

BLINGY BABES



www.blingybabes.com

**Learning
is Cool!**

**Your Brainy
Bestie**

**Smart is the
new cool!**

**I'm Fritiz – your brainy
bestie and Blingy Babes
knowledge champ!**

**Come hang out every
Thursday for fun facts,
science hacks, and
mind-blowing trivia
made just for Gen Z.**

Fritiz

THURSDAY

**#BrainyBabes #SmartIsCool
#FunFactsForKids**

FRITIZ'S FUN BRAIN BOOSTERS



**SMART IS THE
NEW COOL**
**SMART HACKS FOR YOUR
DAILY GLOW-UP**

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10 FUN FACTS YOU CAN DROP ANYWHERE

DID YOU KNOW?

1. BANANAS ARE BERRIES, BUT STRAWBERRIES ARE NOT!
2. HONEY NEVER SPOILS – JARS THOUSANDS OF YEARS OLD ARE STILL EDIBLE.
3. YOUR BRAIN USES ABOUT 20% OF YOUR BODY'S ENERGY DAILY.
4. AN OCTOPUS HAS THREE HEARTS.
5. LAUGHING BOOSTS YOUR IMMUNE SYSTEM FOR UP TO 24 HOURS.
6. THE EIFFEL TOWER GROWS TALLER IN SUMMER (METAL EXPANDS IN HEAT).
7. HUMANS SHARE 60% OF DNA WITH BANANAS.
8. A GROUP OF FLAMINGOS IS CALLED A "FLAMBOYANCE."
9. DRINKING COFFEE CAN IMPROVE SHORT-TERM MEMORY.
10. SHARKS EXISTED BEFORE TREES!

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FRITIZ'S 3 SMART LIFE HACKS FOR BUSY MINDS (25-45 CROWD)



HABIT STACKING

PAIR A NEW HABIT WITH AN OLD ONE (E.G., STRETCH WHILE COFFEE BREWS)

POMODORO METHOD

WORK 25 MIN, BREAK 5 MIN KEEPS FOCUS SHARP.

2 MINUTE RULE

3. IF IT TAKES LESS THAN 2 MINUTES, DO IT NOW (EMAILS, DISHES, ETC.).

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**WANT TO BOOST
YOUR BRAIN
EVERY WEEK?**

**THIS WAS JUST A
TASTE OF MY
BRAINY BESTIE
VIBES**

**BLINGY
BABES**

INSIDE OUR VIP MEMBERSHIP WE SHARE
**I SHARE MORE HACKS, FACTS, AND
FUN CHALLENGES WEEKLY!**

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