



Energy Influences Choices

Show Your Energy!

What was your energy level at the end of the school day yesterday?



low



medium



fully recharged

Show Your Energy!

What was your energy level at home yesterday?



low



medium



fully recharged

Show Your Energy!

What is your energy level right now?



low



medium



fully recharged

Energy Influences Choices

Your energy influences the choices you make each day.



Fill in the blanks.

YOUR _____ INFLUENCES YOUR CHOICES.

Your Energy

How does energy
influence choices?

Show what choices
you made after you
checked your energy.

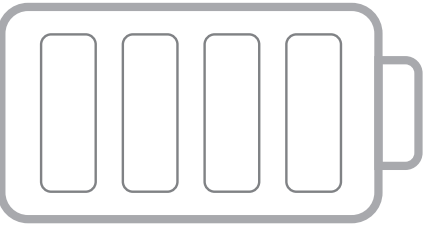


Name _____

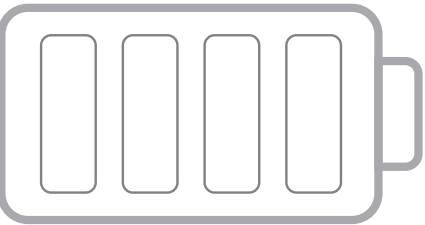
My Energy

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

