**Physical Activity & Personal Health**

**Question Set 1**

1. What would you include on a list about physical balance?
2. How does balance affect the way that you move and play?
3. What are some ways that you can work to improve your balance?

**Question Set 2**

1. What do you know about physical coordination?
2. When do you use your coordination?
3. How does coordination help you do everyday activities and jobs?

**Question Set 3**

1. What does it mean when you hear that someone has improved at something?
2. How does practice affect a person’s improvement?

**Social & Emotional Health**

**Question Set 1**

1. How would you describe emotional balance?
2. How can you apply mindful breathing to help you improve emotional balance?
3. How is emotional balance related to your behavior?

**Question Set 2**

1. What is emotional coordination?
2. How does emotional coordination affect the way that you treat other people?
3. How is emotional coordination helpful in building friendships?

**Question Set 3**

1. What can you recognize respect?
2. How would you describe self-respect?
3. How is emotional balance related to self-respect?
4. How is emotional coordination related to respect for others?