**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?