

**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

Show three choices you will make after school today.
Put a ✓ next to your healthy choices.

I will ...

I will ...

I will ...

©2019 Sanford Health. All rights reserved. fit.sanfordhealth.org

