



Sophia's Healthy Choices

Zhibek Kalmurat



Sophia loves playing basketball with her friends after school. She feels energized and happy when she's running and shooting hoops.



After basketball, Sophia comes home and her mom has prepared a delicious and healthy dinner with lots of colorful vegetables. Sophia knows that eating well fuels her body and mind.



Sophia also understands the importance of getting enough sleep. She makes sure to go to bed at a reasonable time so she can wake up feeling refreshed and ready for the day.



Sophia enjoys watching her favorite shows, but she sets a timer to limit her screen time. She knows that too much screen time can make her feel tired and distracted.



One day, Sophia's friends want her to stay up late watching movies and eating junk food. Sophia politely declines, explaining that she needs her sleep and wants to eat healthy. Her friends respect her decision.



Sophia feels proud of herself for making healthy choices. She realizes that taking care of her body and mind makes her feel happier, more energetic, and better able to handle challenges.