



Refresh Energy Throughout the Day

Match the objects on the left with the best way to recharge on the right.



soil

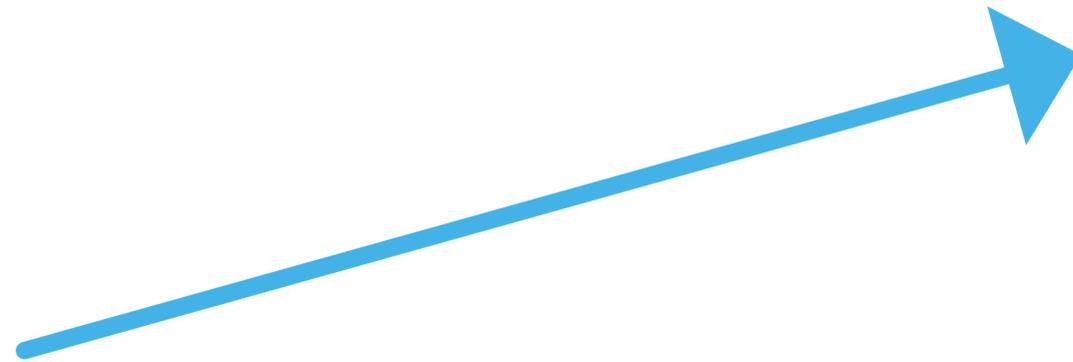


batteries



walk

Flowers need soil to grow and recharge their energy.



soil



batteries



walk

Match the objects on the left with the best way to recharge on the right.



soil

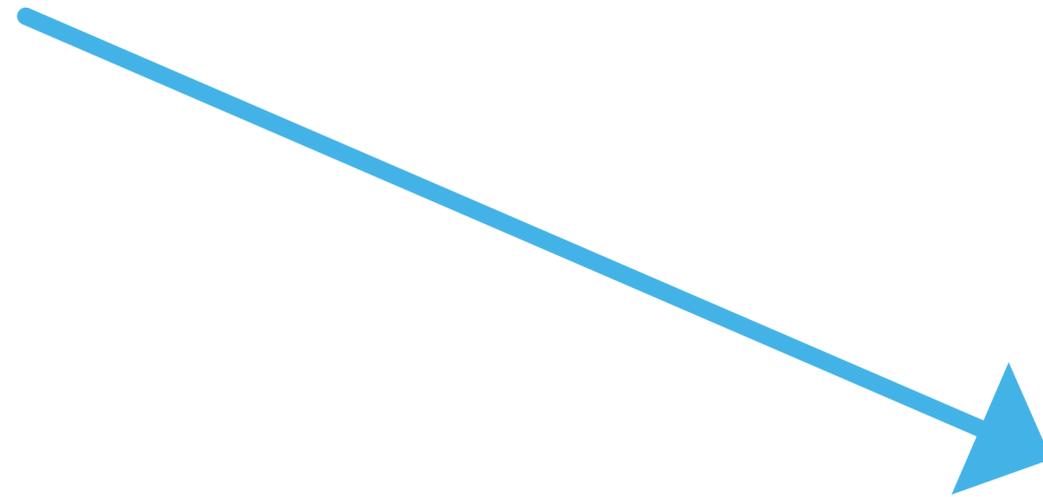


batteries



walk

Dogs recharge their energy when you take them for a walk.



soil



batteries



walk

Relax!

Your body and brain need to relax for short periods of time to recharge during the day.

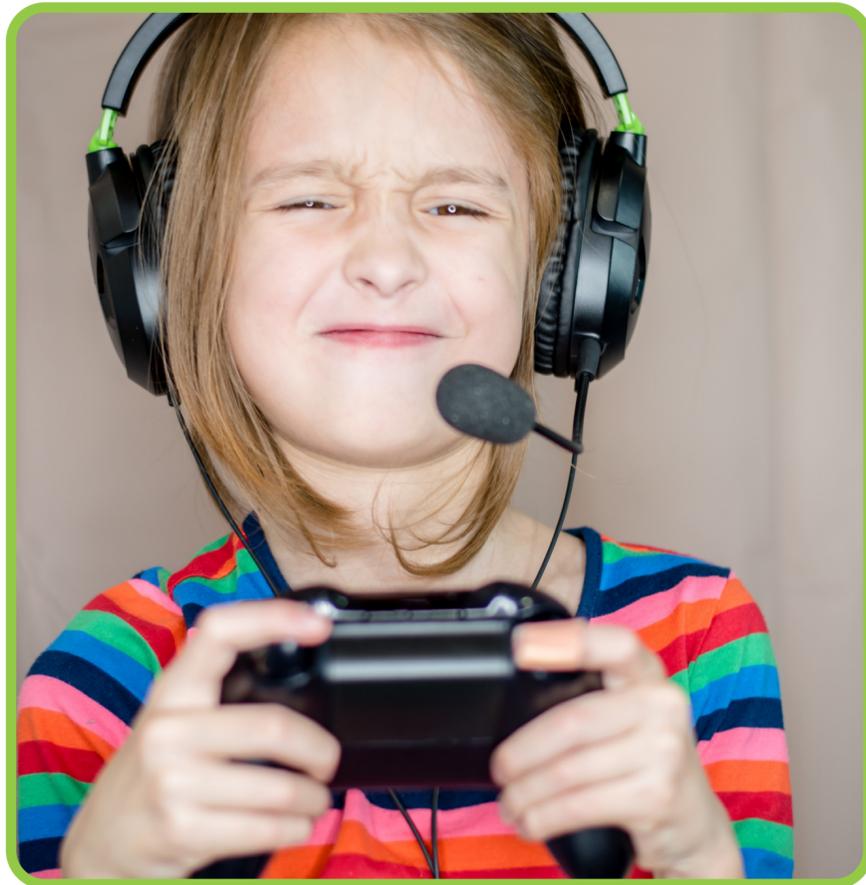


How do you relax?



Relax!

Which is the best way to relax?



play a video game



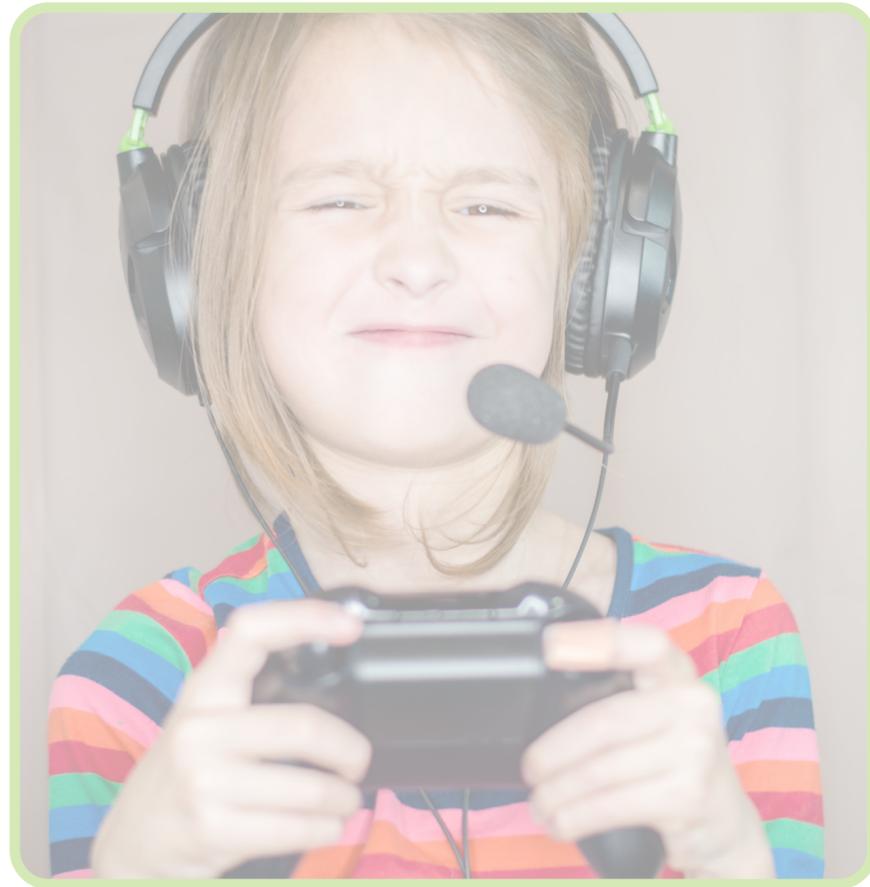
read a book



drink a soda

Relax!

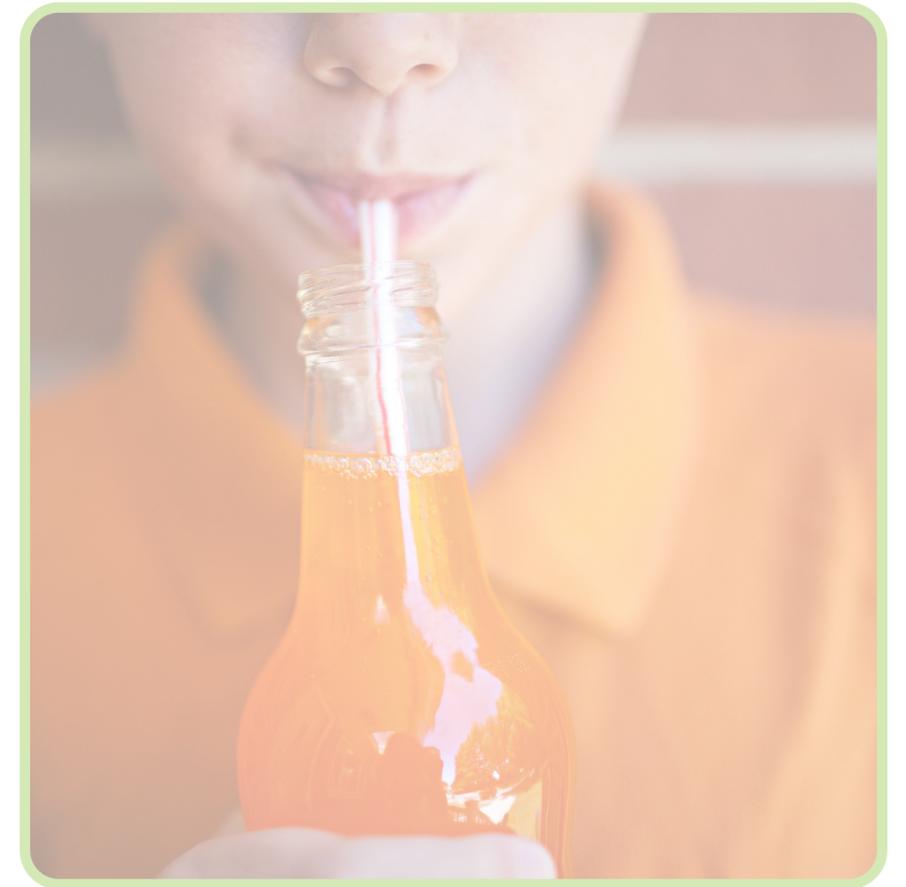
Which is the best way to relax?



play a video game



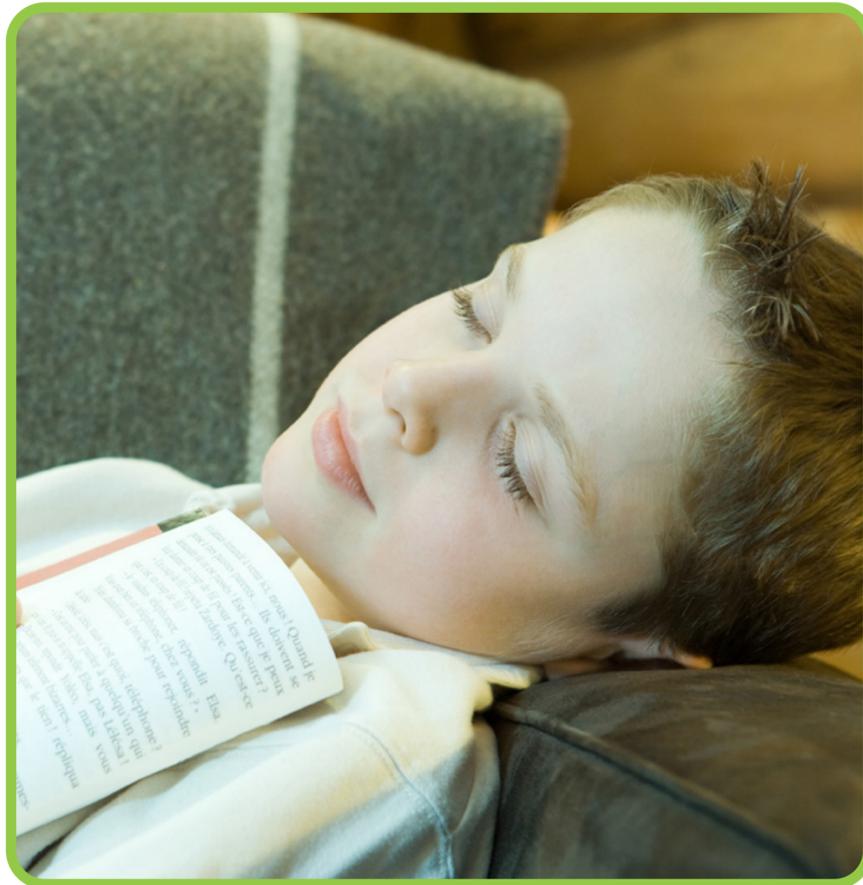
read a book



drink a soda

Relax!

Which is the best way to relax?



take a nap



watch tv



eat junk food

Relax!

Which is the best way to relax?



take a nap



watch tv



eat junk food

Relax!



Fill in the blanks.

**TAKE TIME TO _____ THROUGHOUT THE DAY
TO REFRESH YOUR ENERGY!**

Refresh Your Energy

Create a take-a-break basket with things you can use to relax. Include:

- art supplies
- writing materials
- board games
- playing cards
- books
- music
- puzzles



Step 2

1. Start by cutting out the basket template.
2. Once it is cut out, you can use it as a basket! Color it however you like and decorate both sides.
3. Now fold on the lines. The lines will be on the outside of the basket.
4. Unfold your basket and attach the Connector Tab to this space.
5. Holding your basket, fold in the bottom. Start with the tab and work your way around.
6. Your basket should look like the image.



Add your cut out activities to your new basket. When you want to relax, draw an activity out of your Take a Break Basket.

Connector Tab

Name _____

Take a Break Basket

Your body needs to relax throughout the day to recharge your energy. A Take a Break Basket can help you relax. When you need to refresh your energy, go to your basket and choose a quiet activity!

Step 1

Cut out all the activities below. Do you have a favorite screen-free activity that isn't listed? Fill in the blank spaces to make your own!

 Color, Paint, or Draw	 Journal	 Play a Game	 Read a Book
 Listen to Music	 Do a Puzzle	 Do Yoga	 Go Outside
_____	_____	_____	_____

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