

# fit Recharge Word Search

Recharge your energy by getting enough sleep at night and relaxing, without a screen, throughout the day. Find the recharge activities listed below. Then, put a smiley face next to the activities you plan to do today to recharge your energy.

I O C D V X I S X Z A E N  
O E Z U R S L E E P E D F  
R T A K E A B A T H A D J  
A A N I T K W B I C L A R  
B S T A L K T O A D U L T  
S T R E T C H H I J D V G  
S E L Z Z U P R X A L E R  
R I B B W Z J N E H N S Z  
S A N A T D E R N R J C K  
T U R N O F F S C R E E N  
M C I S U M M L A C Z P Q  
T C O L O R W P P I L T X

## Word Bank:

CALM MUSIC

READ

TAKE A BATH

COLOR

RELAX

TURN OFF  
SCREEN

DRAW

SLEEP

TALK TO  
ADULT

PUZZLES

STRETCH

