

Daily Circuit

Your child will learn about managing their daily lifestyle habits by creating a unique, action-packed racing circuit that represents a typical day in their life. When they finish decorating their track, they can turn it into a board game!

The **Daily Circuit** track represents 24 hours (one day) divided into 30 minute segments.
The **Sleep** track is blue. The **Awake** track is green.

Instructions:

1. Print out the **Instructions** and **Icons** on A4 paper (full-colour).
2. Print out the **Daily Circuit** track on A3 paper (full-colour).
3. Starting from the chequered **Wake Up** start line, ask your child to carefully write in their usual waking time then the time for each 30 minute section around the entire track.

Remember! When they get to noon, change from AM to PM (12:00pm, 12:30pm, 1:00pm etc)

4. Explain the **Adenosine** and **Amyloid Beta** tracks that run around the inside and outside edges of the main track (see overleaf and the Flyer).
5. Cut out the **Icons** below which represents typical daily activities. Encourage your child to use the blank **Icons** to create their own unique daily activities.

BED TIME	SCHOOL START	EXERCISE	EXERCISE	
WATER	WATER	EXERCISE	EXERCISE	
WATER	WATER	HOMEWORK	HOMEWORK	
WATER	WATER	PERSONAL CARE	PERSONAL CARE	
RECESS	SCHOOL END	FAMILY TIME	FAMILY TIME	
SCREEN TIME	SCREEN TIME	READING	READING	
SCREEN TIME	LUNCH	CHORES	CHORES	
BREAKFAST	SNACK	FREE TIME	FREE TIME	
DINNER	SNACK	MUSIC	DANCE	



6. Use glue to paste the **Icons** on the track at the time they usually occur.
7. While the glue is drying, support your child to make up their own game rules and write them down.
For example:
 - Does the game involve one or more laps (days) around the board?
 - What happens if a player lands on the **Music** icon, do they have to sing or play their favourite song?
 - What if a player lands on the **Personal Care** icon, do they get a bonus turn for brushing their teeth?
 - If a player lands on the **Recess** icon, will they get a detention and miss a turn?
8. Borrow some player tokens from another board game, and use real or virtual (online) dice to advance players around the board.
9. Consider laminating the finished playing board for extra endurance.
10. **Start your engines!**

Sleep:

Children and teenagers need 9 - 11 hours of sleep each night for their mind and body to rest, repair and grow.

To reflect this requirement, 10 hours of the **Daily Circuit** are set aside for sleeping. **Sleep** time is set up to occur 14 hours after **Wake Up** time which represents the recommended ratio for children and teenagers.

It is important for everyone to establish healthy bedtime habits that promote relaxation and good quality sleep. This includes switching off screens, such as TV and mobile devices, at least one hour before **Bedtime**. Reading, debriefing the day and bedtime cuddles are essential to quiet your child's mind and body after a busy day.

It is normal for everyone to move through 4 – 5 sleep cycles during the night. On the **Daily Circuit**, the different levels of sleep within each cycle have been expressed simply as the **Light**, **Deep** and **Dream** (Rapid Eye Movement (REM)) states.

Adenosine and Amyloid Beta:

Adenosine and Amyloid Beta are explained in the flyer. The cyclical increase and decrease of these chemicals in the brain are represented on the **Daily Circuit** by the continuous parallel tracks that run along the inside and outside edges of the race track.

During the day, these chemicals naturally accumulate in the brain, which eventually leads to sleepiness around **Bed Time**. As you (and your child) sleep, both of these chemicals are gradually 'washed' from your brain so you wake up fresh and alert – and the cycle begins again.

It is essential that the brain has sufficient sleep time to cleanse itself of toxins that build up through the day. Over time, lack of sleep causes a toxic build up of **Amyloid Beta**, which makes it hard to think clearly and has been strongly linked to Alzheimer's disease.



Daily Circuit

