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?