

NO BREAKFAST?

INSTRUCTIONS

1. Write a word that describes how you feel when you don't eat breakfast, or when you eat an unhealthy breakfast.
2. Draw a face that shows how you feel you don't eat breakfast, or when you eat an unhealthy breakfast.
3. Draw a fun background.
4. Turn in your drawings for a wristband!

EXAMPLES



Hungry



Grumpy



Sick



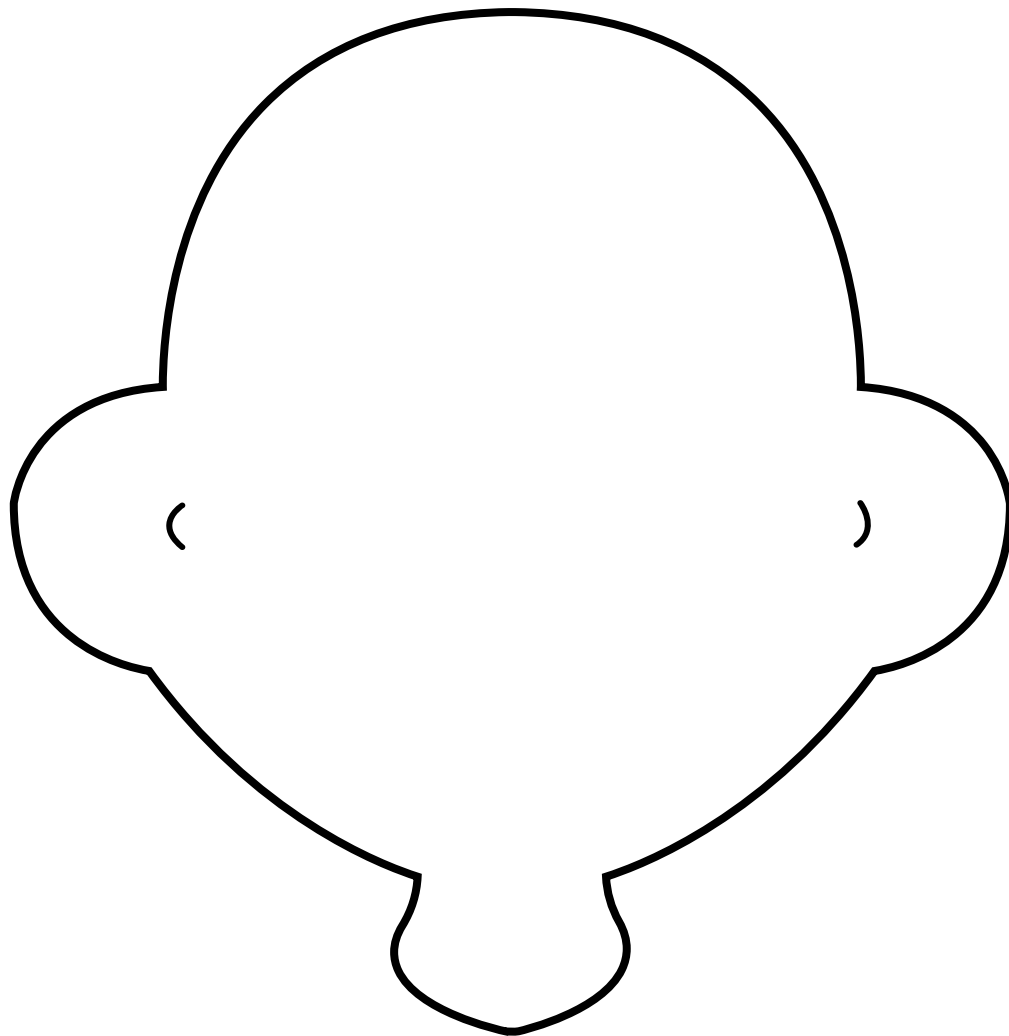
Tired



Sleepy



Angry



When I don't eat breakfast, or when I eat an unhealthy breakfast...

I feel _____.