



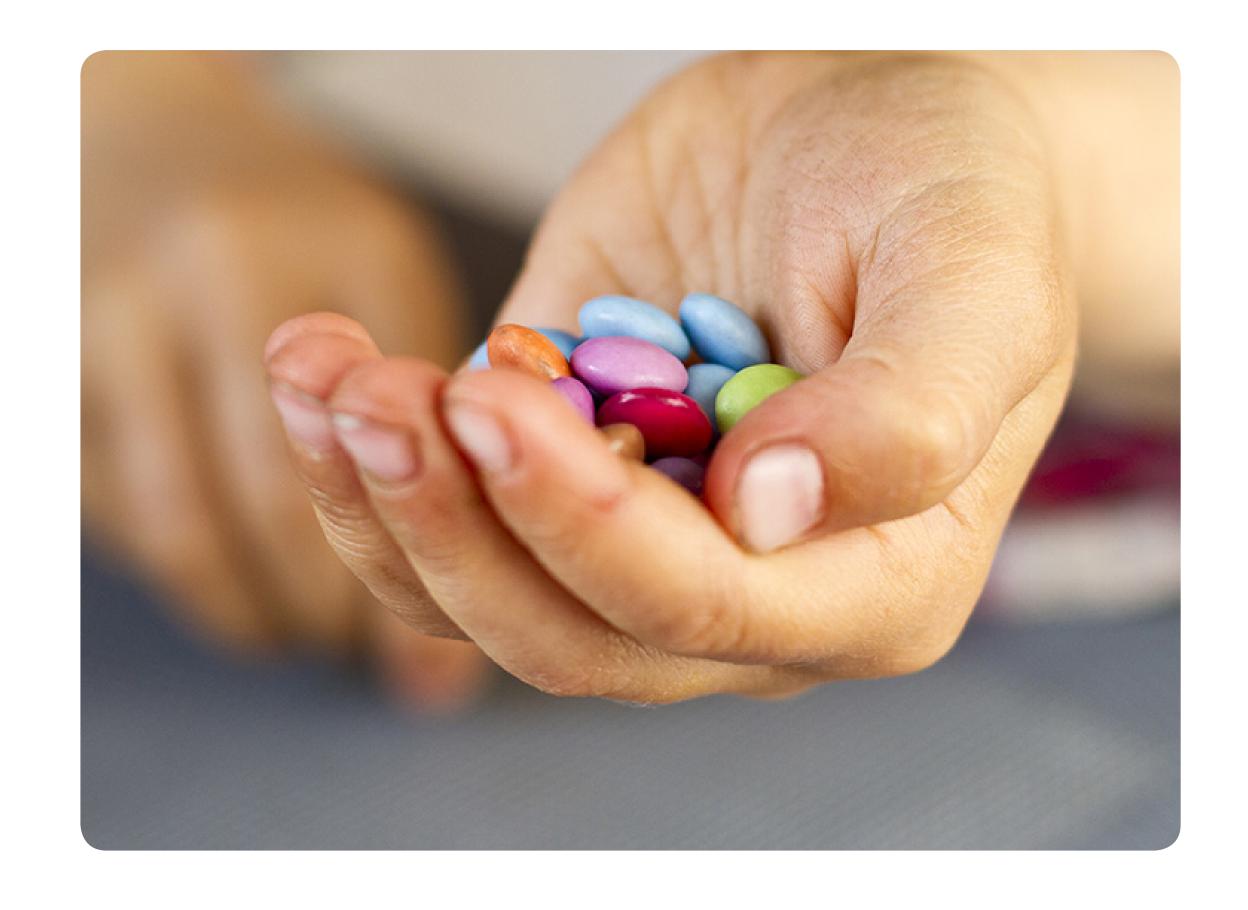
Nora watches shows on her tablet until late in the night.





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?





