

# Family Fair

Hosted By:



CENTER for  
BRAIN HEALTH.<sup>®</sup>  
THE UNIVERSITY OF TEXAS AT DALLAS



PRESENTED BY  
**CIRIDIAN**  
SLEEP TECHNOLOGIES

Families with children of all ages have a blast at this free community event. Our fourth annual BrainHealth Week Family Fair offers a whirlwind journey into the human brain – with brain-healthy games, food, arts & crafts, activities and surprises.

**Cognitive Control Activity Stations**

10:00-2:00 PM



Have fun learning about **cognitive control**, a superpower that helps us behave, think & learn in different environments.

**Emotions in Motion**

11:00-11:25 AM



Grant Halliburton teaches us how to identify, name, & decide what to do with big emotions.

**Settle Your Glitter**

10:30-10:55 AM



Momentous Institute shows a visual technique to calm our minds so we can make better decisions.

**Sleep Is a Superpower!** 

12:30-12:55 PM



Join KERA Kids to learn how sleep supports healthy brain development through hands-on learning & Daniel Tiger activities.

**Your Brain on Music**

1:00-1:25 PM



Learn how art boosts brain health with the Dallas Symphony Young Musicians Percussion Ensemble.

Saturday, February 28  
10:00AM - 2:00PM

Center for BrainHealth  
2200 West Mockingbird Ln.  
Dallas, Tx 75235

Attendance and parking are FREE; advance registration is required. Children must be accompanied by an adult at all times.

Register here:



Presented By:



Helping Here



Special Thanks To:

**FREE!**