

Recharge to Energize



Riddle Time

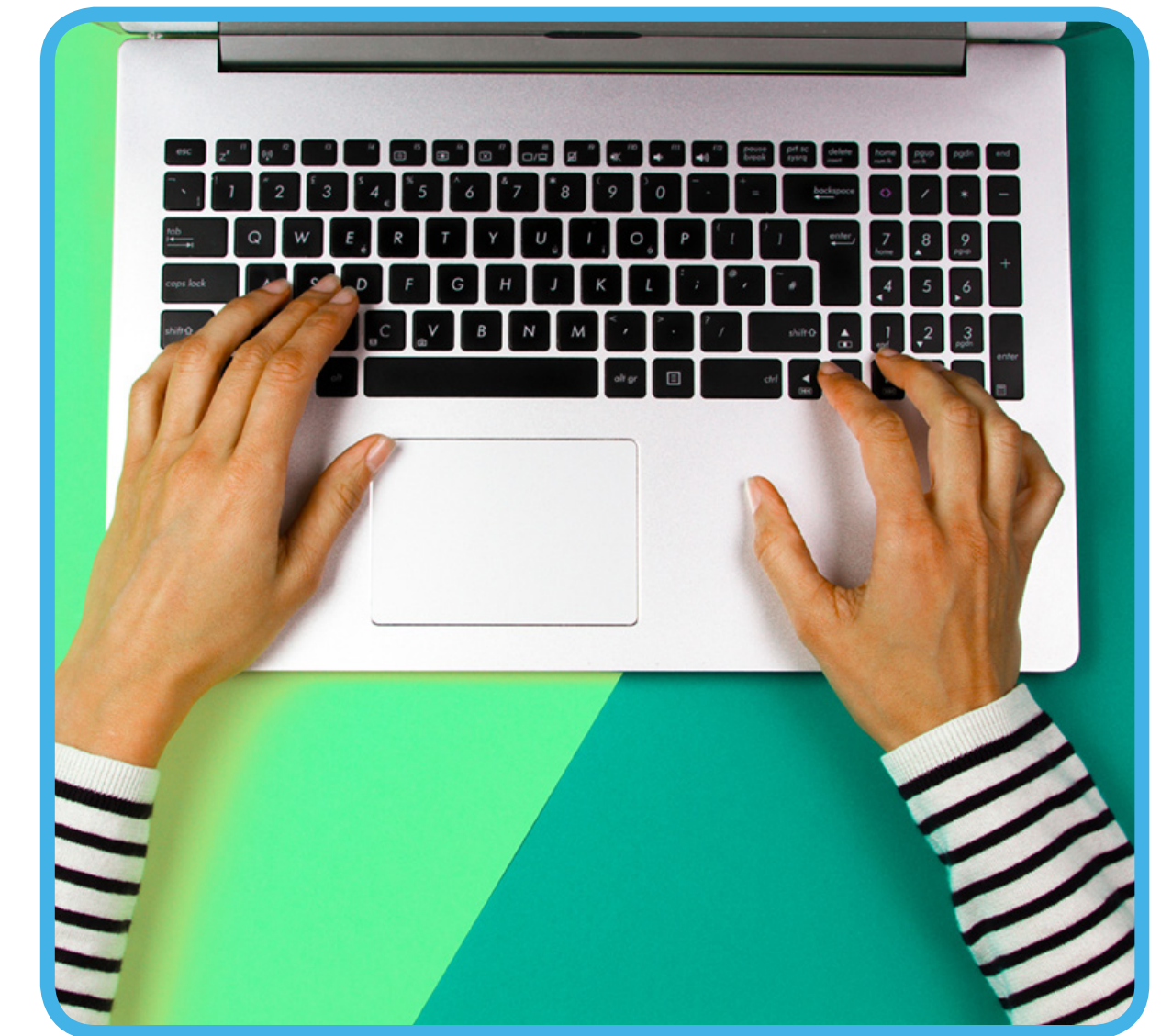
How are you like a video game,
a remote-controlled toy car, and a computer?



video game



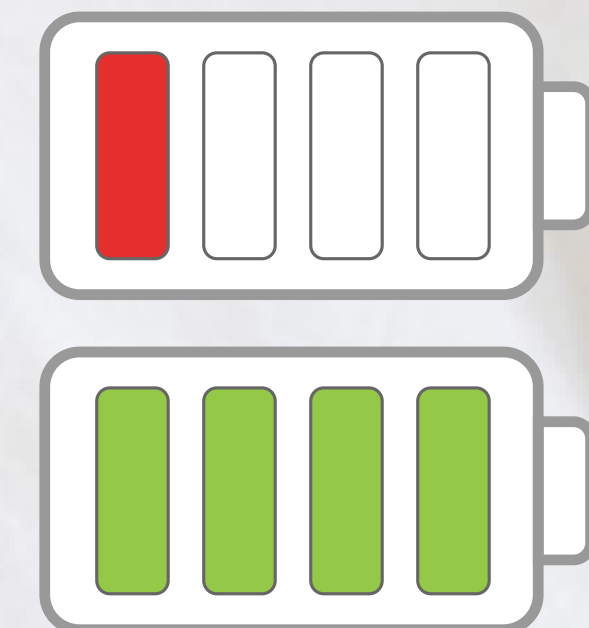
remote toy car



computer

All must recharge
to get energy!

Recharge means
to sleep or relax to
get energy.

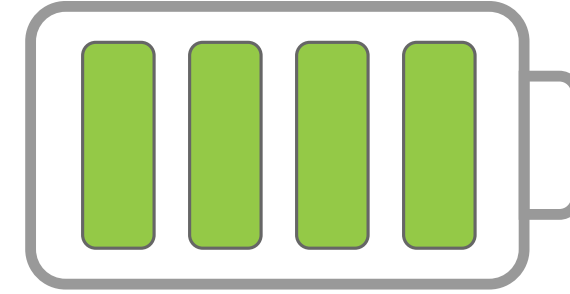


Recharge

What do you look like when your energy is low?



Recharge

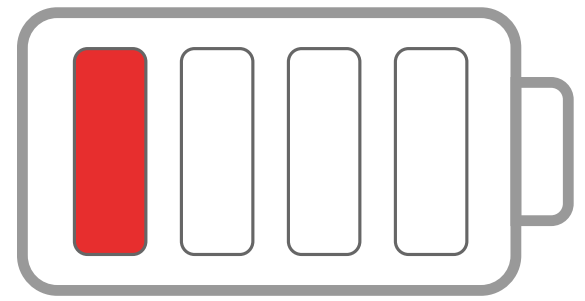


How do you look when you have all the energy you need?

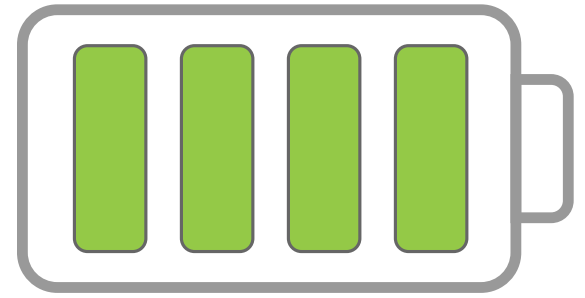


Fill in the blanks.

_____ TO GET ENERGY!



Your Energy



Can you recognize which kids have energy?



Pay attention to your energy at different times in your day.

Later, you will show what choices you made after you checked your energy.

Name _____

My Energy

Show your energy level right now, after school, and at home by coloring in the batteries below. Then write or draw the choices you will make in the space on the right.

Right Now

After School

At Home

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