

Healthy Living: Make courageous decisions

Use this discussion guide to spark conversations at home surrounding this topic. You will see various levels of questions grouped by difficulty level. Pick and choose what questions are appropriate for your family.

- Can you think of two healthy choices you made this week?
- Let's set a healthy living goal together! Our goal can be for the week, month or the year. We'll write our goal somewhere where we can keep track of it!



- How is good food like fuel for your body?
- What physically active things might you do when you're an adult? What about when you are an elderly person?
- Let's talk about our family expectations around saying no to underage drinking, and the dangers of smoking. (Check out Ask, Listen, Learn at <https://asklistenlearn.org/materials/building-communication-for-a-healthy-lifestyle/> for ideas and resources to get started with this conversation.)



- What are five healthy decisions that you made this week for yourself? This could involve eating choices, sleep patterns, refusing unhealthy substances or choosing to have some self care.
- Think of a time when you had to make a courageous decision. How did it make you feel? What about a time when you were too afraid to make a courageous decision? How did that make you feel?

Double Puzzle

HEALTHY LIVING Make *Courageous* Decisions

What can you say to a friend who asks you to do something that is not good for you?

DIRECTIONS

Unscramble each of the clue words to answer the question above. Use the letters that appear in boxes and unscramble them for the final message below.

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Original Words - water, vegetables, fruit, exercise, sleep, nutrition, hydration.
Final word/phrase - Make healthy choices each day!

FAMILY ACTIVITY | Grades 3 – 5

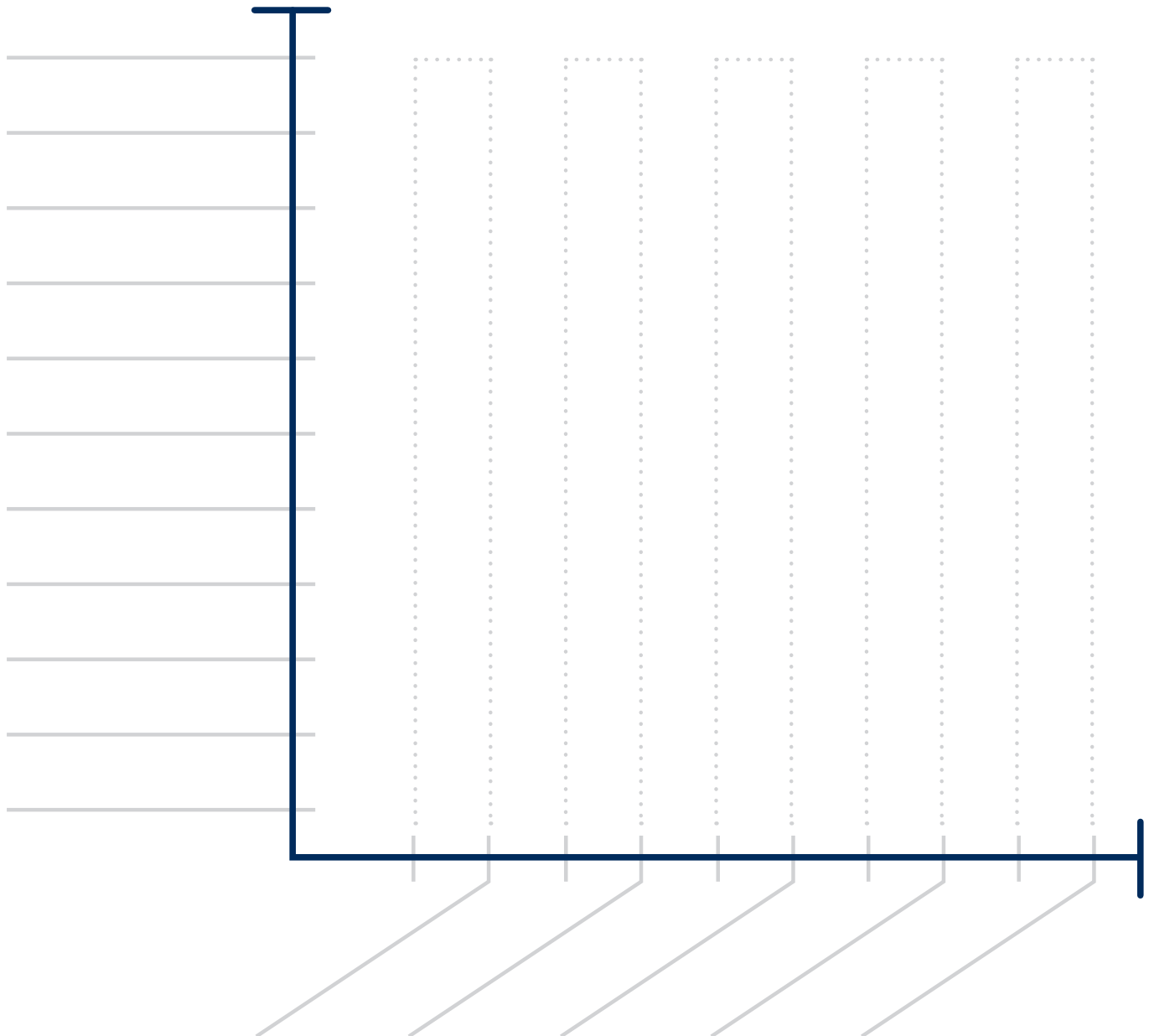
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OUR HEALTHY CHOICES

Use the graph below to chart different healthy choices. Choose what (1) what you want to track and (2) over what period of time. Be creative!

Numbers
Minutes
Days
Weeks



Glasses Of Water? Eating Your Veggies? Minutes of Exercise?