



Learning Module:
SKILL-RELATED FITNESS

Healthy Body

I will work to improve my skill-related physical fitness.

Healthy Mind

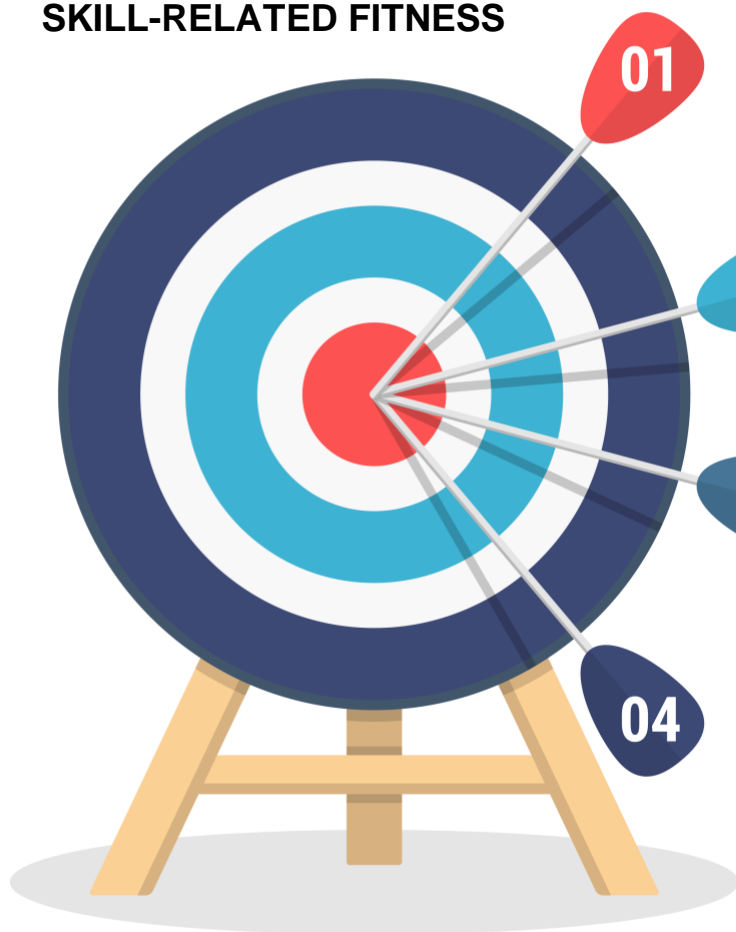
I will work to improve my skill-related emotional fitness.

Enjoyment & Challenge

I will participate in all activities with joy and enthusiasm.

Building Skills

I will work to apply each of the components of skill-related physical and emotional fitness into my daily life.



Why are we learning this?

Skill-related physical and emotional fitness components help us move through our daily lives safely and effectively. This module works to build our understanding of:

- how we can improve our skill-related fitness
- how mindfulness can help us maintain positive optimism
- how purposeful practice and growth mindset help us work toward our goals