

**Refresh
Energy
Throughout
the Day**



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



soil

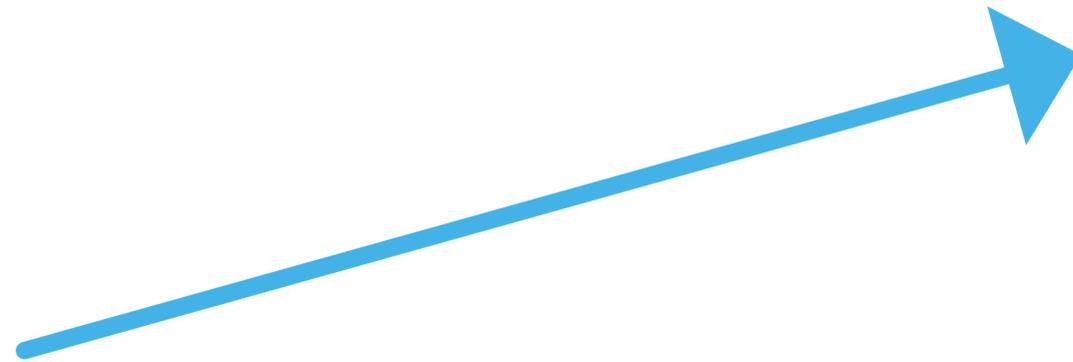


batteries



walk

Flowers need soil to grow and recharge their energy.



soil



batteries



walk

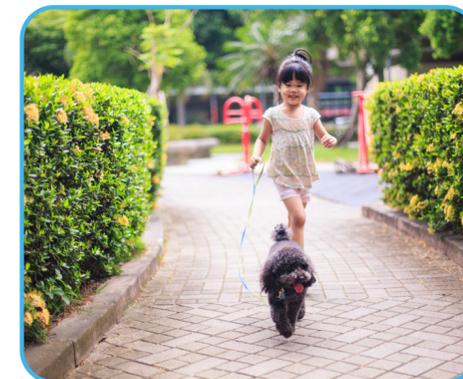
Match the object on the left with the best way to recharge on the right.



soil

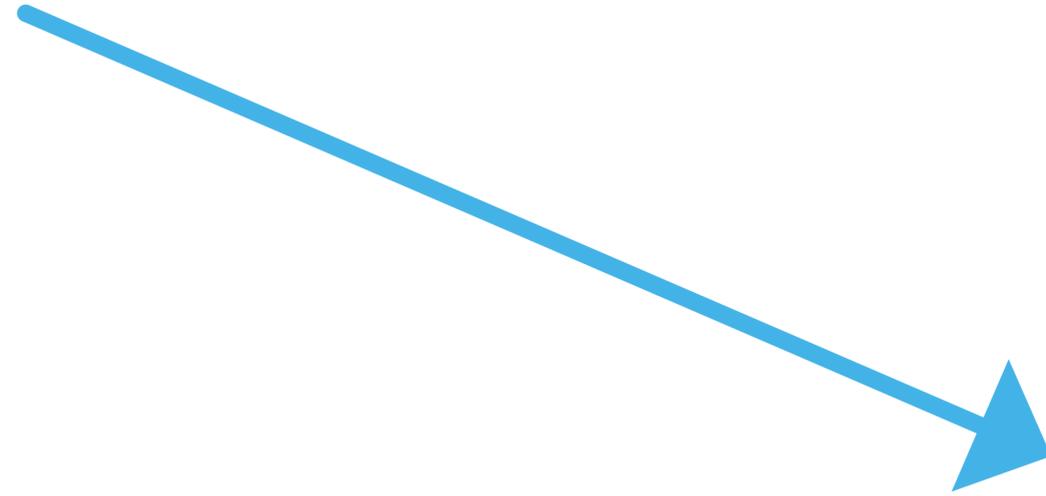


batteries



walk

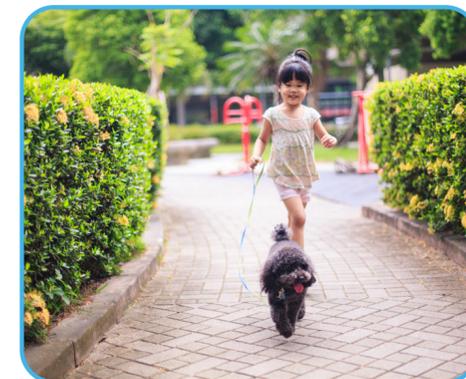
Dogs recharge their energy when you take them for a walk.



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!

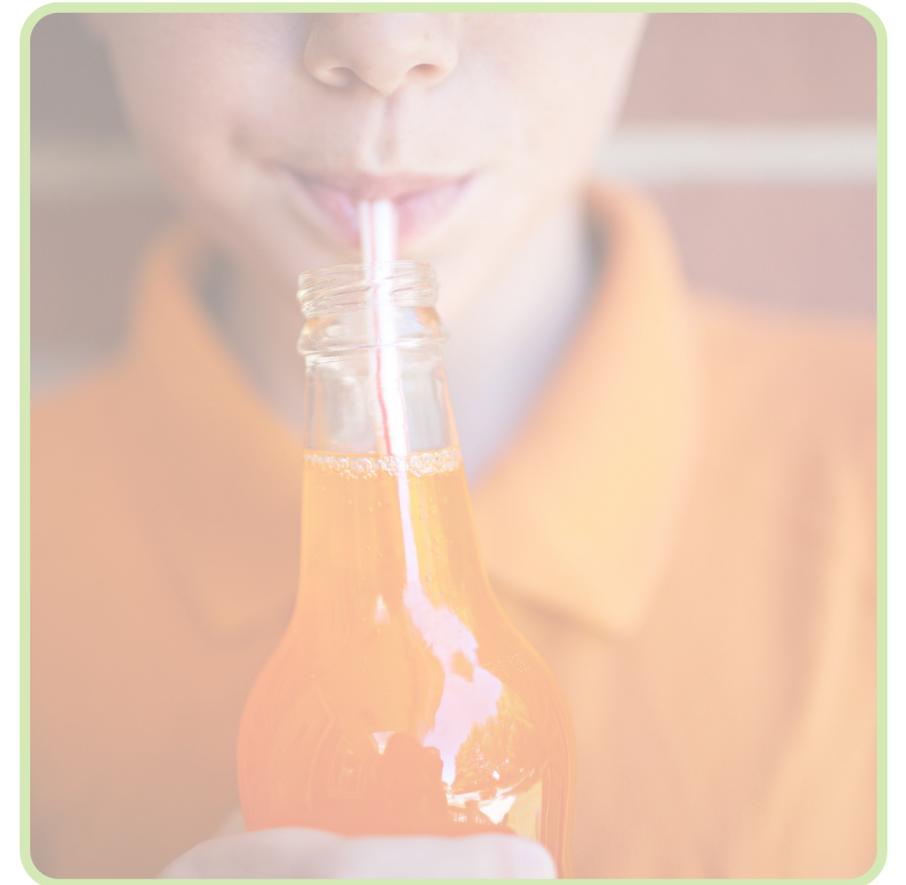
Which is the best way to relax?



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

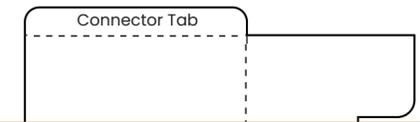
Create a take-a-break basket with things you can use to relax. Include:

- 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 and decorate it with whatever you like.
3. Now fold on the dashed lines. The lines will be the sides of your basket.
4. Unfold your basket. The Connector Tab is on the back of your basket. Here section 1 is attached to this Connector Tab to this section.
5. Holding your basket, fold in the Connector Tab. Start with the top edge and work your way down.
6. Your basket is complete. It looks like the image on the left.



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. You can also add anything you want to relax with. Write the name of each activity on a piece of paper and put it in your Take a Break Basket.

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