wellness Choices

**Wellness** means to be in the state or condition of being in good physical and mental health.

As humans, we need to make choices to maintain our health and promote safety for ourselves and others.

What are some choices you can make to live a healthy lifestyle? Write them on the lines below.

1.

2.

3.

4.

5.

Put a checkmark beside the items below that promote wellness.

Riding your bike Eating candy

Playing on your computer for 3 hours Walk to the park

Brush your teeth everyday Putting on sunscreen Getting enough sleep Playing with scissors Bullying others

Can you tell the difference between healthy (good) and unhealthy (bad) food for your body? Draw a picture that fits under each category below. Make sure you label your work.

Healthy Foods Unhealthy Foods

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