

A close-up photograph of two young girls with long brown hair. The girl on the left is holding a peach and looking down at it with a slight smile. The girl on the right is holding a red apple and looking towards the camera with a gentle smile. In the center, a white rounded rectangle contains the text "What Choices Do You Make Each Day?" in a bold, red, sans-serif font.

**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

Thinking about your choices helps you to make healthy choices in the future. Write or draw choices you make after school. Put a 😊 next to your healthy choices.

A large, empty rectangular box with a thin gray border, intended for a student to draw or write their choices for after-school activities.

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