

# Paying Attention to Your Choices



A young child with brown hair in pigtails, wearing a light blue 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 yellow.

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

Nora is feeling bored.  
She watches videos on  
her tablet until late in  
the night.



Christopher doesn't like cereal, so he grabs a handful of candy for breakfast.



José and his brother  
are bored, so they  
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?**



**HOW DOES YOUR ENERGY AND MOOD INFLUENCE  
YOUR HEALTHY CHOICES?**

**Talk with a friend about healthy choices you can make to recharge your energy and motivate your mood.**

Say “I will . . .” then tell about your choices.

Write or draw your choices.

Name \_\_\_\_\_

**My Choices**

Your energy and motivation can influence your movement and food choices. Write or draw three choices you will make to recharge your energy and motivate your mood.

I will . . .

I will . . .

I will . . .

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