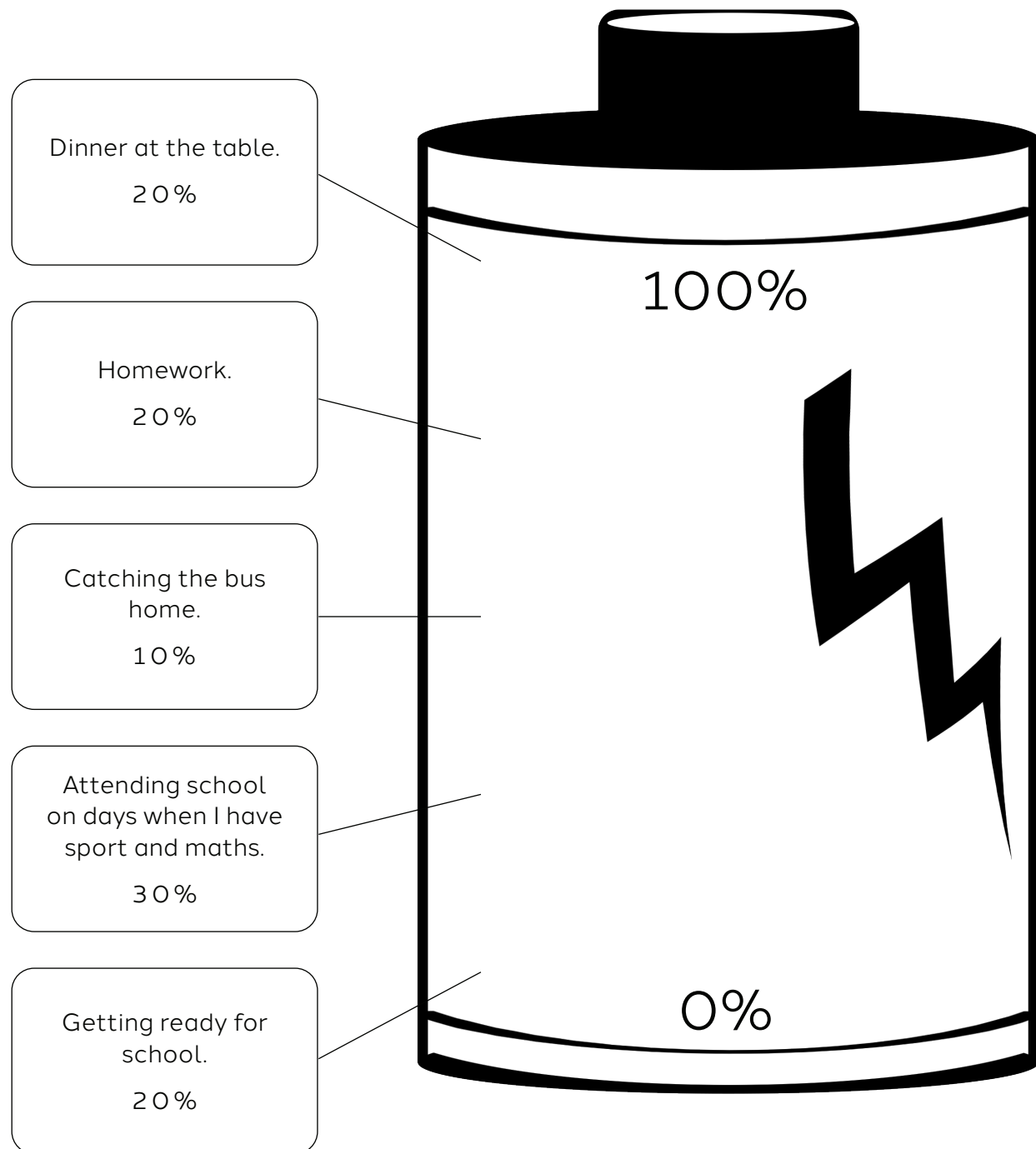


## Worksheet 1

# Michael's Energy Balance

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Throughout the day, Michael used up energy. If he doesn't replace this energy, he won't have enough for the next day. Below are Michael's energy takers.

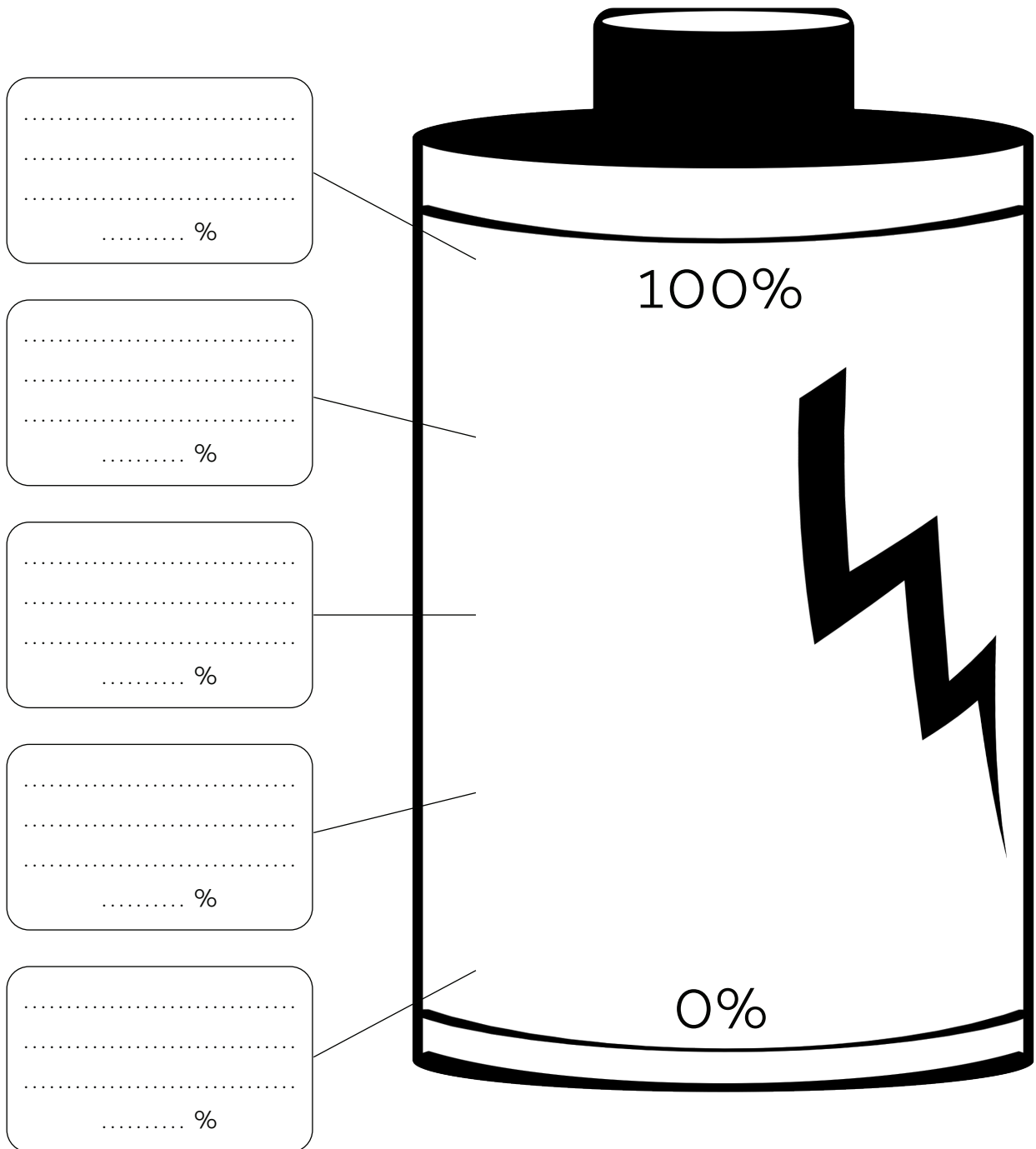


## Worksheet 2

# My Energy Balance – What Gives Me Energy

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Shade or draw segments in the battery below. What gives you energy?  
Check Worksheet 29: Fun Activities for ideas on energy givers.



**Worksheet 3**

# My Energy Balance – What Takes My Energy

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Shade or draw segments in the battery below. What takes your energy?

