

# Imagine This!

Hey, kids! Do you know what your imagination is? It's your ability to think of things that aren't actually there. You use it when you play pretend, or when you think ahead about something that hasn't happened yet. Imagination is a wonderful thing. You can let your imagination help you accomplish anything you imagine! Take some quiet time to yourself each day and try one of these:

- Talk to a family member or a friend about your wishes and dreams.
- Make it a point to imagine eating well the whole day and having loads of energy!
- Imagine doing well on your school test!
- Imagine feeling powerful after you eat your protein.
- Imagine winning the race or hitting a home run at the baseball game!
- Imagine dancing beautifully at your ballet recital.
- Imagine making a new friend today!
- Imagine feeling healthy each day.
- Imagine you are a superhero and you help your mom or dad or friends!
- Imagine feeling peaceful and calm and taking a rest.
- Imagine what you want to be when you grow up!
- Imagine feeling happy every morning when you wake up and before you go to bed at night.

