

Fitness Fun

HOW GREAT WERE WE?

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?



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HOW GREAT WERE WE?

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?



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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?

