

Howard B. Wigglebottom Learns Too Much of a Good Thing is Bad

Lessons and Reflections

★ PLEASURE AND CONSEQUENCES

It's Very Hard to Stop Eating The Foods We Like.

Some foods, especially snacks and candy, smell and taste delicious. Our mouths water just thinking about them. We feel so good while eating them, we want to have more and more. We just can't stop eating—but then, just like what happened to Howard on page seven, we have a tummy ache and feel very bad.

Why is that?

It's because we forgot the "FOOD RULES." Our bodies don't like to have large amounts of foods, especially very sweet or very salty foods. Our bodies like just the right size and the right amount. It doesn't matter how good it looks or tastes.

So if we don't want to feel bad and hurt our bodies, we RESPECT THE FOOD RULES with just one piece of our favorite food at a time!

It's Very Hard To Stop Playing Games And Watching TV.

Playing games is fun! It feels good too, just like eating our favorite snacks and desserts. We want to do it more and more! It's so hard to stop.

We can play for hours, sometimes the whole day—but then we feel tired, cranky and unhappy. Our eyes become red and dry. Sometimes we can even get a headache and have problems sleeping.

Why is that?

It's because we forgot the "SCREEN RULES."

Children's bodies don't like to be in front of a screen—computer, video games, TV, etc.—for more than one hour at a time.

Whenever we don't follow these rules our bodies will feel bad. It doesn't matter how good the TV show or game is. If we spend too much time in front of a screen, there will be consequences; that means we will feel bad.

Don't let a good thing turn into a bad thing.
Stop before it's too late!

★DISCIPLINE AND MODERATION

It's hard to say no to the foods and things we like. But if we want to grow up to be strong, healthy and powerful, we have to learn to follow the rules and stop before it is too late.

Just like everything else, it takes practice to be good at saying NO.

(Check out *Howard B. Wigglebottom Listens to His Heart* and *Howard B. Wigglebottom Learns It's OK to Back Away*.)

The more we practice, the better we get. Every time we stop eating or playing before we really want to, we will have a different kind of feeling good; it will feel like we won something really big.

Before you know it, you will be ready to be like all the people you admire; people who are very good following the rules and saying NO: Astronauts, Olympic champions, great soccer, baseball or football players, good doctors, firefighters, presidents or who knows? Super heroes!