

BALANCE & COORDINATION

DISCUSSION QUESTIONS

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?

