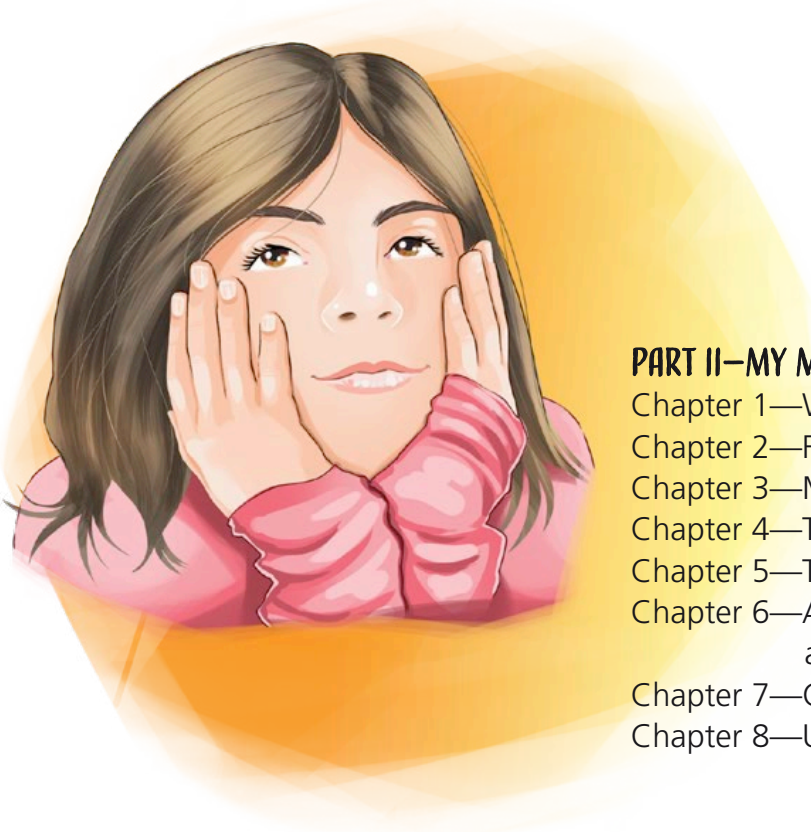
Chapter 6—Drink to Live..... 40

Chapter 7—Sun and Fresh Air 44

Chapter 8—Rest..... 50

Chapter 9—Water and Soap . . . 56

Chapter 10—Not This! 62



PART II—MY MIND AND ME 70

Chapter 1—Why Protect the Mind? 72

Chapter 2—Fast or Slow?..... 78

Chapter 3—Making the Right Decisions 82

Chapter 4—The Windows of the Mind..... 86

Chapter 5—The Importance of Reading 90

Chapter 6—And Speaking
about Television and Company . . . 96

Chapter 7—Good Music 102

Chapter 8—Use Your Head! 108

PART III—MY INTERPERSONAL RELATIONSHIPS AND ME	112
Chapter 1—Why Must We Take Care of Interpersonal Relationships?	114
Chapter 2—Making Good Friends.....	120
Chapter 3—Giving and Receiving Respect—Learning to Say “No”	124
Chapter 4—Obeying Is Not So Boring.....	128
Chapter 5—Good Company vs. Bad Company	134
Chapter 6—Good Environments vs. Bad Environments	138
Chapter 7—“I Love You Very Much!”	146
Chapter 8—Trust in God	152
ANSWERS TO THE ACTIVITIES	158
GLOSSARY	159



PART I

ME AND MY BODY

WHY PROTECT MY HEALTH?



Have an independent and open mind, which is not controlled by vices and bad influences, in order to always make the best decisions.
To achieve this, it is necessary to have healthy habits, such as carrying out physical activities, stop eating sweets and sugar-sweetened soft drinks at all hours, to turn off the computer earlier, to sleep better, to receive the rays of the sun, to breathe pure air, and various other good attitudes that you can discover here. How about it?

Have you heard about Novak Djokovic yet? He is one of the world's greatest tennis players. He has won more than fifty titles! Do you believe Djokovic began winning titles without having done anything special? No, he changed a long list of habits about what he ate and drank, about his leisure time, about his thoughts and feelings, and about the way he interacted with others. He took care of his body as a whole (physical, mental, and spiritual) and achieved greater balance. At the moment his record of victories began.

TO THE PARENTS

Have you stopped to think that, to a greater or lesser extent, our physical dispositions and conditions, our eating habits, and our moral and mental tendencies appear to be reproduced in our children? As we teach them, we also have a great opportunity to revise our habits and effect some changes. When we educate them by a good example, the result is much more effective than when we simply say one thing and do another.



FAT OR SKINNY?

Let's get straight to the point! Have you heard about child obesity? This subject is so serious that it has become a worldwide concern. Note this news: "New York bans sugar-sweetened soft drinks over half a liter."¹ Do you know why this ban was generated? Because over half of New York's adults of the children in its public schools are obese or overweight. What does it mean to be obese? Each person has an ideal weight, according to their height and age. You can calculate yours by using the Body Mass Index (BMI) formula, developed by the World Health Organization (WHO). The formula is $BMI = \text{weight} / \text{height}^2$.² Like this:
1. Multiply your height by itself.
2. Now divide the previous multiplication by your weight. Make a note of the final result.
According to the WHO, a BMI ranging from 18.5 to 24.9 represents an ideal weight. Your result with the following table:

WEIGHT	BODY MASS INDEX
Underweight	Below 18.4
Normal Weight	18.5 - 24.9
Overweight	25.0 - 29.9
Obesity Class I	30.0 - 34.9
Obesity Class II	35.0 - 39.9
Obesity Class III	40.0 - 49.9



2. **Inappropriate diet.** sugary drinks, rolls, cool buns, which are full of fat, refined flours, chemical additives, have place of fruits, vegetables, oleaginous nuts, cereals, healthy foods.

3. **Emotional problem** children and adults with their low self-esteem, frustration, problems would be much better. Research and treatment of such problems through even greater problems of food—don't

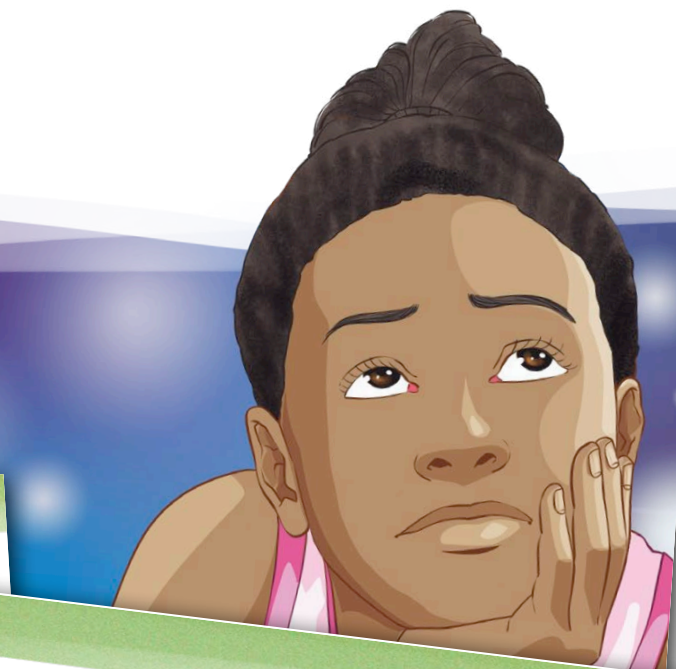
I have heard many children and some adults, say: "I don't eat fruits!" "I never eat salad, I don't drink water because I prefer soda by far." It is not a joke! These are responsible for weight gain, can trigger hypertension, cholesterol, cardiovascular diseases, diabetes, as well as respiratory, gastrointestinal and mental conditions in the childhood. These preceding will result in children and adults.

UGLY OR PRETTY?

What a question! Is there someone who perhaps does not want to be pretty? Is nothing wrong with that! The problem is that, at times, people confuse the real with one that is false or apparent.

Have you heard about child beauty pageants? Those poor little girls spend hours in the salon and in modeling classes. They are so tiny! They have to worry about their dress and makeup.

These child beauty pageants move millions of dollars per year in the United States. In addition to large amounts of money invested by parents and a great deal of stress, daughters can become Misses, models, actresses or singers.



need masks as it comes from the inside. Beauty is about **character**. A truly beautiful person is likeable, cheerful, kind, pleasant; she respects herself and others, respects herself and

Beyond being linked to character, beauty is associated to what we do so that they function well and keep us healthy. When we take care of our diet and drink lots of water, we not only nourishing the blood that flows through our bodies but also the hair, nails. Additionally, beauty care entails: the right attitude, a good night's sleep, careful hygiene, performance of physical activity, appropriate weight, correct posture and abstinence from vices, etc.

What if people looked at you as a beautiful person, inside and out?

EAT WELL!

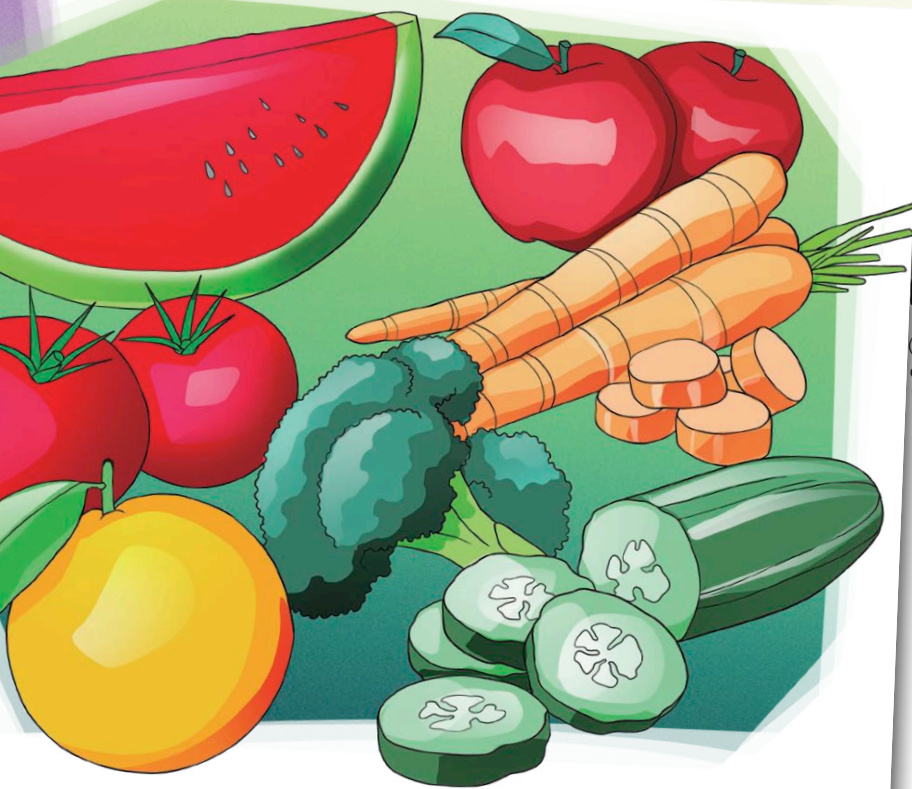
Have you ever eaten at a fast-food restaurant? We are so familiar with those places that we have always existed. The truth is that years ago people did not consume as many

foods full of salt, fat, sugar, and chemical additives, and never before have children and adults consumed so much artificial food as they do today.

How did we get to this kind of food?

As cities have grown, fewer people live in the countryside. Life became more complicated, people sought faster ways to carry out their tasks, including food. To keep food fresh in a short period of time, they began to use preservatives. In this manner, the food created edibles increasingly alienated from their original state, poor in nutrients and substances harmful to health.





the ones that we should consume in lower amounts, considering that the body's need is great in relation to the others. You want to know the exact amounts you should consume, a professional will be able to evaluate your unique needs, taking into account your weight, height, age, level of physical activity, and the objectives you desire to achieve.

In order to enjoy good health, we need the following nutrients:

- Carbohydrates**
- Vitamins**
- Protein**
- Mineral Salts**
- Fats**



TO THE PARENTS

Riding a bicycle, running, playing games that use balls and any other active games are examples of physical activities that benefit your body in a comprehensive manner. These activities develop abilities such as flexibility, strength, coordination, balance and body posture. These activities also promote the strengthening of emotional bonds between parents and children.

MOVE!

Michael Phelps, the great Olympic swimmer, is considered to be one of the most famous of all times. Do you know him? He beat approximately forty world records and more than twenty Olympic medals.

When he was a child, he was diagnosed with attention deficit disorder (ADDH). ADDH is a nervous system disorder that affects behavior. It occurs in children and is characterized by lack of attention, restlessness, and impulsiveness. Children with ADDH often have problems in school.

Phelps began to swim at the age of seven, and very early he stood out because of his talent. At the age of 10, he broke the national swimming record for his age group. At the age of 15, he qualified for the Olympic games in Sydney (Australia).

Swimming helped Phelps to burn off excess energy, to control his impulsiveness, to develop motor-skill coordination, attention, concentration, and to overcome his problems, transforming him into a champion.

Lionel Messi, have you heard of him? At the age of 13, Messi began to play for the youth team of Argentinean soccer clubs; however, during that time, it was discovered that he had a growth hormone deficiency. Messi was only 1.37 meters (4' 6") in height. He received financial assistance in order to undergo the necessary medical treatment. Despite feeling pain, he took advantage of the opportunities received and he continued to improve the sport. Not only did he overcome his deficiency but he also became one of the world's best soccer players.

Did you know that our bodies were not created to remain still? Imagine that even animals need to be active in order to be healthier and to have a longer life span. According to Science magazine, African elephants live, on average, 56 years. This occurs when they live freely, in nature. However, in captivity they hardly reach 17 years. Asian elephants, on average, can live 42 years if they roam freely; in a zoo, they only live 19 years.

The majority of people have recognized the importance of keeping their bodies in motion in order to be healthy. In various parts of the world, people have discovered the benefits of exercising. Thus, many people practice martial arts, tennis, badminton, and other sports.

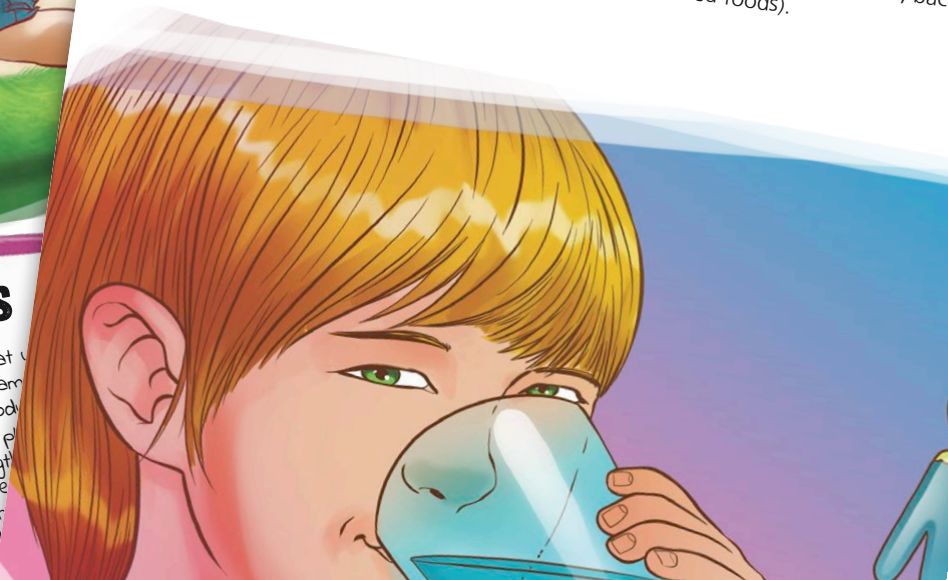
DRINK TO LIVE

The truth is that our planet could be called Water instead of Earth. After all, it is more liquid than solid areas... the same occurs with the human body: it is comprised of liquids!

Water is one of the most important elements for sustaining life. Did you know that a child is able to survive longer without food than water?

A child's body is made up of 80% water, while an adult's contains 65%. In the first years of life liquids are provided through maternal milk.

For the purpose of being able to filter the blood and remove all impurities, approximately 20 liters of blood pass through the kidneys each hour. Imagine the suffering by thousands of people as they try to work when we don't drink enough water. If this occurs, we can be affected by a high amount of waste found in our bodies (the residual of what we eat, bacteria, fungi, chemical, and toxic substances added to processed foods).



SUN AND FRESH AIR



If I were to mention the word "sun" what comes to mind? Perhaps you recall a time when your skin burned like fire, or you had a flashback of your mother asking you to apply sunscreen, right?

Nowadays there is so much talk about protecting ourselves from the rays of the sun, about skin aging, and cancer, that at times we only see the sun as an enemy. However, it is the main source of heat and light that we have. Without it life would be impossible.

The sun is the center of our planetary system and it is located at a distance roughly 150 million kilometers (93 million miles) from the Earth. Its light travels through space at a speed of approximately 300,000 kilometers (186.411 miles) per second and its rays, when properly utilized, provide good health; yet, if improperly used, they cause serious illness.

Sunlight is made up of a large number of rays: ultraviolet rays (UVA) produce a suntan, and infrared (IR), which provide heat.

WATER AND SOAP . . .

Did you know that in the Middle Ages today's hygiene habits did not exist? A full bath was taken annually. Daily cleanliness was accomplished by rubbing oneself with damp sponges. Because soap was very expensive and there was no running water in the home, washing items were washed a few times per year. They smelled bad and attracted fleas, lice, and other insects.



REST

Now that your parents are not over reacting when they ask you to go to bed, how much sleep do you need? No one can live without sleeping; furthermore, it is necessary to sleep. They die due to general infections. University of Chicago (United States) a study was conducted with 11 people ages of 18 and 27 who were only permitted to sleep a maximum of four hours. Do you know what happened? A subsequent test showed that the levels of their bodies appeared to be like that of a 60 year old person. The levels were similar to those in diabetic people. A minimum of eight hours of sleep every 24 hours is essential. This time is not only to keep us alert during the day and to rest our bodies, but also to keep our life span. Our physical and mental performance is directly related to the amount of sleep.

During the night's rest, our organs undergo a period of restoration (the heart, brain, muscles, etc.). Working so much, they all need to rest at the end of the day. While they are working, functions of health are carried out. One of these is the release of hormones, which are very important from the first days of life until the end of the growth process (approximately from the age of 15 to 20). Despite the fact that the body generates itself throughout the day, during childhood, nearly 90% of the time is spent in deep sleep.

As children grow, they need to get more sleep. Newborns sleep from 16 to 18 hours a day. Children with little sleep are more prone to having problems in their development. Some need fewer hours of daily sleep; however from the age of 12, they should sleep 12 to 14 hours per day (nighttime rest and daytime rest). In these numbers, four-year-old children need about 11 to 13 hours of sleep, which 11 are nighttime sleep.

The growth hormone continues to be released in lower doses during sleep. Sleep also helps muscle weakness and ensuring physical energy. It helps the immune system (the army that defends us when we become sick) and the release of insulin also takes place (it helps to control the level of blood sugar, which prevents diabetes), and other important hormones.

During the night, a lot of activity in the brain's network takes place during sleep, which is important for decoding useful information. This is the manner in which information is processed throughout the day—such as school lessons, for example—is recorded. During the day, when we are active, we need to decrease their activity.

NOT THIS!

While preparing this chapter, I watched a video in which a man displayed a pair of handcuffs on his hands and explained that he was the son of a commissioner. He had again been apprehended for armed robbery (he was caught stealing to pay for his addiction). He said that he had started consuming marijuana at the age of 13, quickly became an addict; then went on to consume stronger drugs. At first, he would steal within his own family, but later he stole from others. He mentioned having been in prison for five years, as he had been arrested eight times. With a broken-down countenance, he pled to the judge, "By what is most sacred, never try that evil vice that annihilates you as a person! Please do not use drugs!"

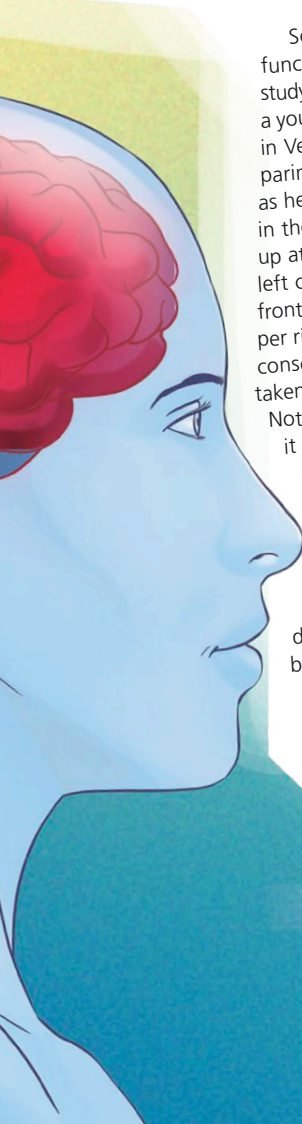
At the same time, a newspaper published the tragic death of a 12 year-old little girl. She had been admitted to the intensive care unit of a hospital for six days as a result of a generalized infection. She had consumed alcohol and drugs; furthermore, it was suspected that she had been raped during a party. Just 12 years old.

When we mention drugs, something very harmful comes to mind, which causes death, brings about much tragedy, and is illegal, right? However, there are other drugs that also cause great harm such as tobacco and alcohol, which lead to death as well but are not prohibited. For that reason, the important thing to know is not whether a drug is banned or not, but to realize how much harm they all cause and to stay away from them.

Any natural or artificially developed substance that alters the cerebral functioning and, consequently, the user's way of thinking, feeling, and acting is a drug.



PART II MY MIND AND ME



Some researchers discovered the important functions of the frontal lobes when they began studying the brain of Phineas P. Gage (1823-1861), a young man who supervised railway construction in Vermont (United States). In 1848 he was preparing gunpowder to blow up a huge rock, and as he forced a steel bar in a hole previously made in the rock, an explosion caused the bar to shoot up at a high speed, striking his skull. It entered his left cheek, destroyed his eye, passed through the front part of the brain and exited through the upper right part of the skull. Phineas immediately lost conscience; however, he soon recovered and was taken to a doctor. He walked and talked on the way. Notwithstanding the dramatic injury, he survived it and physically recovered well. However, soon after he began displaying very strange behavior. He became unpleasant, foul-mouthed, a liar, and unable to hold a job for very long. Friends of Gage said that he was no longer the same person.

Phineas P. Gage died 13 years after his accident, penniless, and an epileptic. His case began to be studied. His skull was recovered and preserved



WHY PROTECT THE MIND

What do you want to be when you grow up? An adult who is timid and does nothing at all, someone who can't make decisions and only remains in the background, other people, an opinion shaper, a great writer, a respected scientist, a business person, or a doctor who saves many lives? Your choice is not the only one. In order to make important decisions and succeed in life, what matters is that you use your mind—the most fantastic and comprehensive computer that has ever been created. Just like the computers and smart phones that we are familiar with, the mind has hardware and software. The hardware is made up of your physical parts: the parts that are the brain and software. The hardware is made up of your physical parts: the parts that are the brain tissue with its billions of neurons. The software would be the mind, that is, the brain tissue with its billions of neurons. The software would be the mind, system, programming, or a structure of rules that guides its operations, such as



FAST OR SLOW?

Have you heard about mental athletes? They are memory champions because of their ability to store a large amount of information in the shortest period of time.

How would you feel about memorizing a recently shuffled deck of cards in order, remembering the names and faces of 99 people, or reading and reciting a 50-line poem? Well that is the case. Those champions dedicate a greater part of their time to training their brains in order to participate in contests worldwide. You would not like to always be equally fast in performing such feats? Well, you should know that they are exceptionally gifted individuals. They simply use techniques that were utilized in ancient Greece, which involve associating symbols with images or situations. It is very difficult to record to memorize a long string of numbers. However, if they are associated with everyday images, memorizing them is possible. Psychologists state that information is memorized with greater ease when it is connected to images, memories, events, places or people you know. In speed-reading courses, for example, teachers ask their students to read a chapter of a book and summarize it in a few words. When reading such words, a student will remember the content of the chapter. Mental athletes use such stories in order to quickly memorize numbers and words. They know some secrets that can also turn you into a memory champion. First, do not forget that your mind is like a muscle. It needs to be trained to store information and to react quickly. It needs to recall something. It needs to be trained enough to think, "I want to be fast" and bam! you suddenly become the fastest person in the world.



Psychologists, those who study the brain, are always conducting research to discover more about the mind. It will help to use the brain to its fullest capacity. Some research has revealed that the right hand immediately prior to learning new information, and doing the left fist immediately before attempting to recall something, can help. That such motion training

MAKING THE RIGHT DECISIONS

If the brain is not stimulated, it becomes "lazy", and in this way its memorization and agility capacities decrease. Select a poem comprised of 10 to 20 lines and find out the amount of time it takes you to memorize it.



Hour of Challenge

TO THE PARENTS

With all certainty, you want your child to be intelligent. Do not lose sight of the fact that it is not the type of incentive but the manner of encouragement to be offered, which is of greatest importance. Love and the display of affection are part of the games. To develop a child, sophisticated and proud



TO THE PARENTS

At the age of seven, moral perception emerges in a child. At this age, a child should be able to understand and analyze the reasons and consequences of their actions, to distinguish between good and what is bad. Take advantage of this stage so that your child will grow up in a secure and loving environment, stimulating the development of responsibility for them or excessively short, mid, or long-term decisions. Avoid making decisions for them and the ability to choose. Choices such as the type of clothing they will wear, or the story you read to them, can now be their decision. A seven-year-old child wishes to travel with a friend's car. Expressing a resounding

er stopped to think that you possess great skills that distinguish you from the rest of the world and resemble God himself?

When God created humans, He gave them *reason* and *conscience*.¹ These are two faculties that help you make decisions.

Reason is the ability to reason, or in other words: to compare, measure, judge, evaluate, weigh different concepts, solve problems, and find coherence or contradictions in them. In other words, it is the ability to reach conclusions. At times, reason is used as a synonym of intelligence. But we have the ability to invent many things and discover ways of making our lives better. But if we only had reason, we would be incomplete, right? That is why God gave us *conscience*. Through it, God communicates with you! Upon finishing creation, God communicated with Adam and Eve. After they sinned, God continued to communicate with them, helping them with their decisions. Presently, it is more common for God to communicate with us via our conscience. Do you recall where those functions take place? Yes,

reason and conscience, make us different from the animals and more human. Thanks to them we are able to reach an appropriate discernment in order to make good decisions.

Adam, his mind was perfectly balanced. Reason and conscience controlled his emotions, affections, interpersonal relationships, and feelings. However, after sinning, he lost control. You might not have dared to reject a friend's invitation to his or her house if you were afraid that he or she might become angry with you. Despite this, you accepted. You made a decision based on emotions and not reason.

To make the right decisions, you must first reflect, until you know enough about the situation, not forgetting, of course, to look to God for wisdom. Otherwise, you will make wrong and even disastrous decisions.

Adolescents are impulsive when making their choices. They act first, then think. If this is the case, once again, we must look to God for wisdom.

THE WINDOWS OF THE MIND

What would you do if you saw dark, billowing clouds gathering, very strong winds blowing, and a storm approaching in the direction of your home taking with it everything in its path? Would you close the doors and windows or leave them open?

If you were to leave the doors and windows open, the wind, rainwater and filth would enter your home, right? I imagine you would keep everything tightly closed! I would do the same!

Are you aware that our bodies also have windows? It is true! In the same way that the windows of your house are to be left open to let in fresh air and sunlight, the windows of your body should be open for the good things to come in. And just as your house should keep its doors definitely closed against thieves, rain, strong wind, and uncleanness, the windows of our bodies need to do the same against everything that does not provide us with good health or happiness.

The windows of our bodies are the five senses: sight, touch, smell, hearing and taste. The organs responsible for these senses are: the eyes (for sight), the skin (for touch), the nose (for smell), the ears (for hearing) and the tongue (for taste).

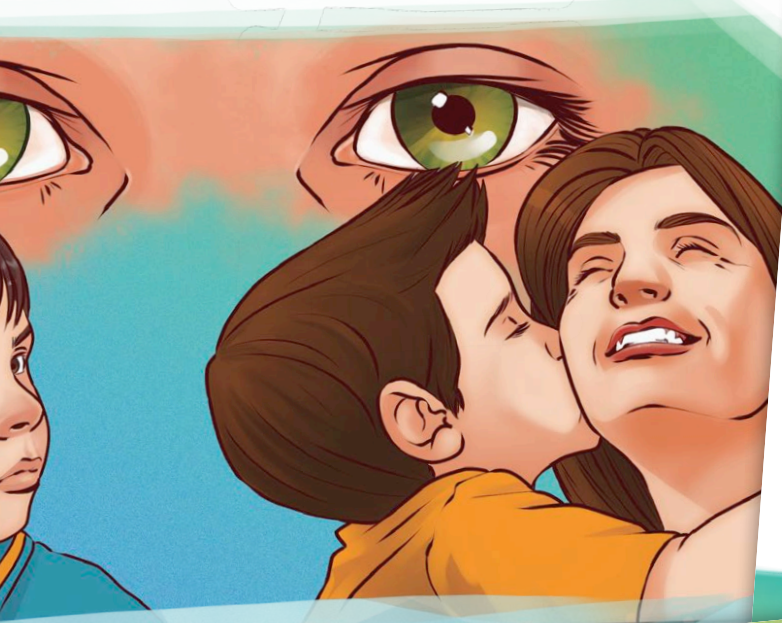
These organs are connected to the brain through nerve endings which transmit different environmental stimuli to the central nervous system, from which "orders" are generated that make the body react. For example, if there is a lot of noise, the brain sends a signal to the ears to stop listening.



Hour of Challenge WITH YOUR PARENTS!

Now that you know that your palate renews itself, how about if you invite your parents to try, all together, one of the foods you claim not to like? It goes without saying—it should be a healthy food. As you are eating it, think about how that food will benefit your health. Then, consume it a few more times.

Do you dare to try? Eventually, you will end up liking it.



AND SPEAKING ABOUT
TELEVISION AND COMPANY . . .

Can you imagine a world without television, computers, and smart phones? Well, that world did exist! Children and adolescents did not stay indoors but in parks, racing each other, jumping rope, playing ball, playing cops and robbers (game of pursuit), and other games. They laughed and worked up a sweat when they played; they were happier and slimmer. Then the television, computer, and all kinds of screens appeared. With them, the *electronic* generation changed the habits and customs of children, adolescents, and adults. Without realizing it, began

Then the television, computer, and all kinds of screens appeared. With them, the *electronic craze* was born. Oh boy! This greatly changed the habits and customs of children, adolescents and adults. People decreased their time spent outdoors and, almost without realizing it, began to spend hours in front of the television, computer, or any other screen, often with poor posture harmful to the spinal column, almost without moving their bodies or twitching their eyelids. They also became lonelier in front of their screens.

Do you know how much time you spend in front of the television or computer? How do you feel afterwards? Would you be able to spend one day or one week away from such devices. In the studies demonstrate the effects caused by excessive time in front of these devices. In the studies between the ages of 10 and 12 how much time they spend in front of these devices and their responses were from

Do you know how much time you spend in front of these devices? Would you be able to spend one day or one week away from such devices? In various studies demonstrate the effects caused by excessive time in front of these devices. In England, researchers asked 1,013 children between the ages of 10 and 12 how much time they spent per day playing video games or watching televised programs. Their responses were from zero to five hours. They were also asked how they felt overall. Many responded: "I generally feel lonely, sad, and with an urge to cry," and also: "I like to play alone."¹ The researchers discovered that the children who spent two or more hours per day in front of a screen, despite being very physically active, were very hyperactive, had more difficulty making friends, and had more emotional problems (such as attention deficit, shyness, and aggressiveness) than those who spent less time with such devices. It is very serious.

The television and the computer are not bad per se; however, let's observe other harms caused by spending too much time in front of these devices. Are you easily distracted? Do you have trouble paying attention? Do you have trouble concentrating? Do you have trouble holding class, or when you do your schoolwork at home? Do you have trouble doing your homework? Do you have trouble doing your schoolwork at home? Do you have trouble doing your schoolwork at home?

1. **Where did my concentration go?** Do you have trouble focusing on your schoolwork at home? Distracted when the teacher is holding class, or when you do your schoolwork at home? New Zealand studied disorders in children caused by watching television in

THE IMPORTANCE OF READING

Benjamin Carson is an American neurosurgeon who became famous, when separated Siamese twins joined at the head. His story was depicted in the movie *Hands*.

His mother was an uneducated person who worked as a housekeeper at three locations in order to support her two young children. She was wise enough to notice that her children spent too much time in front of the television, and that was the reason for their academic performance.

She had seen many books in the homes where she worked and decided that they should be good readers. They rejected the idea of reading two books per week and per book report. She remained adamant, and they had no choice but to obey. The boys to read, and along the way they discovered that reading was something pleasant; consequently they became true "devourers of books."

A reading habit was the goal.

A reading habit was the starting point of their great change. Not only did the boys' academic performance improve, but Ben's brother Curtis became an engineer, and Ben went from being a lazy and indifferent student to becoming a physician of world renown.

According to various research, children who are exposed to reading at an early age learn more effectively: reading, writing, speaking, and memorization spelling of words. Reading trains the brain, develops a child's creativity and imagination, and acquires culture, knowledge, and values. Anyone accustomed to reading from a young age is more prepared for study and work.

Anyone accustomed to reading from a young age will be better prepared for studying, work, and life, just as it happened to Curtis and Ben.

On the other hand, when many hours are spent in front of the television or computer, the brain and the body become lethargic. Is it possible that all books are good? Arthur Schopenhauer, a German philosopher, once said, "The more I read, the more I am convinced that I know less and less."

Is it possible that all books are good? Arthur Schopenhauer, a German philosopher in the 19th century, asserted that regardless of the latest novelty, some books are an intellectual poison; they are worthless and detrimental like bad weeds, as they do not have the objective of making the reader more noble; quite the opposite. They promote negative responses such as: taking his money, time, attention, and leading him to something that will ruin the spirit.



...states more than 400,000 people

careful of excess weight! In the United States, more than 400,000 people result of being overweight.³ That is a large number! A group of researchers followed children every two to three years, until the age of 21, and learned that for causes of obesity was the amount of time they spent viewing television in childhood.⁴ The more a child or adolescent watches television, the higher the risk, which is an indicator of normal or abnormal weight in relation to height and weight, which is above and beyond a decrease of physical and mental health. Do you know why? When viewing television, a person uses less energy than when being active. And, as you know, the more energy a person uses, the more they burn. So, when a person watches television, they are not burning as many calories as they would if they were active. This is why it is important to be active and not spend too much time watching television. And, as you know, the more energy a person uses, the more they burn. So, when a person watches television, they are not burning as many calories as they would if they were active. This is why it is important to be active and not spend too much time watching television.

GOOD MUSIC

Stop for a while and listen closely to the different kinds of sounds you are able to hear right now. At this moment, I am hearing birds chirping and the neighbor next door whistling a tune.

Have you noticed that music is always present in our daily lives? It is part of our existence from the time we are born. Most certainly, your parents sung you lullabies when you were a baby, and you have probably already turned various objects into musical instruments, whether striking lids to make lots of noise, hitting plastic cans or cutlery against each other, or tapping rhythmically on the table.

Did you know that music is one of the best means for learning in early childhood? Neurologist Oliver Sacks said: "Musical activity involves many parts of the brain (emotional, motor,



- Now, observe your development.
1. Improves the cognitive abilities. In this way, it is easier.
 2. Stimulates reasoning for both mathematics and science.
 3. While you learn an instrument, you learn to use musical symbols to create and transform objects.
 4. Helps to balance emotions and it arouses positive feelings.

5. When memorizing letters and musical notes, when listening to other instruments, furthermore, when creating music, you are fortifying memory and learning.

As a universal language, music is used in many functions.

Have you noticed how publicity ads utilize it to sell a product? Have you seen how music is present

in movies and animations, video games, religious worship, and in a great many other

situations? Do you know why? Because melody, harmony, and rhythm have a great capability to stir emotions.

Nonetheless, can it be possible that all music is favorable for the brain?

We have already observed how music—far more than any other art—activates the brain. It has direct access to the areas that control our impulses, emotions, and motivations. It also directly reaches the system of integrated perception; namely, simultaneously activates several senses: taste, smell, sight, etc. That is why we are able to remember an aroma or an image upon hearing a particular sound or specific music. It also activates emotions.

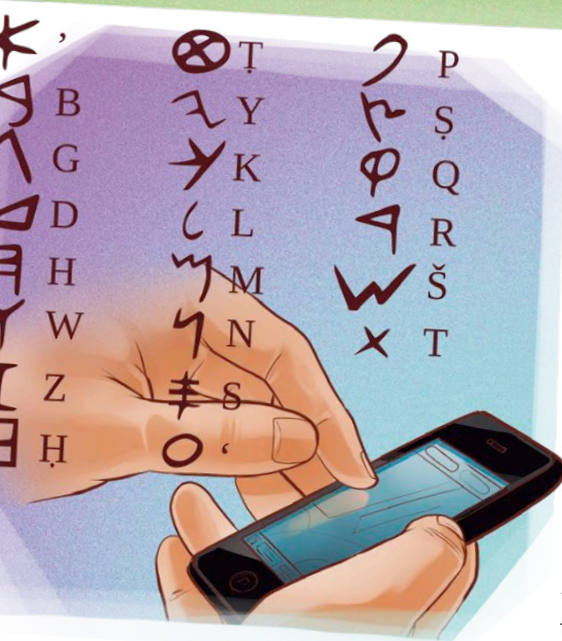


USE YOUR HEAD!

Suppose you have crossed the street many times. However, have you stopped to think about many tasks your brain must carry out so that you may cross safely? If a traffic light is red, the task would be easier, but if it were not your brain would quickly estimate the speed of the vehicles, the acceleration or not of the vehicles, the distance you will have to cross the street, the time available until the vehicles approach, and so on.

to avoid being run over.

potential! Have you already received classes or some type of training for the brain and how it processes new information? Could you think? Do you know how we can exercise concentration? The majority of people have no idea. That is why they



not have notebooks, computers, recorders, photographic cameras, etc. These excellent mental exercises made their minds shine.

Nowadays, people think less with their mind because they can count on the help of many electronic devices like an iPhone, for example. It is clear that technology has come along to provide a great deal of assistance; however, while relying on it for everything, we ignore the critical act of thinking and stop utilizing the great potential of our brains, contributing further to the development of diseases, such as Alzheimer.

In chapter two, we saw some advice to improve mental performance. And now that we are on the subject of training the mind, what do you think about doing some exercises?

To strengthen your memory, here are two tips. Try to be more observant. By nature, we are not very perceptive. Now take this test. Is your wristwatch analog? If it is, cover it and say whether the number six on the dial is in Arabic or Roman numbers. Did you get it right? The majority of people get it wrong. Cover the watch again and state what time it is now. You were probably wrong. Have you noticed how poorly observant we are?



PART III MY INTERPERSONAL RELATIONSHIPS AND ME

WHY MUST WE TAKE CARE OF INTERPERSONAL RELATIONSHIPS?

Imagine what it would be like to live alone on an island? Spending days
months, without seeing or touching anyone—without anyone to speak to?
Manage your things, or fight with you; no one would send you to your room
your smart phone, to go to bed early, or to do your homework . . .
ce?

thought . . . what about when you need some information or advice, so
to, to hug or touch, to speak to about what happened to you thro
any news with? It would be strange and very sad to look around a
you think?



MAKING GOOD FRIENDS

One of the most important things that everyone should learn is to
Not only because it is the right thing to do but also because it
healthy interpersonal relationships, one of the sources of happiness
Do you wish to have a lot of friends? It is perhaps better to be n
than quantity. We can have many acquaintances. True friends are
if they do not have anything to gain by doing so, but because they
best for us. Yet not everyone knows how to be this kind of friend
wise said: "One who has unreliable friends soon comes to ruin,
closer than a brother." (Prov. 18:24).

Friendship is one of the most important values in human
knowing how to interact. Thus, we must learn how to be a g
good friend. Do you know how good friends behave and how
A good friend can be forever; for this, it is necessary to cultivat
after day.

Good friends have learned to develop unselfishness, emp
serve
wonder

1.

2.

3.

Shall we present a scenario? This is a
game you can act out with your friends
and classmates. After a scenario is
presented, each person will behave as a
good friend would behave.

1. A classmate is sad because his
friend spent the entire day
with

In chapter five, you will be
view other very practical tips o
to choose good friends.

July 20th is friendship day. Th
son who invented it was an Arg
ean doctor, in honor of man's la
on the moon on July 20, 1969.
do you think about taki



GIVING AND RECEIVING RESPECT— LEARNING TO SAY “NO”

In the previous chapters we have already discussed the importance of interpersonal relationships. We all need to interact. You interact with your dad, your mom, grandparents, uncles, cousins, classmates, professors, neighbors, the cashier at the supermarket, the teacher . . .

But there are also male and female friends with whom you have greater affinity. In a certain way it is necessary to know how to interact with everyone, you can select your friends; however, you will not always be able to choose those who will be sharing the same space with you.

The secret to properly interacting is to first learn to be a good friend to God, then a friend to yourself, and finally offer your good nature to others. You will have the opportunity to learn more about this in chapter eight.

The world we live in is full of differences. People dress, behave, and speak differently; their hair, skin, and eye colors are distinct; the economic situation varies . . .



OBEYING IS NOT SO BORING

Have you ever replied: “Oh, how boring!” when your parents or teachers have asked you to do something? Obedience is not always pleasant, correct? It can be like a brake that stops you from doing whatever you want.

Have you ever replied: “Oh, how boring!” when your parents or teachers have asked you to do something? Obedience is not always pleasant, correct? It can be like a brake that stops you from doing whatever you want.

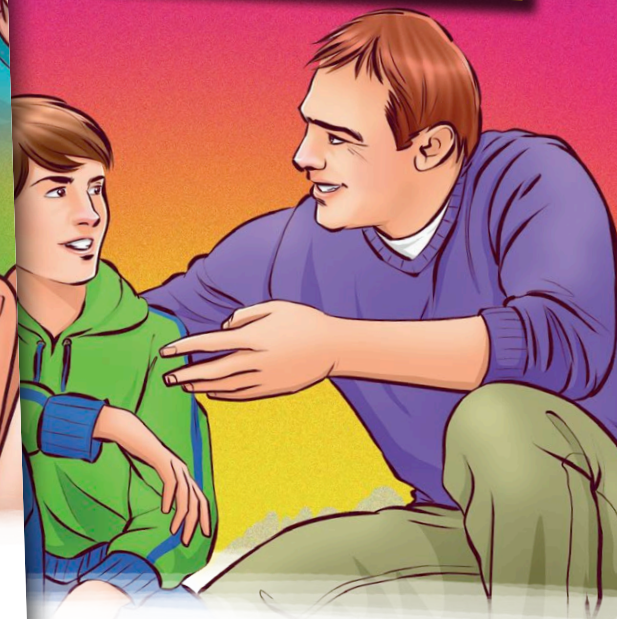
Continue reading, as I would like to explain something to you. Your parents do not request obedience from you on a whim. When you were born you did not know anything necessary to properly live in society, protect you from harm, and to be a happy and successful person. At a



Make a list of things that do not make you happy, which you would like to change. Show the list to your parents and have a discussion about what can be improved. For example: “I feel very sad when you yell at me,” “I would like for you to explain the reasons why you are telling me no.”



Hour of Challenge



When a child feels accepted, they stop seeking constant approval from adults.” (Maria Montessori)

You alone with . . . the . . . of life in society, the . . . would have ended up being an . . . implies obeying rules and respecting boundaries. Obedience is one of the most important lessons that must be learned. The child will be happier than those who are allowed to do whatever they want. In many stories of obedient people. Because of their disobedience, our beautiful home in Eden. When we disobey minor things, we are setting other disobey major things. That parents were sent by God to teach you obedience with balance. If they have with God, in order to convey those teachings with balance. If too lenient, they will have to be accountable to God. For that reason, at times, and sometimes do not allow you to do as you wish.



GOOD COMPANY VS. BAD COMPANY

As we have already observed, we must respect everyone. However when it comes to friends, it is better to have few but good friends, than to have many but none that are trustworthy, right? How can we tell apart a good friend from a bad one? In the previous chapters we have already mentioned the various qualities of a good friend. Now we are going to talk about friendships that are not good, those that you should avoid.

The Bible warns us regarding the dangers of bad company. In it, you will find stories regarding good and bad friendships. One of these stories tells the account of two friends: David and Jonathan (son of King Saul). The jealous monarch attempted to kill young David, who had been chosen by God as his successor. Jonathan could have viewed David with envy and hatred, for as a son of the king, he was the heir to the throne. However, Jonathan kept a loyal friendship with David throughout his life. When Saul tried to kill David, Jonathan protected his friend, without defending his father's mistakes. That was a praiseworthy friendship!

Another biblical story tells us about Amnon, son of King David, and of his cousin Jonadab. When Amnon told him that he wanted to do something evil, Jonadab could have seized the opportunity to correct and guide him. However, not only did he support his wicked plan but also helped him carry it out. But everything ended in great tragedy: his own death. Jonadab was not a true friend.

The third story is about Rehoboam, grandson of David and son of King Solomon. When his father died he became King of Israel. He sought the advice of several people before making a very important decision for the kingdom. He received good advice from his wise and intelligent friends; yet, he chose to follow the terrible advice of his bad friends. This resulted in a division of the kingdom and the loss of a large portion of his influence.

Friends can influence us more than family or others. This is one of the dangers of spending time with friends of a dubious nature. By being with them, it becomes easier to make the wrong choices.



them so that they can choose constructive values and attitudes. To place our trust in someone, we must be very cautious, not trusting and end up being influenced by bad company.

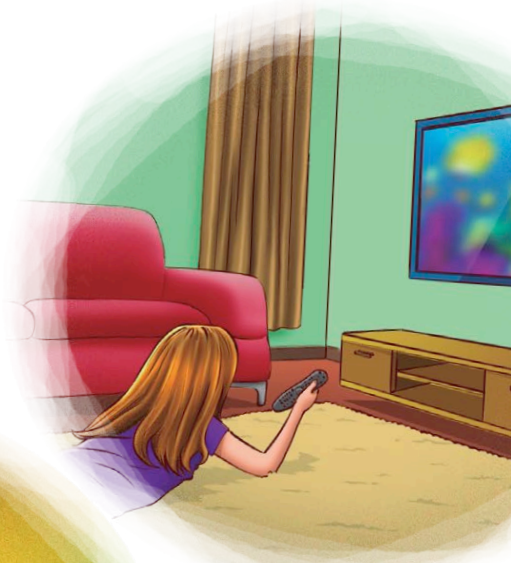
1. "The righteous choose their friends carefully, but the unrighteous are influenced by bad advice. The choices you make do not only include your failure or success, and will have eternal consequences. Who will guide us to make good decisions, don't you?" (Prov. 12:26).



GOOD ENVIRONMENTS VS. BAD ENVIRONMENTS

Can it be possible that the environment somehow affects our choices, health, and happiness? For scholars, this is a highly significant factor in human life. Various researchers have studied how physical environment directly influences child development and how children feel, think and behave, discovering that the environment modification affects thoughts, feelings, social interactions, and physical wellbeing.

As a child, the choices that you make about your surroundings have to do with whether it is a suitable place to play, who are the people present at the location, what interesting things you will be able to buy, the beauty of the place, or the pleasant feelings it stirs in you. As you continue to grow, your preferences regarding your environments can change depending on your interests.



7. Does it benefit my physical and health? There are recreational environments with a lot of loud and high-pitched music, shouting, yelling, vulgar language, which is not beneficial for the mind and body. Our recreational activities should be able to help us to better fulfill our duties and have a beneficial influence in the environment where we interact. Thus, upon returning home, we feel our mind and body refreshed.



When you talk to someone every day to know that person better, right? After decide whether you can trust that person or could we trust someone we do not know? have the courage to go out at night with a Surely, I would not do it! But, with family...

Who would not want their children to be healthy and happy all the time?

Health and happiness are two closely related factors which complement each other to achieve wholeness both in the lives of adults and children.

GOOD FOR ME illustrates how the harmony of the three important dimensions in children's lives—body, mind and relationships—bring ultimate health and happiness.

It serves as a guide for children, with the help of their parents, in taking care of their *body* as it addresses issues such as nutrition, physical exercise, rest and hygiene habits; in developing their *minds* as they learn about topics such as decision making, the habit of reading and training the mind; and in building wholesome *friendships* as it focuses on topics like importance of respect, quality relationships, obedience or trust in God.

Take the opportunity to discover these ideas and enjoy the suggested activities with your children so that they would appreciate how helpful these topics are and could truly say this is "GOOD FOR ME!"

