I Spy: My 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.





Listen to music.

Find 6 music notes



Go outside.

Find 3 flowers



Breathe deeply.

Find 1 deep breather



Do a puzzle.

Find 4 puzzle pieces



Stretch your body.

Find 2 kids stretching



Color or draw.

Find **2** pencils