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COUNTDOWN TO FEELING GOOD

Sometimes you feel calm, happy or simply the best.
Other times you feel worried, nervous or downright stressed.
Take a moment to pause when you feel this way.
It gives your brain a break and may improve your day.

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When your brain needs a break, stop and give this
countdown a try. Using all your senses can help calm
your body and boost your mood. Watch and follow along
with the video at powerup4kids.org/countdownpark.



Take a moment to pause and
try the countdown.



5 THINGS YOU CAN SEE



4 THINGS YOU CAN HEAR



3 THINGS YOU CAN TOUCH



2 THINGS YOU CAN SMELL



1 DEEP BREATH

You can do this standing up or
sitting down, inside or outside, at
school, home or wherever you are!



POWERUP WINTER COLOR QUEST

Even in the winter there are colors to be found. Bundle up, get outside and take a look around! Look high and low to do your best, And have fun exploring on this color quest!

How many of these colors or items can you find?



FRUIT AND VEGGIE SENSE-ATION GAME

Activate your senses with the Fruit and Veggie Sense-ation Game!

It's an exciting way to explore fruits and veggies and win your claim to fame.

Try whatever kinds you can find at home, school or wherever you are, fresh, canned, frozen or dried; use your senses and you'll be a star!

Watch and play along at powerup4kids.org/gameshow



Grab a pal and some fruits and veggies to create your own Fruit and Veggie Sense-ation Game!



USE THE CLUES BELOW TO GUESS THE MYSTERY FRUIT OR VEGGIE!

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MYSTERY FRUIT OR VEGGIE

SENSES + CLUES

SEE 👁️
Long, thin, grows on a vine

TOUCH ✋
Feels smooth, sometimes a little fuzzy

SMELL 👃
Kind of like grass

HEAR 👂
A snap when you bend or bite them

TASTE 👅
Slightly sweet and earthy

WHAT AM I?

Draw or write your guess below!



Answer: Green beans. Did you know they can also be yellow or purple?

FEEL GOOD FUN

Coloring is a fun way to help calm your body and mind.
Bring some color to Chomp and friends to relax and unwind!

