













Name _____

I Spy: Healthy Choices!

Did you know healthy choices can influence your energy and mood? It's true! Find and color healthy choices you can make to recharge and cope with big feelings.



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|---|--|---|--|
|  <p>Listen to music.
Find 6 music notes</p> |  <p>Do a puzzle.
Find 4 puzzle pieces</p> |  <p>Drink water.
Find 3 water bottles</p> |  <p>Read or journal.
Find 1 book</p> |
|  <p>Create art.
Find 2 ways to be artsy</p> |  <p>Move your body.
Find 4 ways to be active</p> |  <p>Ask for a hug.
Find 2 hug icons</p> |  <p>Talk to someone you trust.
Find 2 speech bubbles</p> |
|  <p>Breathe deeply.
Find 1 meditator</p> |  <p>Count to 10.
Find 1, 2, 3</p> |  <p>Go outside.
Find 3 flowers</p> |  <p>Stretch your body.
Find 1 kid stretching</p> |