

# ENERGIZE



Name: \_\_\_\_\_

**Energy** (*noun*): The strength and vitality required for sustained physical or mental activity.

**synonyms:** *vitality, liveliness, vibrancy, verve*

Name two karate exercises that require lots of energy:

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Name three foods that give you energy: \_\_\_\_\_

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Which of your karate instructors shows off the most energy? \_\_\_\_\_

Draw yourself tired out. Now draw yourself with black belt energy!

A large, empty rectangular box with a black border, intended for drawing a person who is tired out.A large, empty rectangular box with a black border, intended for drawing a person with black belt energy.