

$$\Delta v = v_e \ln \left( \frac{m_i}{m_f} \right)$$

## Imagination to Innovation

# RE-CHARGE YOU

By now, you have probably learned that it is very important to exercise and eat plenty of fruits and vegetables to keep your body healthy. But did you know that it is equally important to take care of your mental health? Your brain needs just as much attention as your physical body does! Often times you will hear adults say, "self-care," when they talk about mental health. Self-care is what you do to take care of your emotions and mental health.

Think of it like this – imagine that your mental health is a chargeable battery like your parent's cell phone or cordless headphones. Things that make you frustrated or upset, like losing a toy or not having the lunch you wanted, causes the battery to lose energy. But activities like laughing with a friend, or coloring a picture in your favorite coloring book, make you calm and happy and adds energy to your battery. It is important to keep your battery charged for when life gets tricky, so it is helpful to know what activities you can do to recharge.

This is particularly important during difficult times, when there seems to be more energy leaving your battery. For that reason, we want you to learn what self-care activities you enjoy the most. Below, please find several activities that you can try out. Let's find the healthy ways that might help fully charge your emotional battery!

## Activity:

### PART 1:

Try two or more of the self-care activities below or other self-care activities (there are so many out there...) to see which one brings you the most calmness and smiles.

### PART 2:

Draw a picture of the self-care activity from Part 1 that you enjoyed the most. Tell us what the activity was, how it made you feel, why you liked it and how you may be able to use it in the future when your emotional battery is low. If you want, you can take a picture instead of drawing, but be sure to answer the same questions in the caption of your photo.

## Directions:

1. Follow the instructions for this activity.
2. Take a photo of Part 2 of this activity—post using your parent/guardian's social media account.  
Methods for posting:
  - ▶ Go to the Leidos Twitter or Facebook page. Find this week's activity post and reply to the post.
  - ▶ Post a photo to your personal social media accounts.  
Be sure to tag @LeidosInc (@Leidos on LinkedIn) and #LeidosJrInnovator.  
Your post must be public for us to see it.
3. In the caption please include your first name and school grade or year.
4. Enter to win no later than Sunday, May 17th, at Midnight (EST).
5. *Stay tuned to see who wins.*



JUNIOR INNOVATORS CHALLENGE

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JUNIOR INNOVATORS CHALLENGE

Imagination to Innovation

## Re-Charging Activities

### PART 1:



### MEDITATION & DEEP BREATHING

Meditation can help you to slow down your thoughts and help you focus.

[CLICK HERE](#)

Learn more about meditation [CLICK HERE](#)

Try it out [CLICK HERE](#)



### GET CREATIVE

Using your imagination and creativity can be a fun way to express how you feel. There are many ways to do this from coloring a page in a coloring book or drawing a picture outside with sidewalk chalk.

Don't know where to start?

[CLICK HERE](#)

### WRITING FOR FUN

Whether you have a fancy note book, or just a piece of paper, it can be helpful to write down your thoughts. There are many things you can write while journaling like a list of things you are grateful for with a [GRATITUDE JOURNAL](#) or a [BULLET JOURNAL](#) that is a fun place to collect lots of thoughts (ideas, questions, feelings, your daily routine, and more).

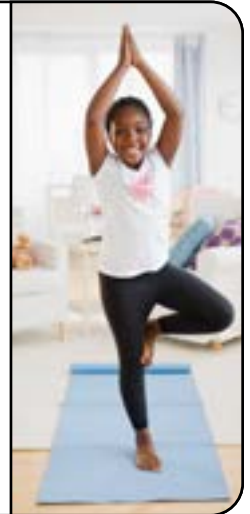
**GIVE IT A TRY!**



### YOGA & STRETCHING

Many people across the globe start and end their day with Yoga. It helps them to relax and stretch their body.

[CLICK HERE](#)



### IT'S PUZZLING

Make space in your busy day for quiet alone time. By doing an activity quietly and by yourself can help calm your mind. Find your favorite quiet place. Now try assembling a puzzle, reading a book, cuddling with a favorite stuffed animal or quietly sipping a warm hot chocolate.

[Q IS FOR QUIET TIME](#)



### GLITTER-TASTIC

Try making and using a Mindfulness Glitter Jar to help process tricky emotions. Shake the jar and see the beautiful glitter go everywhere like our emotions sometimes do. Keep watching as the glitter slowly settle as our emotions do when we calm down.

[CLICK HERE](#)

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JUNIOR INNOVATORS CHALLENGE

Imagination to Innovation

## Re-Charging Activities

### PART 2:

You can take a picture instead of drawing, but be sure to answer the same questions in the caption of your photo.

What was the activity?

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How did it make you feel?

Why you liked it?

How will you use it in the future?

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**Bonus:** What works for some does not work for all. Once you learn about what works best for you, learn about what your parent/guardian does to take care of their mental health and emotional well-being. As you grow, what helps you keep mentally healthy may change. Learning what others do can be helpful as you grow.