Physical Activity & Personal Health

Question Set 1
1) What does it look like when you hop and jump with balance?
2) Why is balance important?

Question Set 2
1) How does hopping and jumping help our bodies stay healthy?
2) What other physical activities help our bodies stay healthy?

Question Set 3
1) What fruits and vegetables do you like to eat?
2) How do fruits and vegetables help us stay physically active?

Question Set 4
1) Can you play hopscotch at home?
2) What other active games do you like to play at home?

Social & Emotional Health

Question Set 1
1) What does it look like and sound like when friends are enjoying physical activity?
2) How can you help your friends enjoy activity?

Question Set 2
1) What is mindful breathing?
2) How does mindful breathing help us focus during the school day?

Question Set 3
1) What are examples of positive language?
2) How does positive language help us enjoy being active with others?

Question Set 4
1) What physical activities do you enjoy with your friends and family?
2) What physical activities would you like to try in the future?