



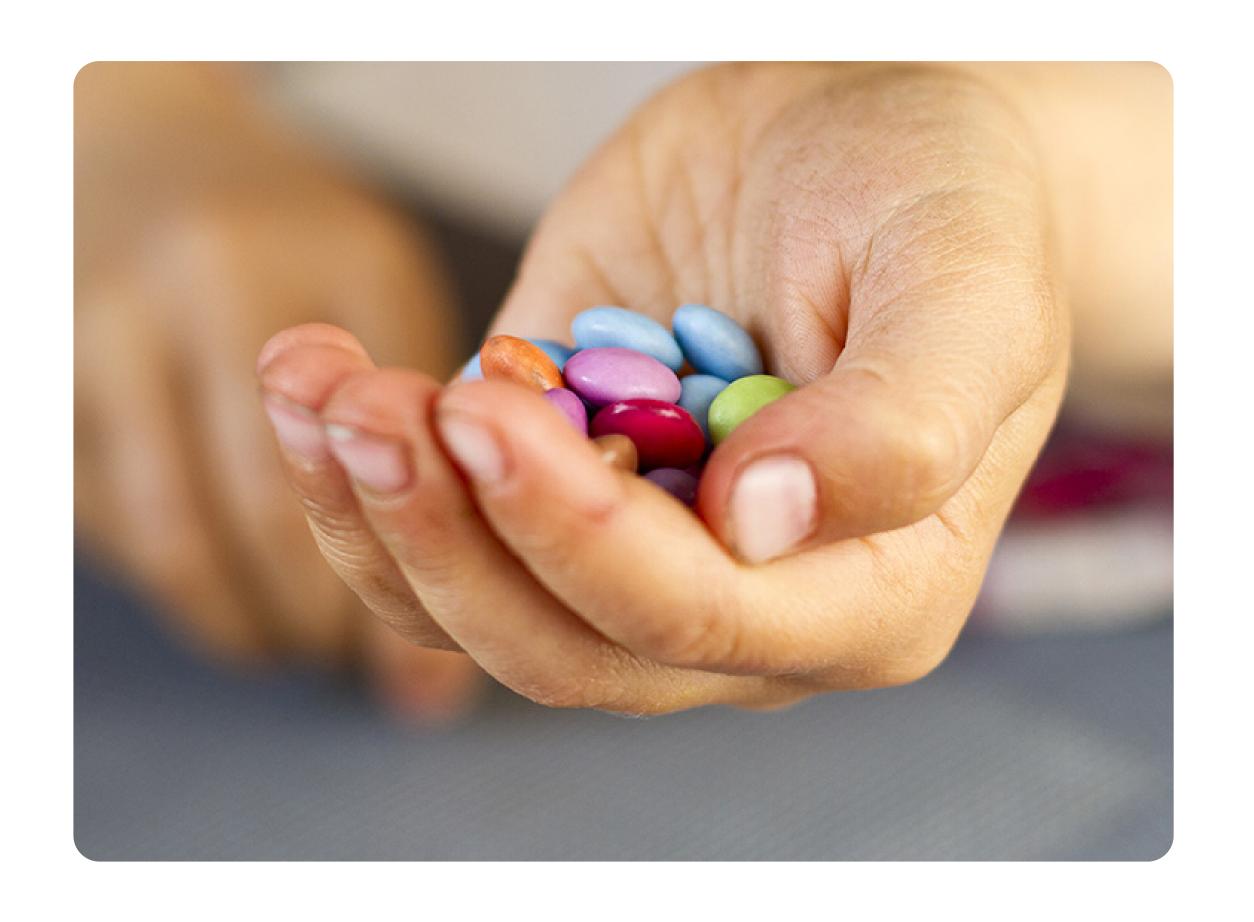
Nora is feeling bored. She watches videos on her tablet until late in the night.





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.

Name	_
My Choices  Your energy and motivation can influence your movement and food choices. Write or draw three choices you will make to recharge your energy and motivate your mood.	
I will	
I will	
I will	
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