



# Charge your body!

## Get 60 minutes of play every day

Get more ideas for healthy, kid-approved activities at [healthpoweredkids.org](https://healthpoweredkids.org).

healthpoweredkids™



Take a deep breathe to calm  
your body and brain.

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**Practicing mindful movement can slow you down and let you discover what you are thinking and feeling.**

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**Guided imagery can help bring you calm, focus and peace.**

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# Are you making healthy food choices?

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