



Brain Buddies

Brain Buddies is a programme for people with Down Syndrome.



You can buddy up with friends and family to have fun and look after your brain!





Brain Buddies

Our brain is very important!
Everyone should look after
their brain health.





Brain Buddies

Learning and doing new things helps to keep our brain fit and healthy.



Having fun is good for your brain!





Brain Buddies

The five different groups of brain exercises



Physical



Mental



Social



Lifestyle



Attitude





Brain Buddies

People with Down Syndrome are more likely to have changes to their brain.



It is never too early or too late to start making changes to keep your brain healthy.





Brain Buddies

**Ask someone if they
need help today.**



Attitude



Brain Buddies

**Make your brain work hard
to learn something new.**



Mental



Brain Buddies

Spend time with friends.
Talk about things you enjoy.



Social





Brain Buddies

**Be active.
Keep your brain fit the way
you keep your body fit.**



Physical



Brain Buddies

Enjoy nature.
Grow plants and flowers.



Lifestyle