Week 1

Give a thumb to give your answer.

- Do you know any foods that are good for your health?
- Do you know any physical activities that are good for your health?
- Do you know how to practice equal breathing?
- Do you know when it is helpful to practice equal breathing?

We can always get better! What can we do the next time we meet to improve?
Week 2

Give a thumb to give your answer.

- Do you have a favorite vegetable?
- Will you ask for a vegetable at mealtime?
- Can you recognize nervousness?
- Can you practice breathing to help improve your nervousness?

We can always get better! What can we do the next time we meet to improve?
Fitness Fun
HOW GREAT WERE WE?

Week 3

Give a thumb to give your answer.

- Can you name all 5 food groups?
- Can you recognize healthy foods?
- Did you act in a responsible way during class today?
- Will you be helpful and responsible at home?

We can always get better! What can we do the next time we meet to improve?