

# Making Good CHOICES

I like to make choices that are the best for my body, mind, and soul. This helps me take good care of myself and that makes me feel really great! Can you help me make some smart choices today? Circle the best answer for each of these.

If I am tired and feeling grumpy, I may take a short \_\_\_\_\_.

rest                      candy break                      trip to the arcade

If I have not had water in a while, I will make sure to get out my \_\_\_\_\_.

snack                      water bottle                      sunscreen

If I see a friend who is mad or upset, I will try to \_\_\_\_\_.

make a joke                      spend time with them                      give them my lucky charm

In between lunch and dinner, if I am hungry, I will enjoy a \_\_\_\_\_.

piece of fruit                      piece of cake                      lollipop

If I am feeling like I need a fresh start, I may take a \_\_\_\_\_.

bubble bath                      trip to the moon                      piece of cheese

If I am having trouble focusing, I might \_\_\_\_\_.

ride a carousel                      take a brisk walk                      have a temper tantrum

If I am feeling sad, I may \_\_\_\_\_.

cry                      hold my breath                      give myself a hug or a pep talk

