

Name _____

Brain Fog Busters

Fill in the blank with your favorite RECHARGE activity. Then draw your activity below.

My favorite way to RECHARGE is

_____ .



Name _____

RECHARGE Your Energy

Show three choices you will make to RECHARGE your energy during weekend days.

I will...

I will...

I will...



Seven Yoga Poses

Look at the yoga pose examples. Then read the instructions across from the examples and try it!

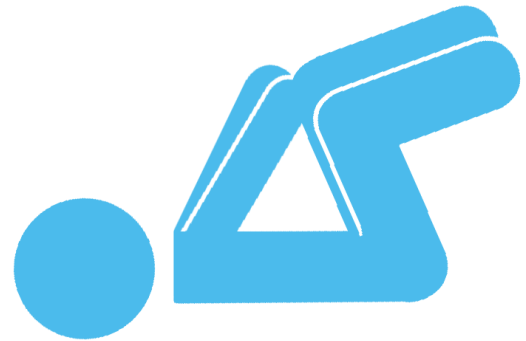


Child's Pose

Kneel down on the ground with the top of your feet flat on the floor. Slowly push back so you are sitting on your heels while stretching your arms in front of you. Tuck your head and relax. Hold for 1 minute.

Happy Baby Pose

Kneel down on the ground with the top of your feet flat on the floor. Slowly push back so you are sitting on your heels while stretching your arms in front of you. Tuck your head and relax. Hold for 1 minute.



Cobra Pose

Lie face down on the floor and place your hands under your shoulders. With your shoulders rolled back, push your upper body up while keeping your legs on the floor. Hold for 30 seconds to 1 minute.

Big Toe Pose

Stand upright with your legs completely straight. Exhale and bend forward to touch the ground. Grab your big toe with your index and middle fingers. Hold for 1 minute.



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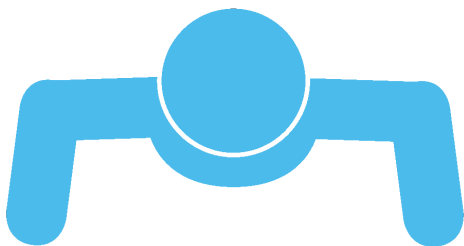
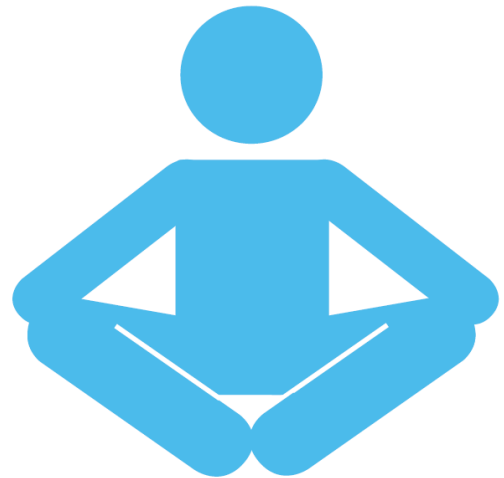


Chair Pose

Stand with your feet shoulder width apart and raise your arms out in front of you. Bend your knees until your thighs are parallel to the floor. Hold for 30 seconds.

Butterfly Pose

Sit up straight on the floor and bring your knees to your chest. Spread your legs so your feet are pressed together and your knees are as close to the floor as possible. Hold for 30 seconds.



Plank Pose

Begin on your hands and knees, with your arms shoulder width apart. Walk your feet back until your head and body are in a straight line. Be careful not to let your hips sink or rise. Hold for 1 minute.

Name _____

RECHARGE Favorites

As a class, write down your favorite ways to RECHARGE your energy. Make sure to the activities in the correct section.

Refresh Activities

Boost Activities

Name _____

What's Your RECHARGE Plan?

Use this flow chart to find the best RECHARGE activities when your energy is low.

Start!

How are you feeling right now?

Lazy

Bored

Grumpy

Sleepy

Where are you?

Where are you?

Home

School

School

Home

Are you with friends?

Do you have enough time and space to MOVE?

Is it almost bedtime?

Yes

No

Have you moved today?

Yes

Yes

No

No

Yes

No

Boost

In need of a boost activity? Go on a bike ride or play outside! You can also play games with family and friends!

Refresh

In need of a refresh activity? You can try drawing or go practice your favorite yoga poses while listening to music!

Sleep

Sounds like you need to go to bed. Take a nap and make sure to get 10 to 11 hours of sleep every night!

