

A close-up photograph of two young girls with long brown hair. The girl on the left is holding a whole orange and looking down at it with a slight smile. The girl on the right is holding a whole red apple and looking towards the camera with a gentle smile. The background is a bright, out-of-focus indoor setting.

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

Would you choose to brush your teeth or comb your hair first in the morning?



**Would you choose to go for a bike ride
or read a book after school?**



Would you choose a banana or an apple for a snack?



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?

My Choices

Use this handout to discover several different choices that you make everyday.




Draw your choices in a notebook or on the handout.

Name _____

Get to Know Me

You make choices all day long. Answer each question by writing or drawing your favorite choices!

| | | |
|---|---|--|
| A Picture of Me:  | Favorite Breakfast Choice: | Favorite Snack Choice:  |
| Favorite Activity to Help Me Feel Calm:  | Favorite Way to Relax Without a Screen: | |
| Favorite Way to Move My Body:  | Favorite Activity to Do Before Bed:  | |

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