

# THE CREATIVE & HEALTHY BRAIN

---

COLORING & ACTIVITY BOOK

---

FOR KINDERGARTEN  
(AGES 4-6)



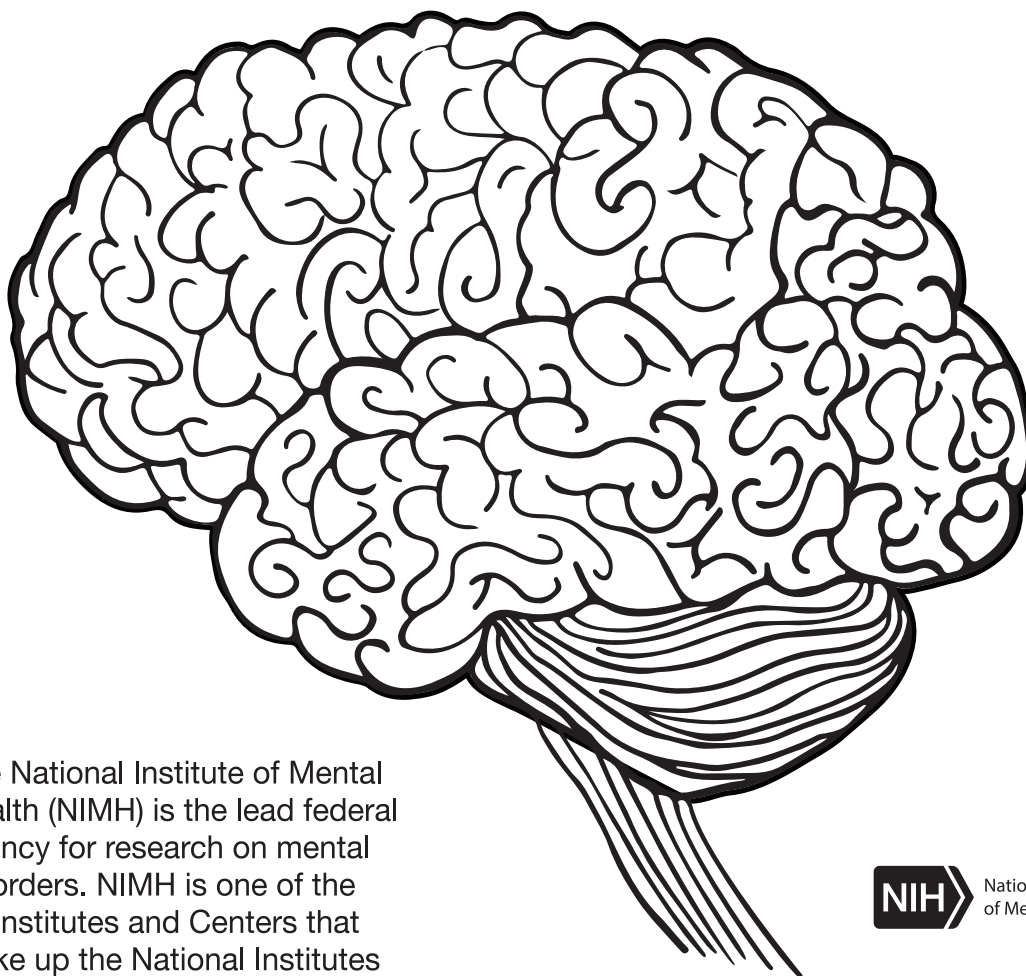
*Adapted from the*  
**NATIONAL INSTITUTE of MENTAL HEALTH**

# **THE CREATIVE & HEALTHY BRAIN**

---

COLORING & ACTIVITY BOOK

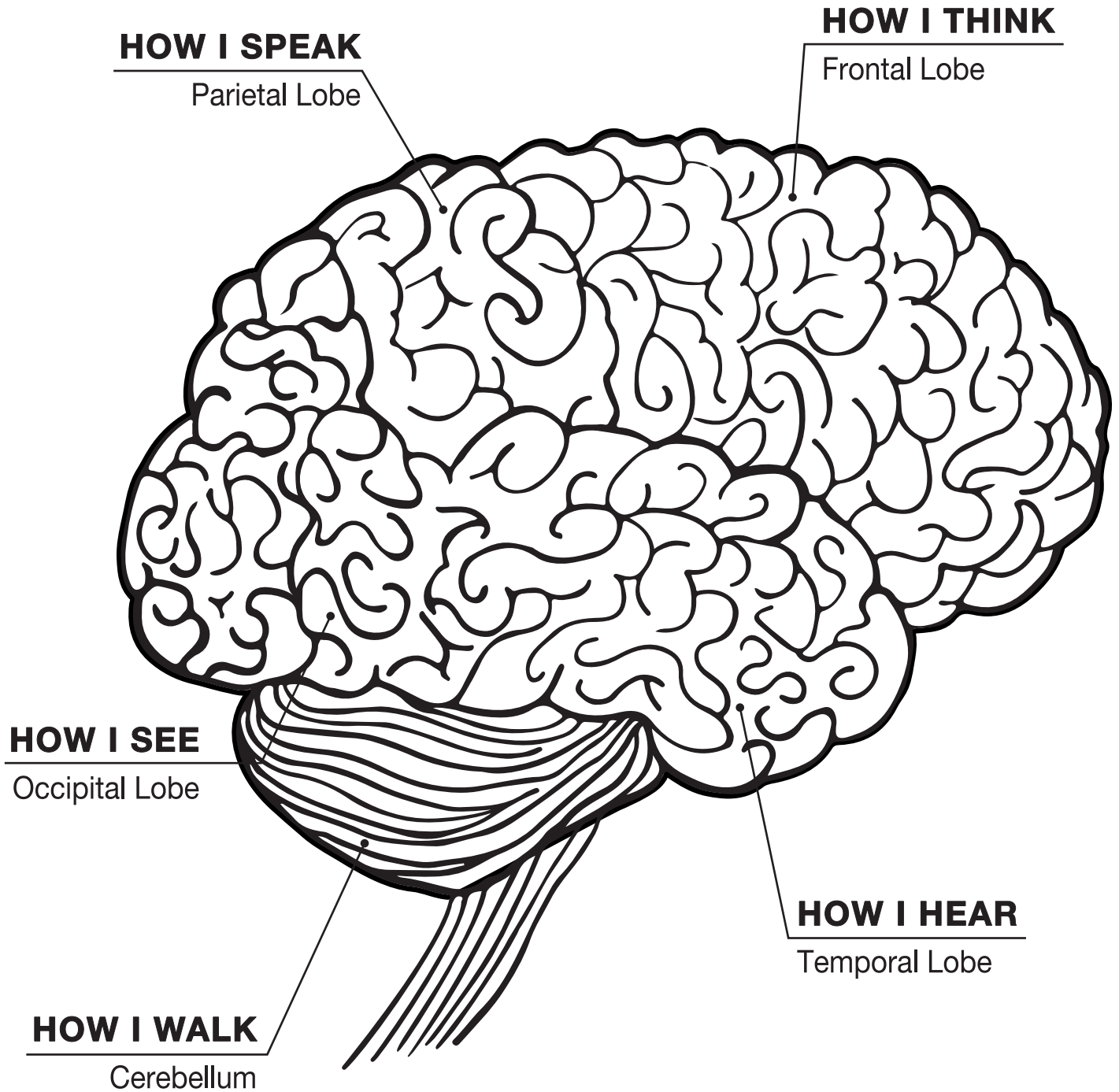
---



The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders. NIMH is one of the 27 Institutes and Centers that make up the National Institutes of Health (NIH), the nation's largest medical research agency. NIH is part of the U.S. Department of Health and Human Services.



# PARTS OF THE BRAIN

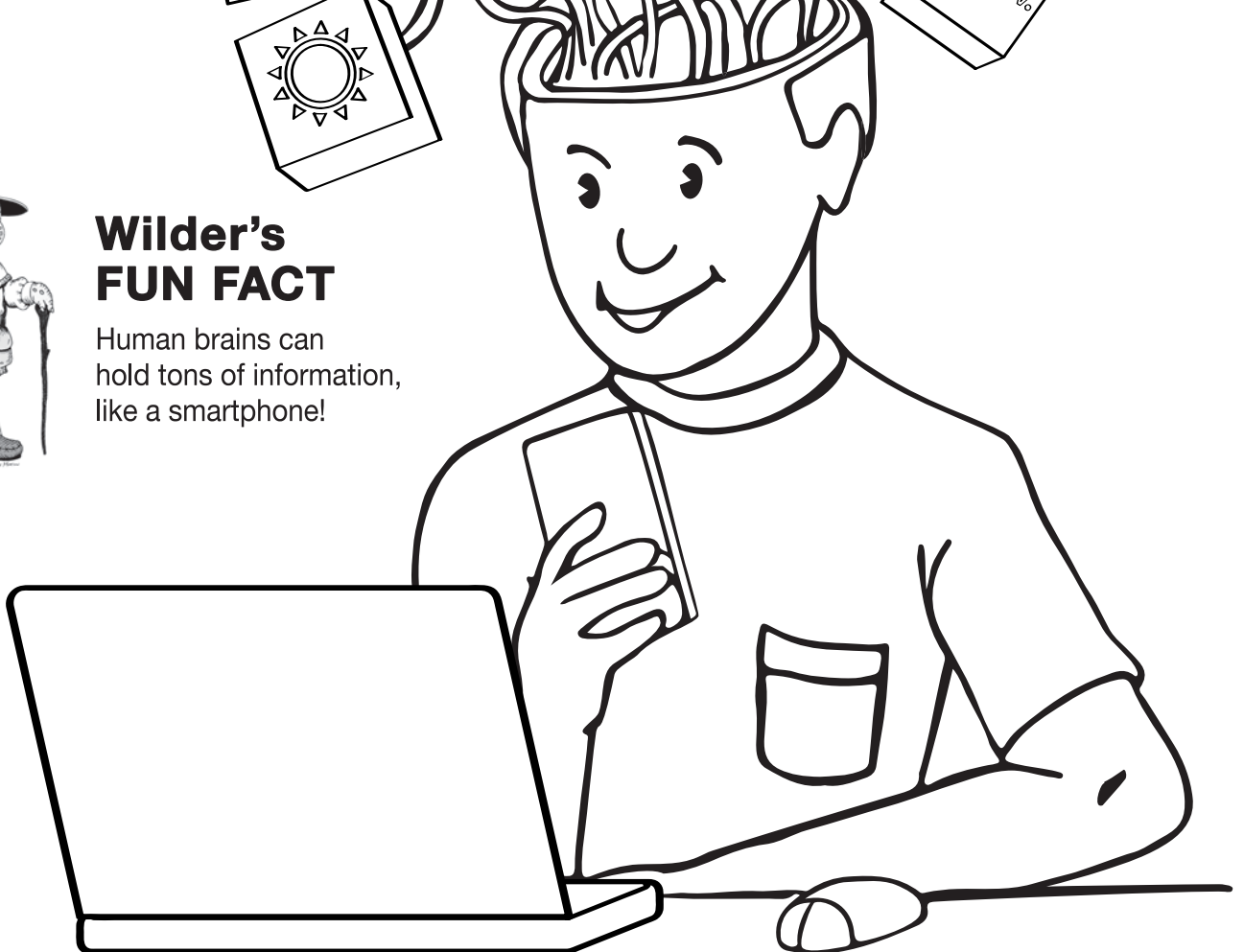


# YOUR BRAIN AND MEMORY

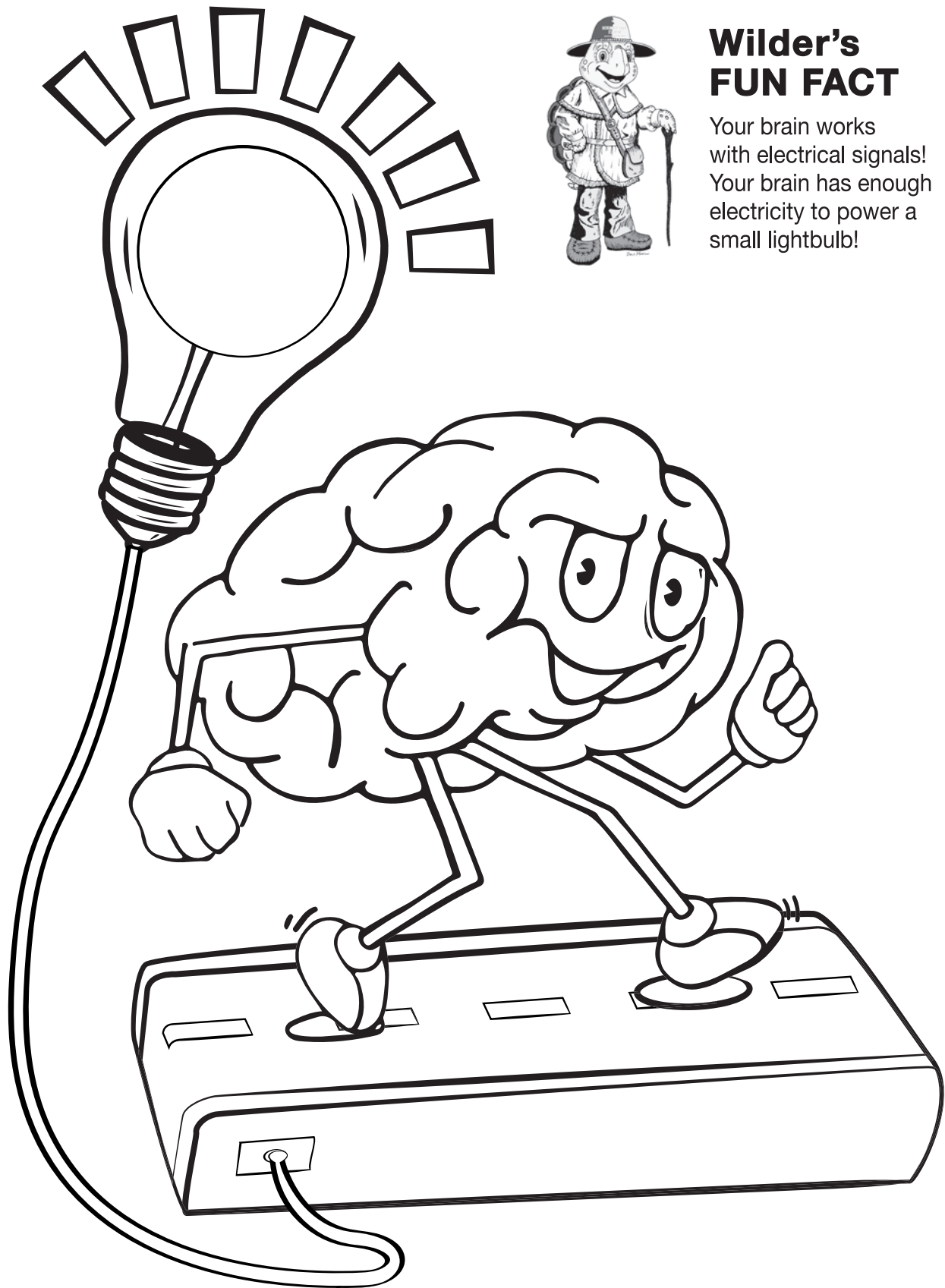


## Wilder's FUN FACT

Human brains can  
hold tons of information,  
like a smartphone!



# BRAIN POWER



## Wilder's FUN FACT

Your brain works  
with electrical signals!  
Your brain has enough  
electricity to power a  
small lightbulb!

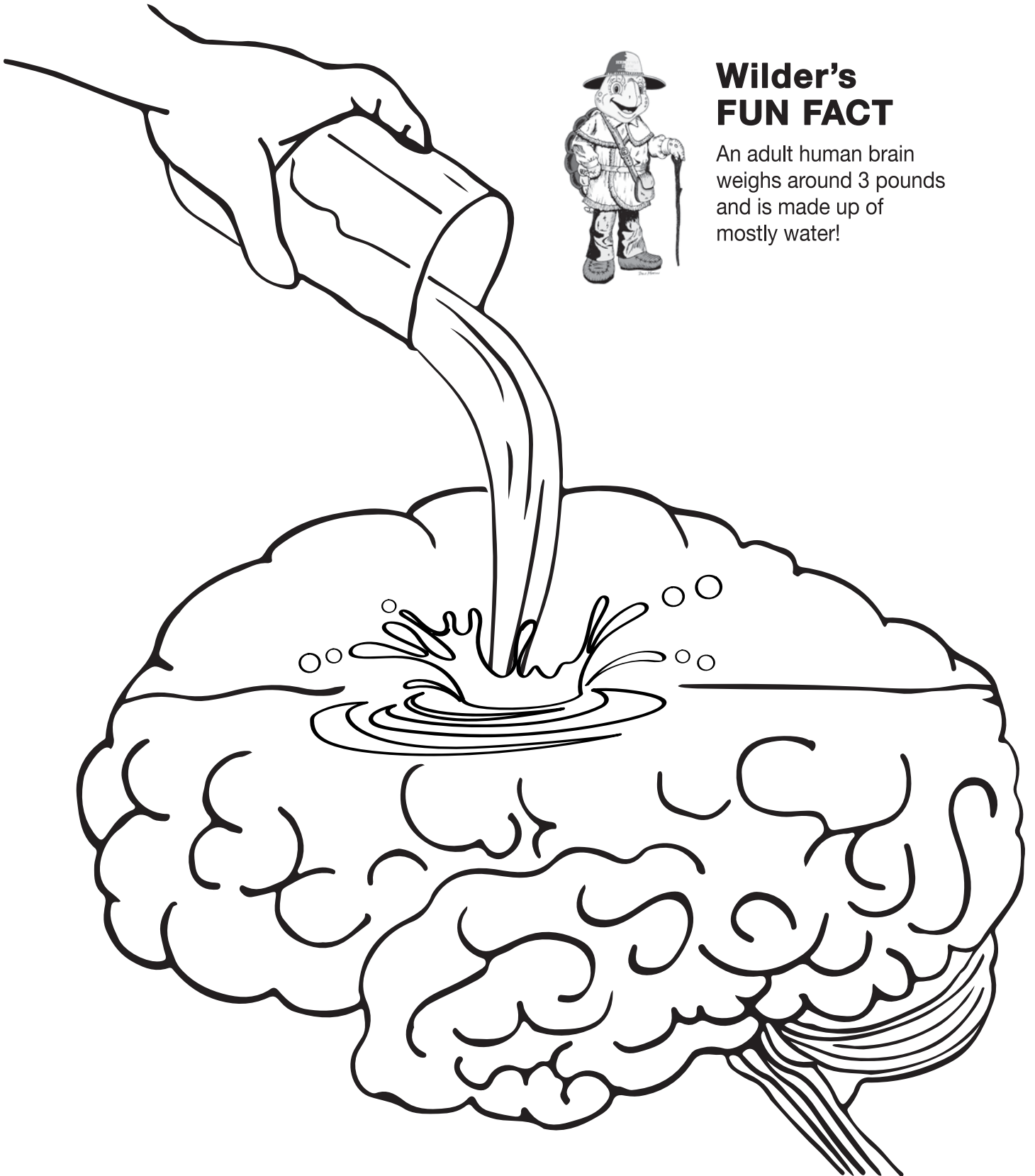


# WATER IN YOUR BRAIN



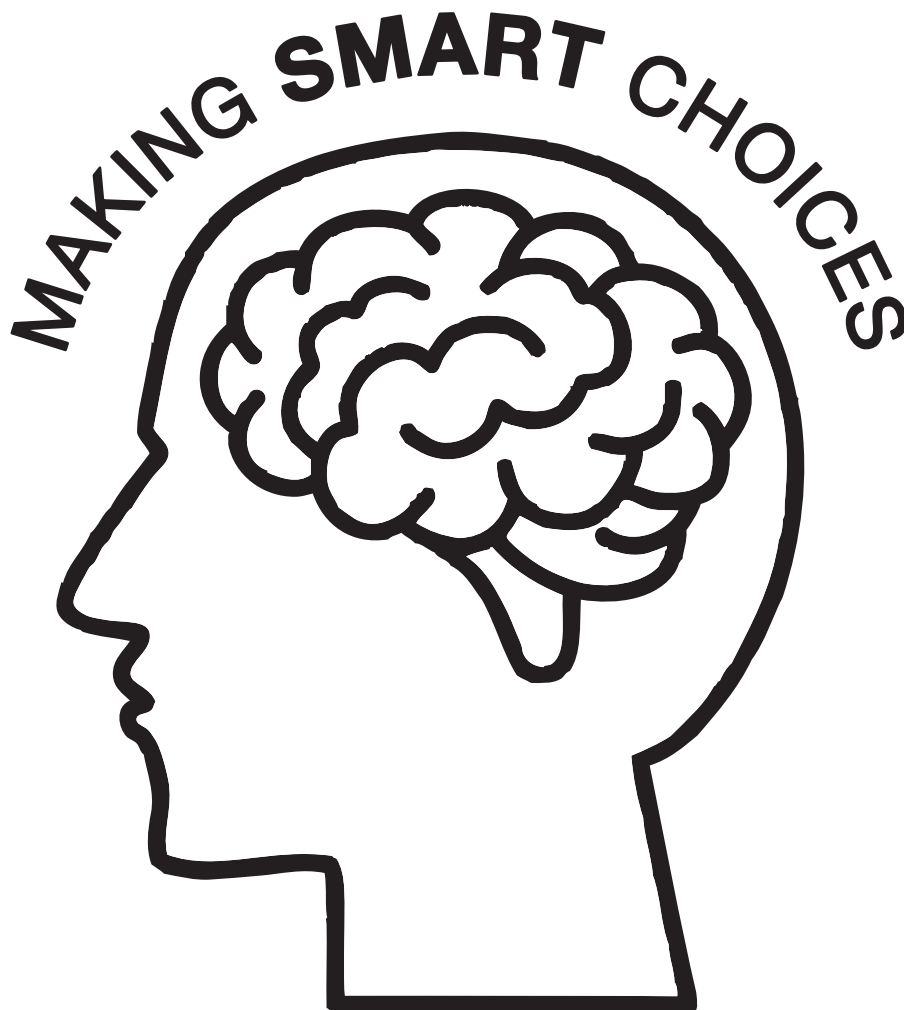
## Wilder's FUN FACT

An adult human brain weighs around 3 pounds and is made up of mostly water!



# SMART BRAIN

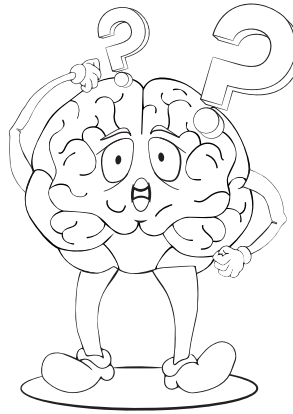
**DIRECTIONS:** Color the head and brain, then complete the sentence below.



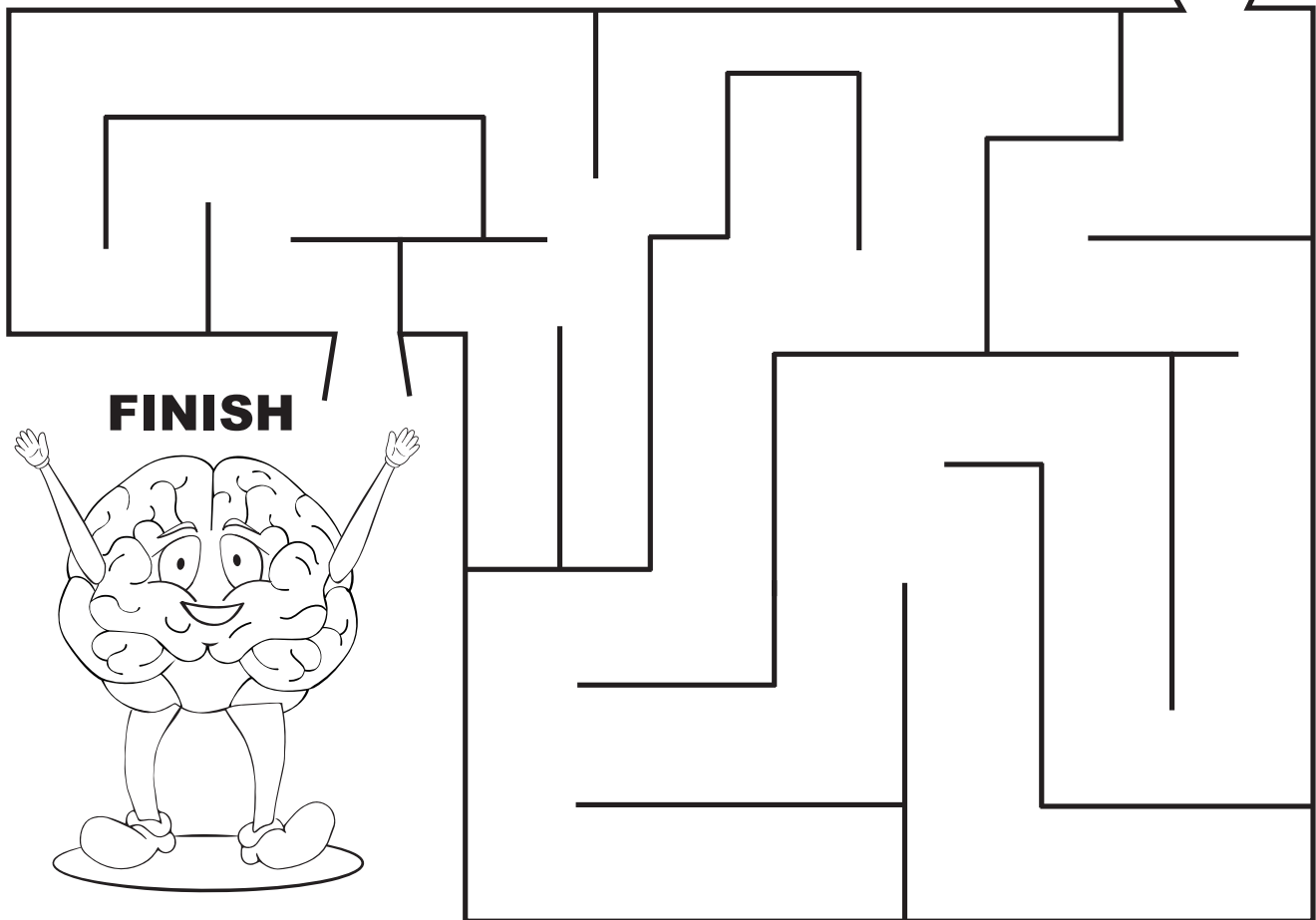
I keep my brain healthy by

# BRAIN MAZE

**DIRECTIONS:** Use your brain to find your way through the maze!

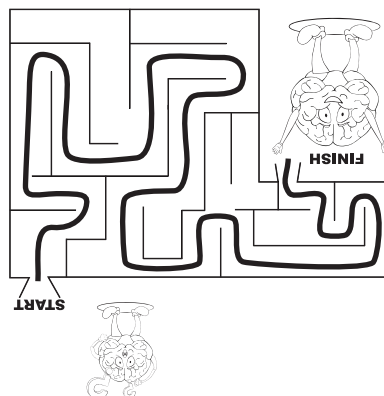


# START



# FINISH

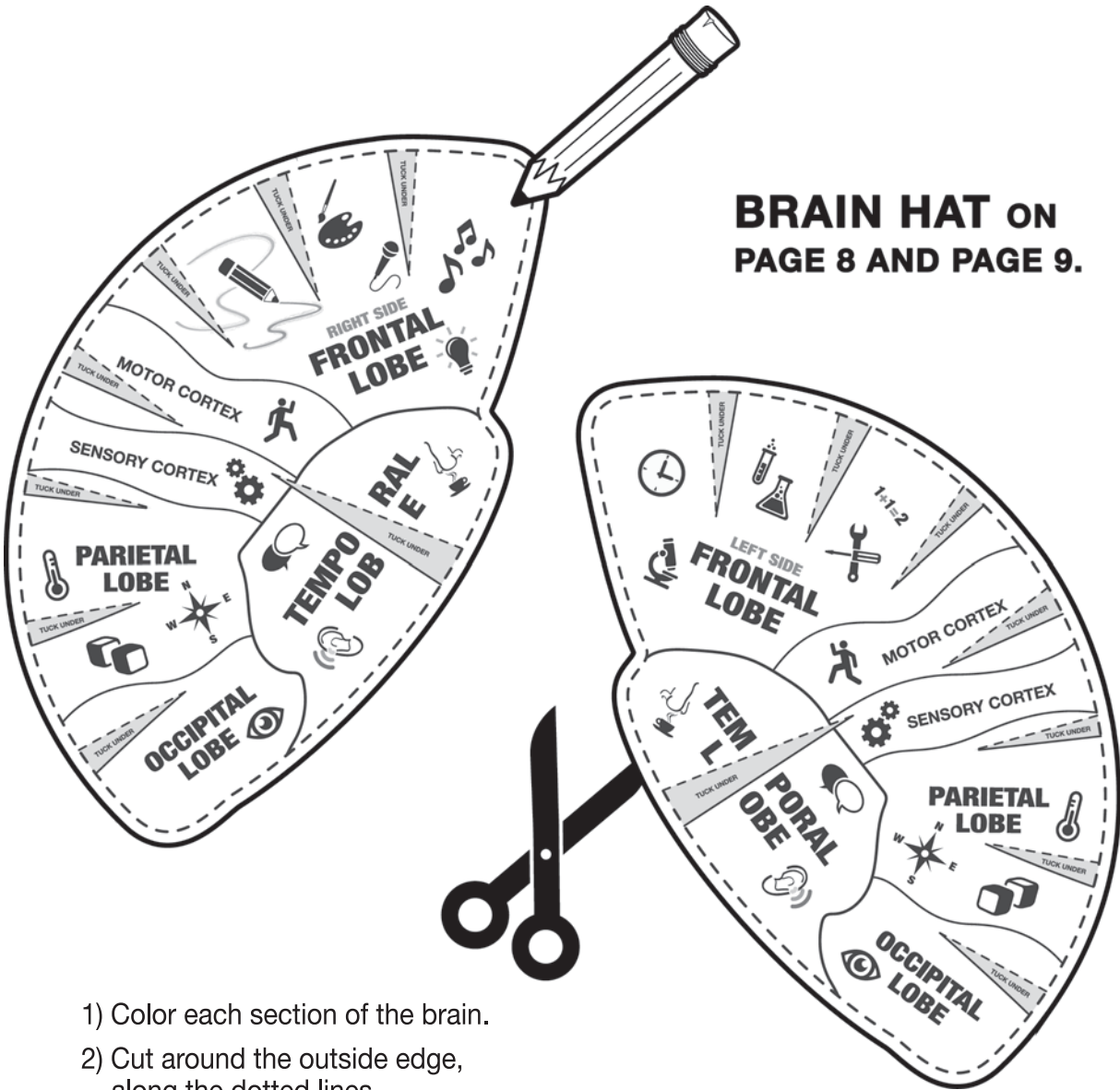
**ANSWER:**



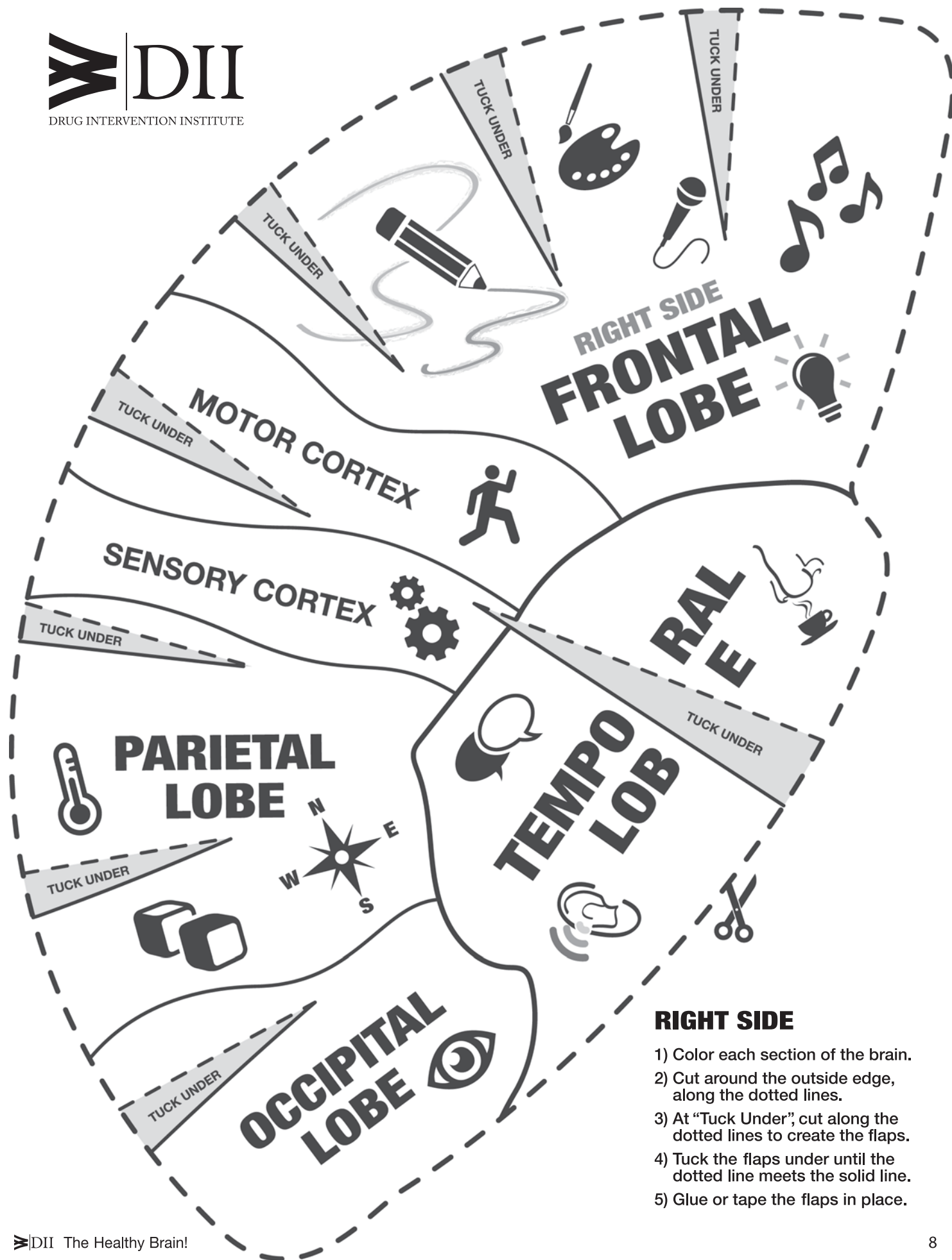


# BRAIN HAT

**DIRECTIONS:** Color, cut and assemble your very own brain cap to wear! Ask a teacher to help you.

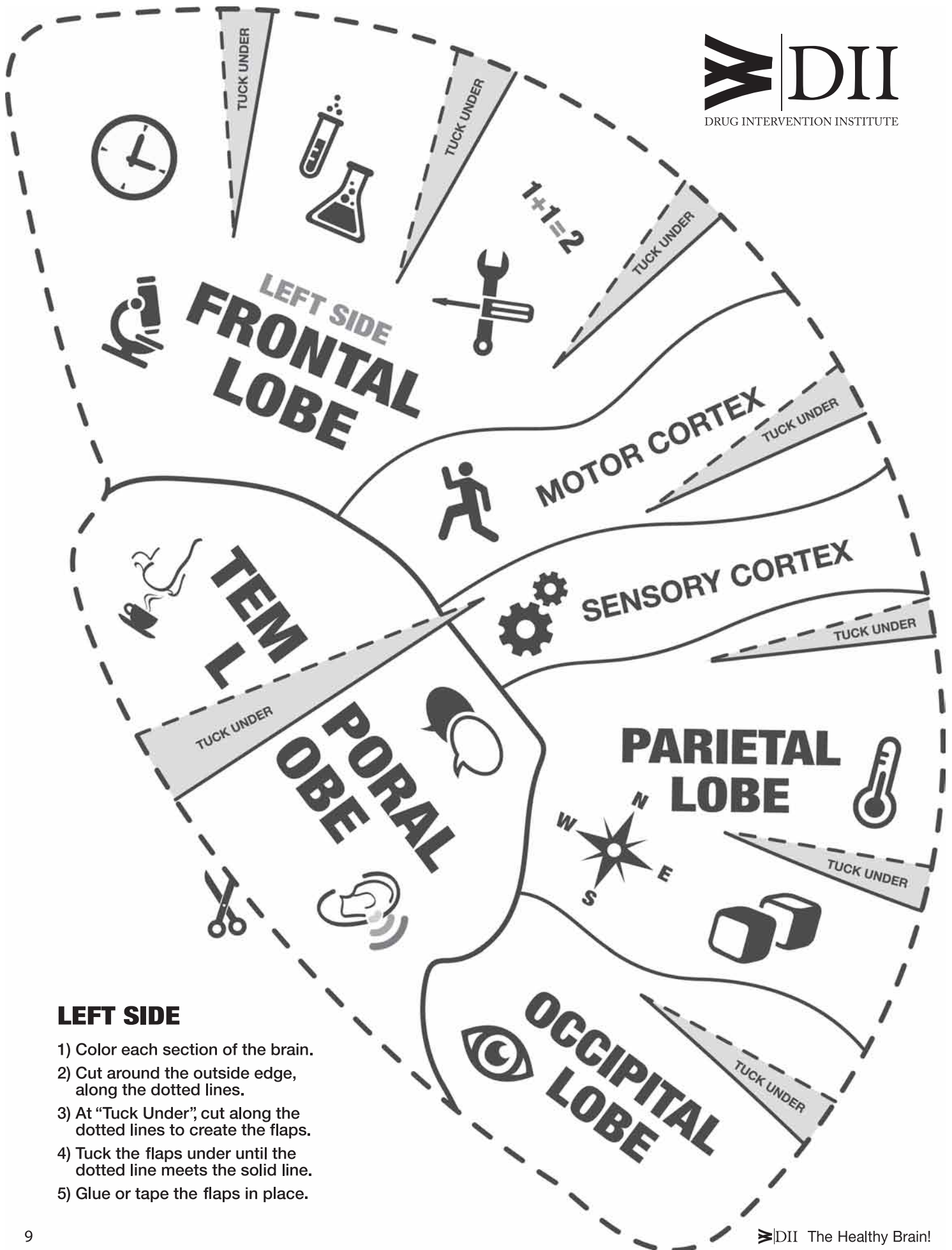


- 1) Color each section of the brain.
- 2) Cut around the outside edge, along the dotted lines.
- 3) At "Tuck Under", cut along the dotted lines to create the flaps.
- 4) Tuck the flaps under until the dotted line meets the solid line.
- 5) Glue or tape the flaps in place.



### RIGHT SIDE

- 1) Color each section of the brain.
- 2) Cut around the outside edge, along the dotted lines.
- 3) At "Tuck Under", cut along the dotted lines to create the flaps.
- 4) Tuck the flaps under until the dotted line meets the solid line.
- 5) Glue or tape the flaps in place.



## LEFT SIDE

- 1) Color each section of the brain.
- 2) Cut around the outside edge, along the dotted lines.
- 3) At "Tuck Under", cut along the dotted lines to create the flaps.
- 4) Tuck the flaps under until the dotted line meets the solid line.
- 5) Glue or tape the flaps in place.



## ARE YOU A TEACHER?

Discover more educational materials.

## SCAN THE CODE:



*Adapted from the*



National Institute  
of Mental Health

U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES  
National Institutes of Health  
NIH Publication No. 23-MH-8117

For more information about mental health,  
visit the NIMH website at [www.nimh.nih.gov](http://www.nimh.nih.gov).  
For information on a wide variety of health  
topics, visit the National Library of Medicine's  
MedlinePlus service at <https://medlineplus.gov>.

*Reprints: The information in this publication  
is in the public domain and may be reused  
or copied without permission. Please cite  
the National Institute of Mental Health as  
the source. Read our copyright policy to  
learn more about our guidelines for reusing  
NIMH content at [www.nimh.nih.gov/copyright](http://www.nimh.nih.gov/copyright).*