

My Gas Tank

A car needs gas to go. Gas provides the energy for the car to work. When a car has gas in the tank, it can go to lots of places and do lots of things. When the tank is empty, the car can no longer move.

Sleep, food, and exercise are like gas for people.
Gas gives us energy. People need gas to feel strong and healthy.

There are other kinds of gas, too.
_____, _____, and _____ are like gas for my body and for my brain.


When my gas tank is full, I feel good.
I can do my work, learn, play, and pay attention.

When my gas tank is getting low.
I feel _____, _____, _____.
I have a hard time _____ and _____.
I need to refuel and put more gas in my tank. I can _____, _____,
_____.

Sometimes, I use up all of my gas. When this happens, I am running on fumes.
I feel _____ and _____.
I have a hard time _____ and _____.
I need gas immediately. I can _____, _____, _____.

My Gas Tank

Fuel Gauge

 Fuel for my
body and my brain

