

**What Choices Do You  
Make Each Day?**



**Do you brush your teeth with  
a toothbrush or a jellyfish?**



**Do you wear shoes or  
watermelons on your feet?**

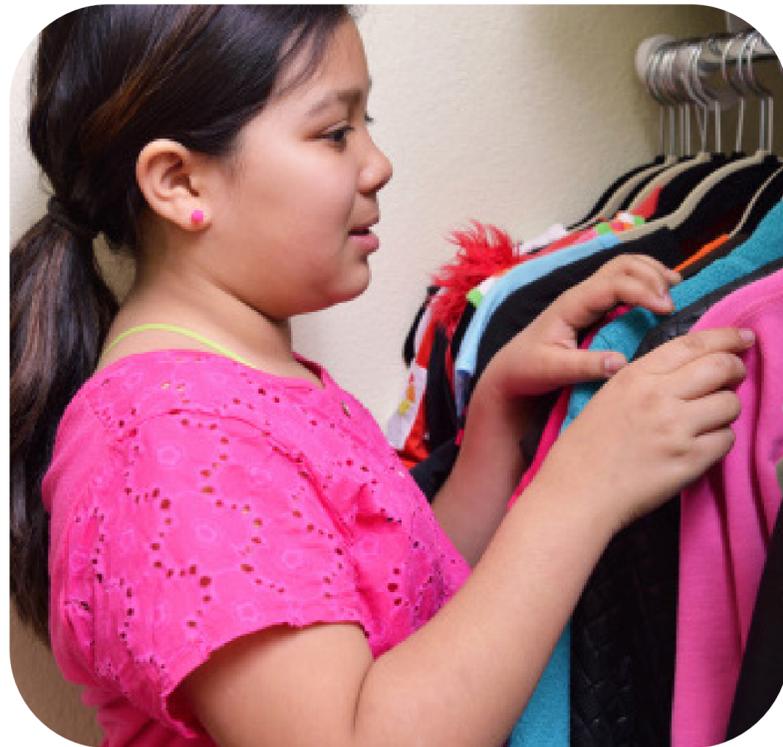


**Do you ride a whale or a bus to school?**



# Your Daily Choices

Each day you make many choices, like . . .



. . . what to wear.



. . . what to eat  
for breakfast.



. . . what to do  
at recess.

# Your Daily Choices

Think about the choices you make each day.



What choices do you make when you get dressed in the morning?



What choices do you make at mealtime?

# Today's Choices

Tell a friend what choices you will make after school. Say, "I will . ." then tell about your choices.



Draw your choices in a notebook or on the handout.

Name \_\_\_\_\_

## Choices

Thinking about your choices helps you to make healthy choices in the future. Write or draw three choices you make after school. Put a 😊 next to your healthy choices.

I will ...

I will ...

I will ...

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