

Name _____

My Energy

Show your energy level right now, after school, and at home by coloring in the batteries below.

Right Now



After School



At Home



Name _____

Take a Break

What will you choose to do when you want to relax? Fill your basket with your choices. When you need to refresh your energy, go to your basket and choose your quiet activity.



Name _____

RECHARGE Your Energy

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

I will...

I will...

I will...

