

Paying Attention to Unhealthy Choices



A young child with brown hair in pigtails, wearing a light blue button-down shirt, is holding a stack of six chocolate chip cookies in their left hand and a single red and yellow apple in their right hand. The background is a plain, light-colored wall. At the top of the image, there is a horizontal bar with five colored segments: blue, purple, green, red, and orange.

**Kids make choices all day long.
Let's take a look at the choices
these kids make.**

Nora watches shows
on her tablet until late
in the night.



Christopher grabs a
handful of candy for
breakfast.




José and his brother
watch TV after school
until dinnertime.



- What choice did each kid make?
- How do you think their energy and mood influenced their choices?
- What might have been a better choice for Nora, Christopher, and José?



A group of diverse children are playing tug-of-war on a green artificial turf playground. In the foreground, a young boy with dark skin and short hair, wearing a red and white striped t-shirt, is smiling broadly while pulling on a thick white rope. Behind him, a boy in a white t-shirt and a girl in a pink shirt are also pulling the rope. To the left, another girl in a white shirt is crouching down. In the background, there are colorful playground structures with yellow, red, and blue panels, and a swing set. The scene is bright and sunny.

**What
recharge,
mood, food,
and move
choices can
you make to
be *fit*?**

