

EAT:

What is your
favorite
vegetable?

MOVE:

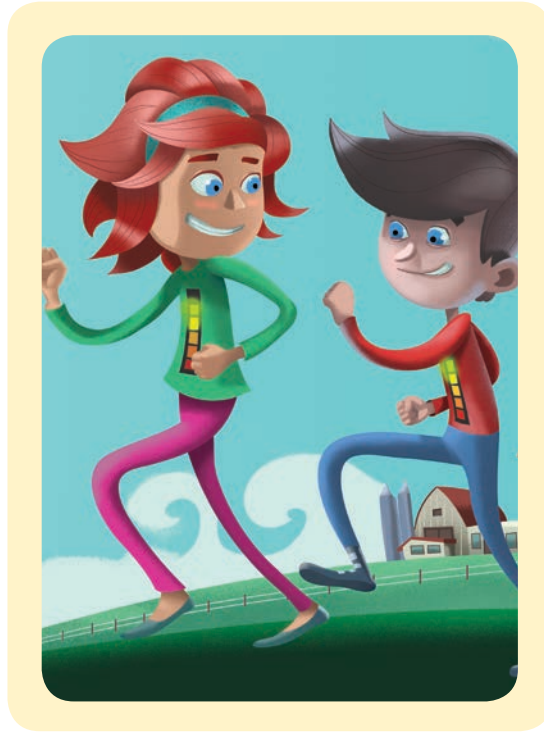
What sport
or game
do you like
to play?

SLEEP:

What time
do you go to
sleep?

Talk about these questions and remember to ALWAYS BE CHARGING!





Talk about these questions and remember to ALWAYS BE CHARGING!

EAT:

What foods
give you
more energy
throughout
the day?

MOVE:

Which
activities give
you a positive
charge?

SLEEP:

What helps
you get a
good night's
sleep ?