**Physical Activity & Personal Health**

**Question Set 1**

1. What is a food group?
2. Can you name the 5 food groups?
3. What do you know about each food group?

**Question Set 2**

1. What does identify mean?
2. How many foods from each food group can you identify?

**Question Set 3**

1. What is MyPlate?
2. What does MyPlate show us?

**Question Set 4**

1. What would you include on a list about each food group?
2. How does knowing about food groups help you follow MyPlate?

**Social & Emotional Health**

**Question Set 1**

1. What do you know about juggling?
2. What can you do to improve your tossing and catching skills as you learn how to juggle?

**Question Set 2**

1. What is optimism?
2. Can you create a list of optimistic words?
3. How is optimism related to self-talk?

**Question Set 3**

1. How can you tell if something is challenging?
2. What are things you can do when faced with a challenge?
3. What is grit? How is grit related to challenge?

**Question Set 4**

1. What is effort?
2. What do you know about growth mindset?
3. How is effort related to growth mindset?