



## Get recharged!

This activity is part of the **Let's relax!** theme and can be done any time during the *2020 Health Challenge (Défi Santé 2020)*. During the Get recharged! activity, students will draw and paste images on a huge battery showing what helps them relax, feel good and recharge their inner battery.



**Age group:**  
Multiage

**Required material:**

- Large piece of cardboard to represent the battery
- Coloured pencils, scissors, glue, adhesive tape
- Paper, cardboard, images, ribbons, magazines and other craft supplies

### Skills

**Aspect of the overall skills developed by the student:**

- Affective
- Cognitive
- Moral
- Psychomotor
- Social

**Educational purpose:**

- Make students aware of the importance of putting in place healthy lifestyle habits.
- Communicate and share ideas through artistic expression.

**Professional expertise put forward by this activity:**

- Plan and organize educational activities tailored to the needs of students.

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## Instructions

### 1. Create the giant battery

Create a giant battery on which students will tape images of what helps them relax and feel good.

- You can use the *My inner battery* in the appendix for inspiration when making your larger battery.

- You can decide how you want the students to express their ideas. Will your collective battery be broken down in blocks, various geometric shapes or made up of puzzle pieces? The important thing is that all the elements be intertwined in your collective battery.

Note: If you can't post things on the walls, you can create a banner made of all the students' batteries instead. To do so, give each student a copy of *My inner battery* found in the appendix.

### 2. Have students create their pieces (drawing, painting, collage)

Give construction paper or paper pre-cut into the shapes chosen to create the battery.

Each student illustrates how they prefer to relax and recharge. For example: run with the dog, dance, play in the park, read, daydream, do nothing, play a game, listen to music, eat a meal as a family, talk with friends, etc.

If they want to, older students can write at the bottom of the drawing what benefit their way of relaxing brings them. They can also sign their name.

### 3. Decorate the giant battery

Students can add their piece to the collective battery (or add it to the banner). The resulting large mosaic will recharge the group!

## Tips

During the activity...

- you can reflect as a group about the different ways to relax and take a break. There can be as many types of breaks as there are people. For example: invent a game, play a sport, read, take a hot bath, talk with someone you like, etc.
- you can also ask students which benefits they get out of taking a break: have fun, rest, reduce stress, calm down, feel an energy boost, get your mind off of things, get back in a good mood, etc.



402, rue Verchères  
Longueuil (Québec) J4K 2Y6  
450 670-8390 / 1 800 363-0592  
gardescolaire.org

300, rue Léo-Pariseau, bureau 1810  
Montréal (Québec) H2X 4B3  
514 985-2466  
DefiSante.ca



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## MY INNER BATTERY

Health SCHOOL DAYCARE  
Challenge

