

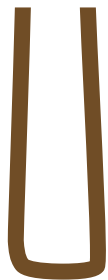
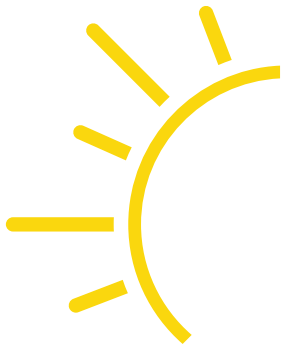


DOODLE BREAK



Your brain works hard during the day. Drawing can give it a short break.

**These lines are just the beginning. What do you see?
What could they become? Draw what you imagine!**





CONCENTRATION 64

A quick-thinking clapping game

Say together to start each round:

Concentration! (clap, clap, clap)

Sixty-four! (clap, clap, clap)

No repeats! (clap, clap, clap)

Or hesitations! (clap, clap, clap)

Category is ... (clap, clap, clap)



How to play:

1. Play with two or more people.
2. After “**Category is ...**” the first player chooses a topic and says it out loud.
3. Take turns naming something in that category.
4. Say your word right after the three claps.
5. Stay on beat. No repeats!
6. When someone runs out of ideas, choose a new topic and keep playing.

Example:

Category is ...

Animals! (clap, clap, clap)

.....
Person 1: Dog (clap, clap, clap)

Person 2: Crocodile (clap, clap, clap)

Person 1: Cat (clap, clap, clap)

Person 2: Elephant (clap, clap, clap)

Game can be played with more than 2 people.



I SPY



There are 10 suns hidden on this page. **Can you find them all?** We found the first one above to get you started.

FIND SOMEONE WHO MATCHES

Talk with others to find someone who matches each one, **then write their name.**

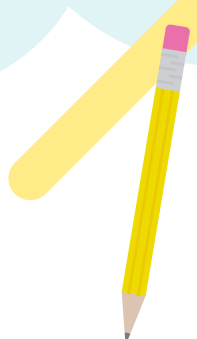
Has the same favorite season

Knows how to whistle

Has a pet

Would give you a high-five

Likes being outdoors



BETTER TOGETHER

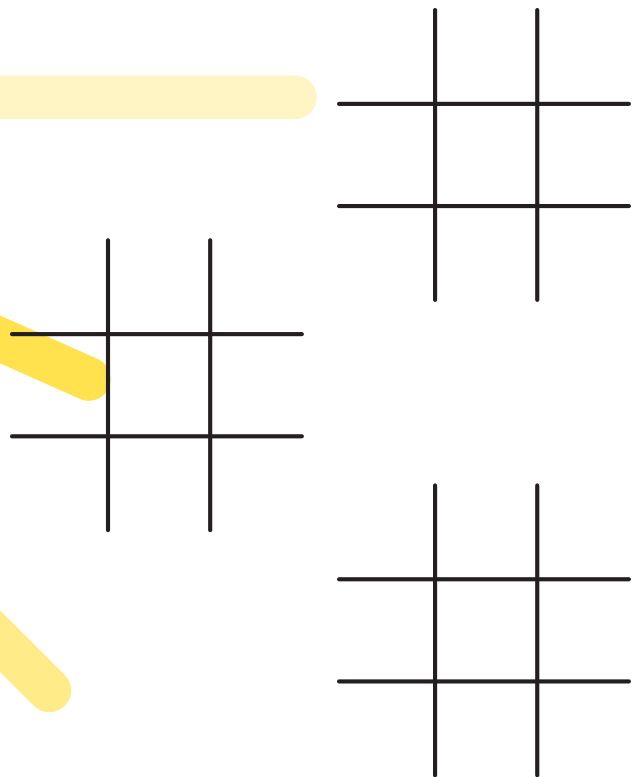
Spending time with people who laugh with you, listen to you and cheer you on can help your brain and body feel their best.

**These activities are meant to be shared.
Invite someone to join you!**



TIC-TAC-TOE, THREE IN A ROW

Grab a friend and play. Get three X's or O's in a row to win!



CURIOUS QUESTIONS





ASK SOMEONE:


What's your favorite thing to do outdoors?

What helps you cool down on a hot day?

What's one thing you're excited about this summer?

Who makes you laugh? 
What about them makes you laugh?

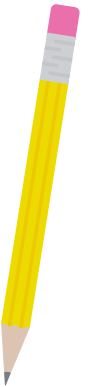
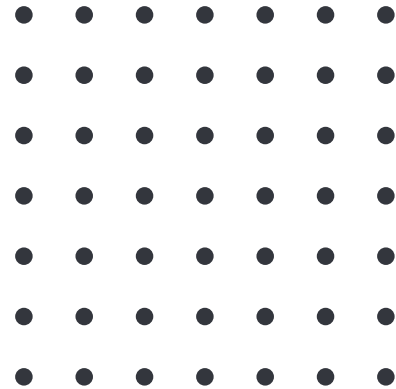
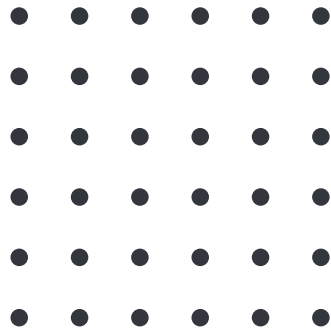
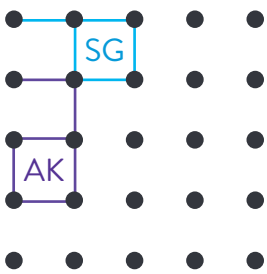
TRY THIS
Listen closely and ask a follow-up question. 

MAKE THE CONNECTION



Play with a partner. Your goal is to make boxes. Take turns drawing one line between two dots (no diagonal lines). The person who completes a box writes their initials inside and takes another turn. **Keep playing until all the boxes are filled.**

Example:



WAY-COOL WATER FACTS

Your body is about 60% water.

Water helps your brain focus. Being low on water can make thinking harder.

Drinking cold water can help you cool down and feel calmer.


Cucumbers and watermelon are more than 90% water. Eating them helps your body get water, too!

Sweating helps your body cool down.

HYDRATION CHECK-IN

When you play hard or sweat, your body loses water. Water breaks help you stay hydrated.

Your urine color gives clues about hydration:

Light yellow → You're hydrated 

Dark yellow → Time for some water 