

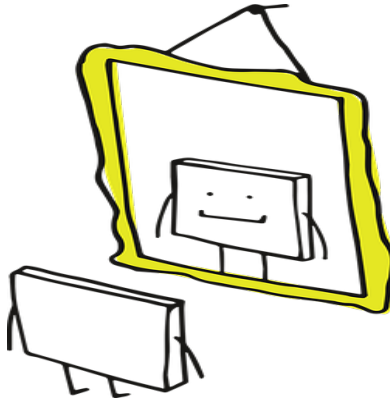
Choose your Adventure!

You've earned a break. Use your brain and body to take a break! Pick 3 activities.

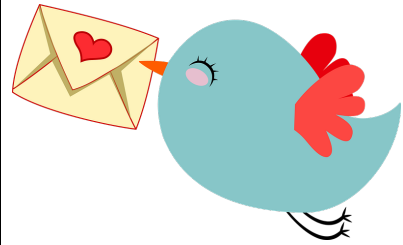
Heart and Head Check Up
What makes you smile?
Why? Share with someone
at home.



List three things you love about
yourself. Say them in the
mirror.



Write about someone you
admire. What do you admire
about them? Add a picture to
your writing.



Numbers about you! What
numbers could you use to tell
others about you.

How old are you?

How tall are you?

How many friends do you have?

What other numbers can you
use to describe yourself?

Describe yourself in 3 words.
Draw a picture that represents
each word.



If you had a superpower,
what would it be? What would
it be like to live for a day
using your superpower?

