

# HOPSCOTCH

## Class Discussion Questions

### 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?