

# Recharge to Energize



## Riddle Time

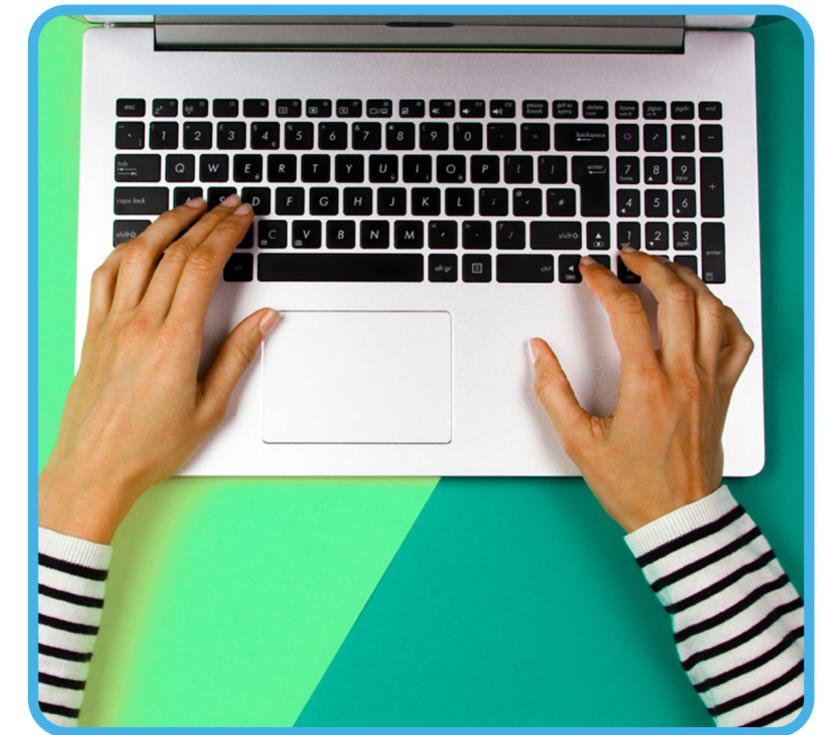
How are you like a video game,  
a remote-controlled toy car, and a computer?



video game



remote toy car

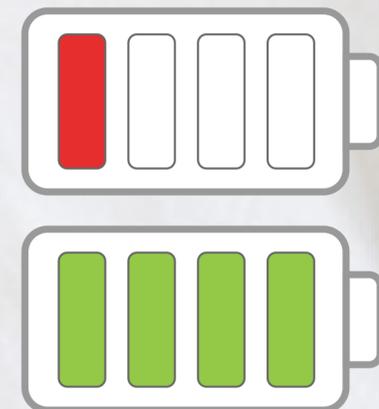


computer

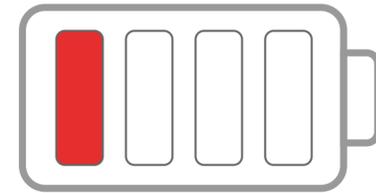


All must recharge  
to get energy!

**Recharge** means  
to sleep or relax to  
get energy.



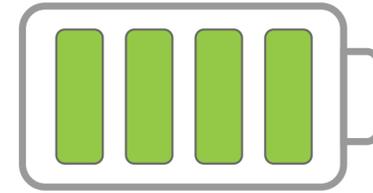
# Recharge



What do you look like when your energy is low?



# Recharge

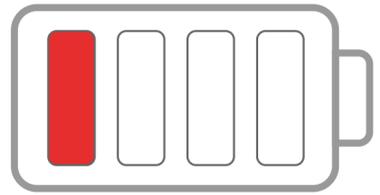


How do you look when you have all the energy you need?

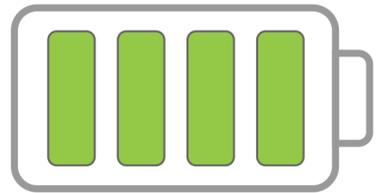


Fill in the blanks.

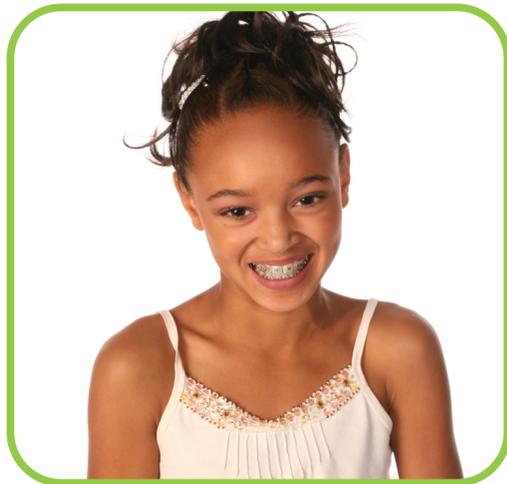
\_\_\_\_\_ TO GET ENERGY!



# Your Energy



Can you recognize which kids have energy?



# The Secret to Recharging

Solve this puzzle to learn how to recharge throughout your day.

Name \_\_\_\_\_

## The Secret to Recharging

Your energy level changes throughout the day. Relaxing activities can help to recharge your body and brain. Use the alphabet key below to crack the recharge code.

When your energy is low,   


to  your   


with a quiet activity or  to boost your  


with movement.  


**ALPHABET KEY:**

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

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