

**Refresh  
Energy  
Throughout  
the Day**



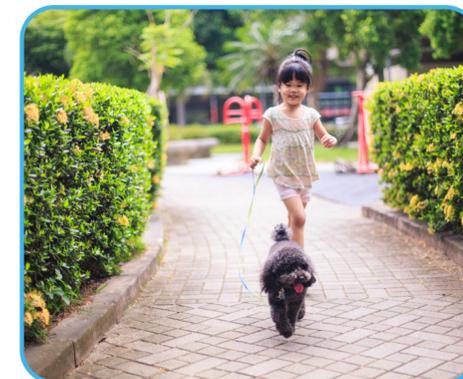
**Match the object on the left with the best way to recharge on the right.**



soil

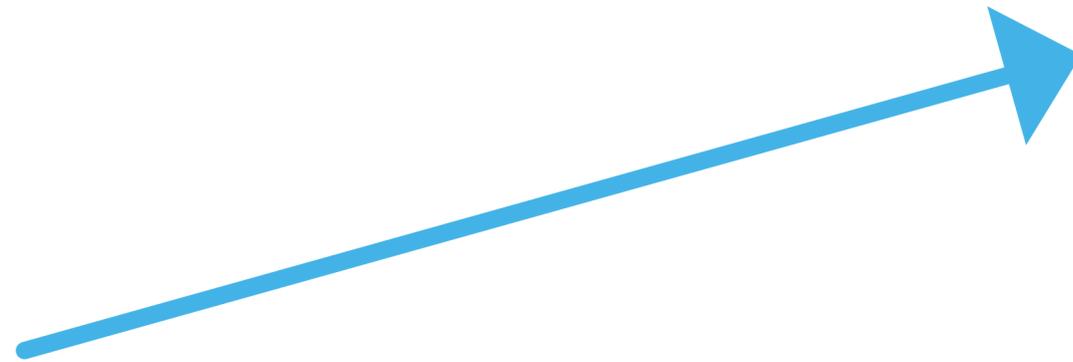


batteries



walk

**Flowers need soil to grow and recharge their energy.**



soil



batteries



walk

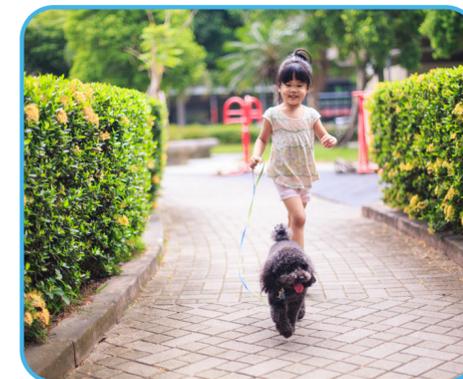
**Match the object on the left with the best way to recharge on the right.**



soil

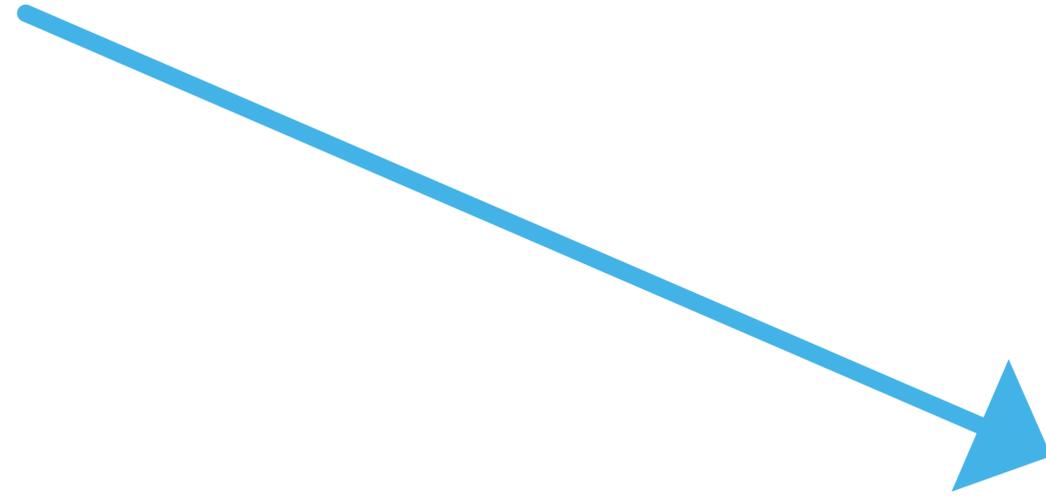


batteries



walk

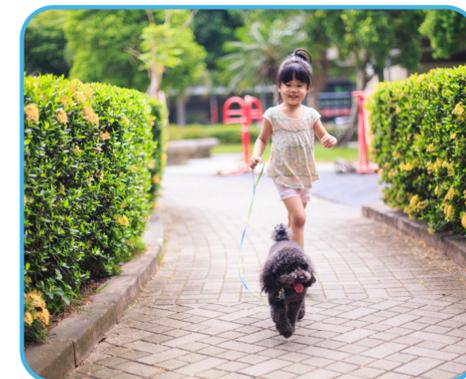
**Dogs recharge their energy when you take them for a walk.**



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



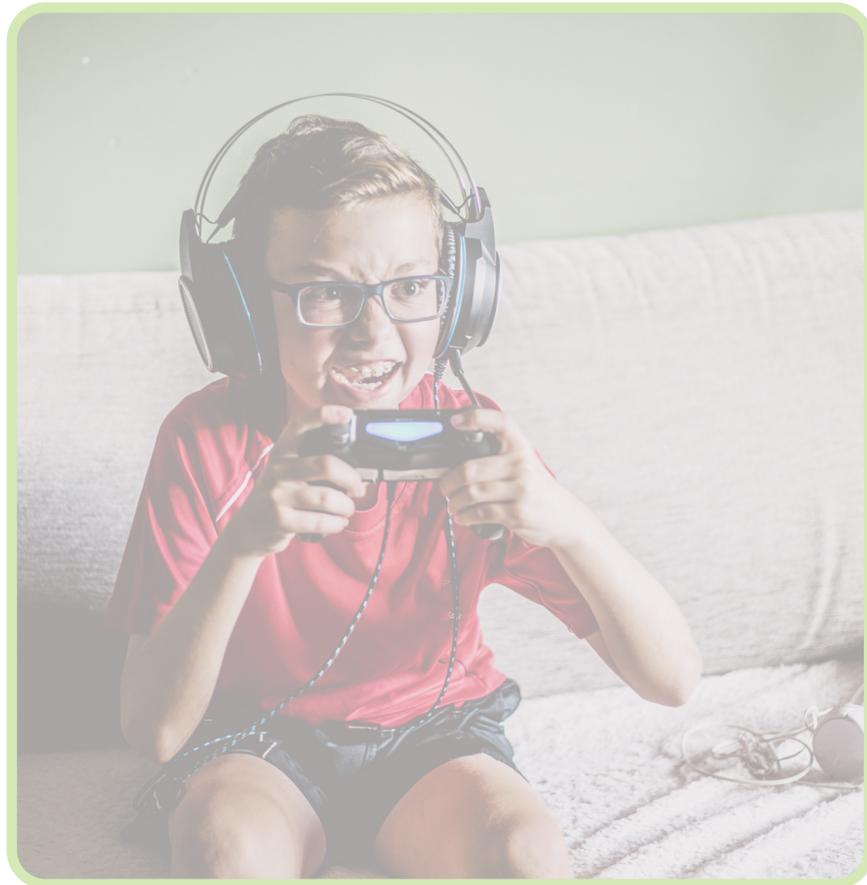
read a book



drink a soda

# Relax!

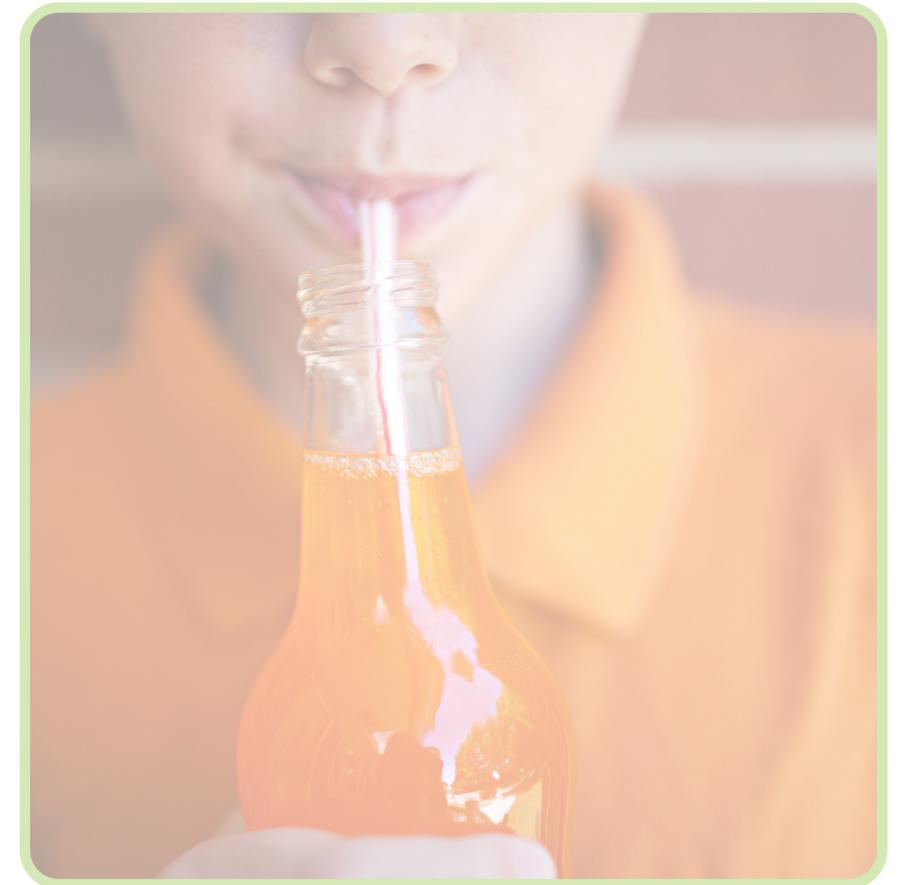
Which is the best way to relax?



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

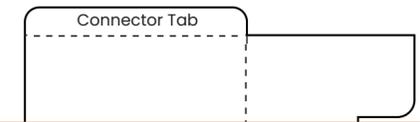
Create a take-a-break basket with things you can use to relax. Include:

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



## Step 2

1. Start by cutting along the solid line.
2. Once it is cut, you have your basket! Color, write, or draw whatever you want to decorate the basket.
3. Now fold on the dashed lines. The lines will be the sides of the basket.
4. Unfold your basket. The Connector Tab is on the back of your basket. Here section 1 is. Put the Connector Tab to this section.
5. Holding your basket, fold in the sides. Start with the top side. Then work your way down.
6. Your basket is ready to use. Like the image below.



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

## Step 3

Add your cut-out activities to your new basket. Write down what you want to relax with. Put it all in your basket.

*fit*<sup>TM</sup>

SANFORD®