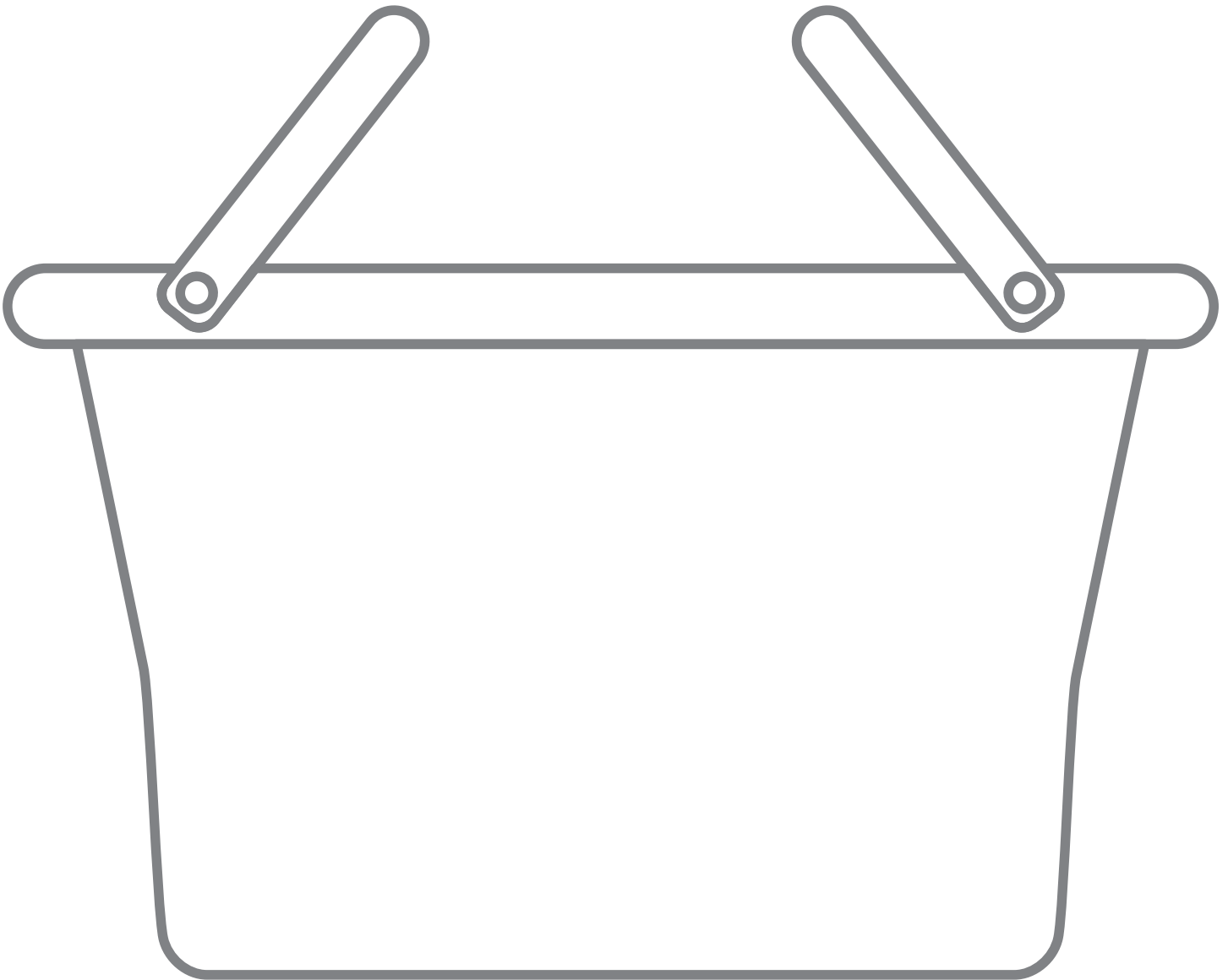


Name _____



Take a Break Basket

Your body needs to relax throughout the day to recharge your energy. Fill the basket with screen-free choices you can make to relax.



When you need to refresh your energy, go to your basket and choose a quiet activity.