Paying Attention to Your Choices





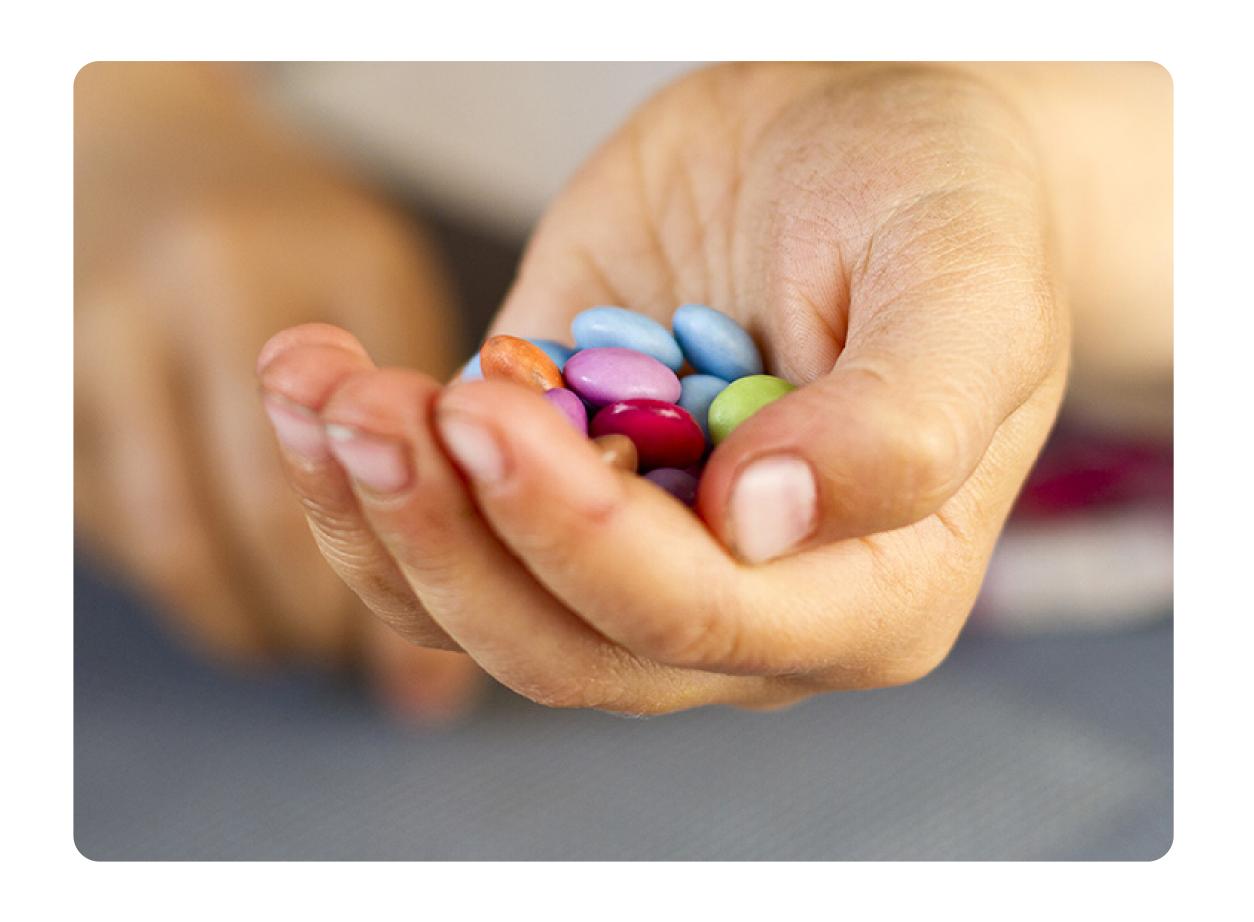
Nora is feeling bored. She watches videos on her tablet until late in the night.





Christopher doesn't like cereal, so he grabs a handful of candy for breakfast.





José and his brother are bored, so they watch TV after school until dinnertime.





- What choice did each kid make?
- How do you think their energy and mood influenced their choices?



What might have been a better choice for Nora, Christopher, and José?











HOW DOES YOUR ENERGY AND MOOD INFLUENCE YOUR HEALTHY CHOICES?

Talk with a friend about healthy choices you can make to recharge your energy and motivate your mood.

Say "I will . . ." then tell about your choices.

Write or draw your choices.

