When you feel tired, it can be hard to make a healthy choice. Find ways to rest and relax in your day to help you get energy to think better, move, and play.

What You Will Learn
When you play this game, you will learn ways to rest and relax in your day to help you get energy.

HOW TO PLAY

What you need:
1. A grown-up to help you
2. Safety scissors
3. I Am Tired Game Sheet
4. What Can I Do? Cards

Play:
1. With the help of a grown-up, look at the I Am Tired Game Sheet. Read how Alex feels.
2. Ask a grown-up to cut out the What Can I Do? Cards.
3. Ask a grown-up to read the cards. Pick what you think Alex can do to make a healthy choice to rest and relax to get energy. Put them on the sheet next to the 😊.
4. Put unhealthy choices next to the 😞.

Remember:
Feeling tired can make it hard to think and hard to have energy to move and play. When you feel tired, you can make healthy choices that can help you get energy.
What Can I Do? Cards

**Take a Nap**
Resting makes my body feel good.

**Watch TV**
Watching TV can make me feel more tired.

**Listen to Music**
Music makes me relax so I can feel better.

**Stretch Really High**
Stretching feels good. It wakes up my muscles!

**Follow a Bedtime Routine**
If I follow my bedtime steps and get sleep, I'm not tired.

**Drink Some Water**
Yep! Water can give you energy.
I am Alex. I came home from school and, boy, do I feel tired.

When I feel tired, it can be hard to make a healthy choice to help me get some energy to move and play.

What can I do to rest and relax so I can get some energy?

Put healthy choice cards here:

This helps me get energy.

Put unhealthy choice cards here:

This doesn't help me get energy.