

Name _____

Recharge Your Energy

To “recharge your energy” means to sleep 9–12 hours every night and take time for screen-free relaxation throughout the day. There are all sorts of ways to recharge your energy. Unscramble the letters and discover relaxing activities.



AKET A APN



DRAE A KOBO



LVOSE A ZUPELZ



NEDGIGRAN



OG FINSGHI



WRAD A URTPICE

ANSWER KEY: 1. TAKE A NAP 2. READ A BOOK 3. SOLVE A PUZZLE 4. GARDENING 5. GO FISHING 6. DRAW A PICTURE