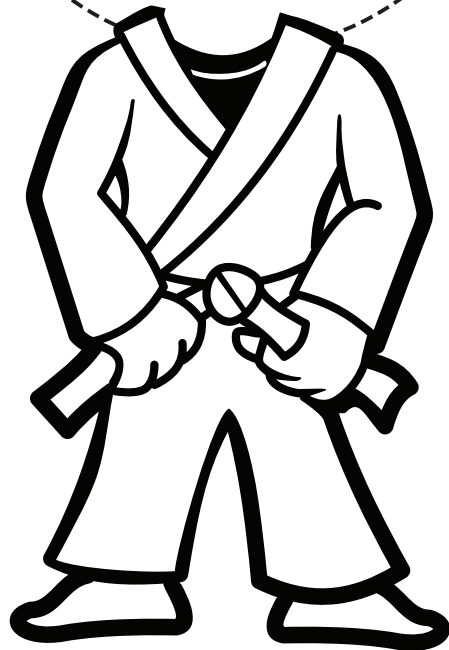
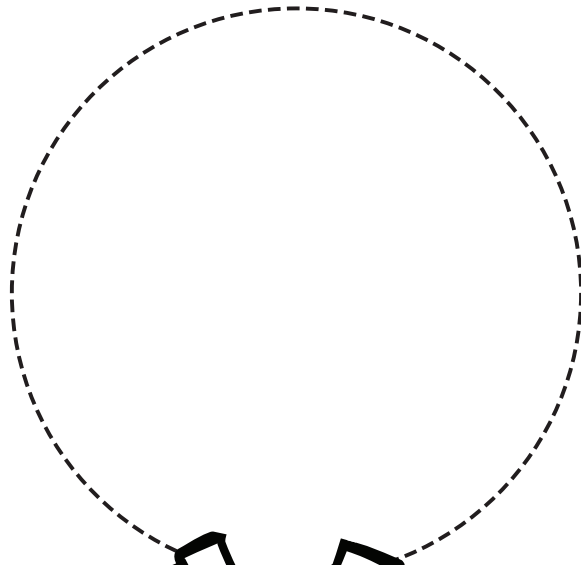


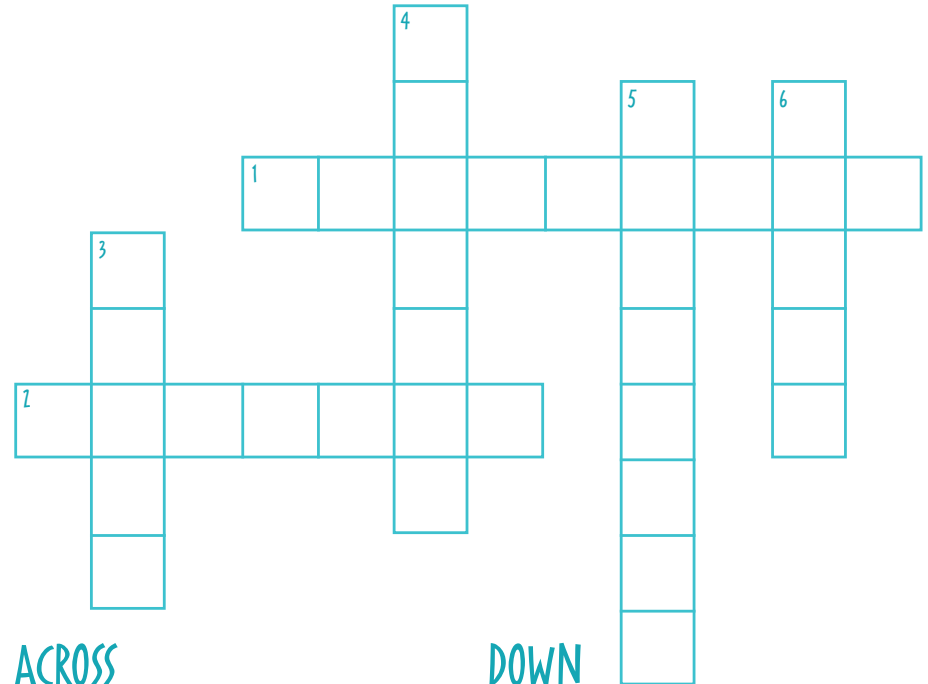
IMPROVE YOUR MOOD.

NAME: _____

DRAW A FACE ON YOUR SECRET AGENT.



COMPLETE THIS CROSSWORD PUZZLE.



ACROSS

- Being in a good mood is good for your _____ health.
- _____ are things that you do to have fun.

DOWN

- When you're feeling down, you should find a way to _____ your mood, like exercising or reading.
- You make about 5,000 _____ every single day.
- Being happy, excited, and energized are examples of a _____ mood.
- When you are _____, it is easier to make healthy choices.

WORD CHOICES

HAPPY	CHOICES	POSITIVE
HOBBIES	BOOST	EMOTIONAL



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