



Weekly SEL skill:

Energy

A person who has energy, or zest, is a person who approaches life with excitement and enthusiasm.

Having energy or zest will help you be a happier, more optimistic person. It will help you overcome obstacles so you can keep working towards your goals. Energy is part of what makes life more colorful, exciting, and busy- the good kind of busy! Without energy, you may find yourself unable to finish your tasks, not willing to try new things, and not finding joy in your daily life. As you practice having more energy and zest in life, negative feelings and stress will be more easily managed which will allow you to focus on the important things, like school and your relationships with family and friends.

Help your students to improve

Here are some activities you can do with your student(s) to help them engage with how energy affects their life.

- Make a vision board or word map full of things that excite and inspire you.
- Try waking up a half hour earlier each day so you can start the day with exercise. Studies show that consistent exercise increases your energy levels over time.
- Drink a lot of water, eat more vegetables, and move your body. Making healthy choices and being active are necessary in order to be energetic.