

Energy

Do you have **LOTS** of **ENERGY**?
Do you enjoy being active & having fun?

Exercise is a great way to build and use energy.
It's also part of healthy living: one of Girl Scouting's focus areas!
Here are some great exercises you can do right now!

20 jumping jacks
10 sits-ups
Run in place for 30 seconds

Are you tired yet??!!

Have you heard people talk about creative energy?
CREATIVE ENERGY inspires us to do
interesting & unique things.

On the back of this sheet of paper, try these activities
to exercise your creative energy:

Draw a circle & a square. How many other items can you make out of
them? For example, a circle could become a baseball; a square could become a book.

Can you make any words out of the letters in your name?

Write a poem and make the last words in each line
rhyme with each other.