

HEALTH CLASS

Day 4

1st Grade

**I have good Health
when I _____.**

**The Picture of
Good Health**

The Picture of Good Health

Match the picture to the words that tell about good health.

1.



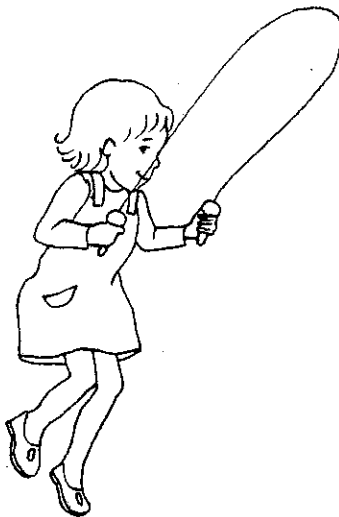
healthy body

2.



sharing feelings

3.



healthy mind

4.



getting along
with others

HEALTH CLASS

Day 5

1st Grade

Wise Decisions

Say NO

CD

Name _____

Wise Decisions

Look at the children in each picture.

Did they make a wise decision?

Draw ☺ for yes. Draw ☹ for no.

Use these six questions to help you decide.

1. Is it healthful?

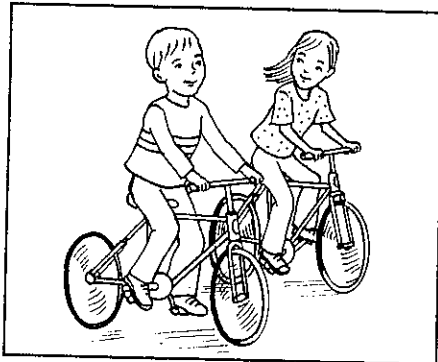
2. Is it safe?

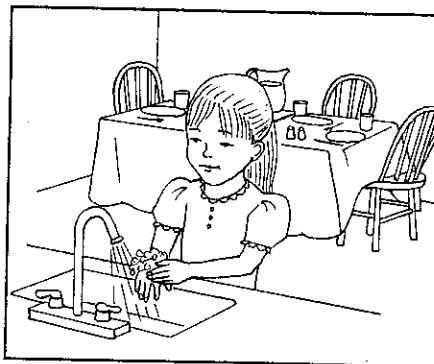
3. Does it follow laws?

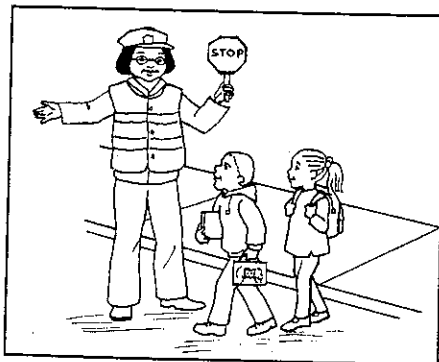
4. Does it show respect for others?

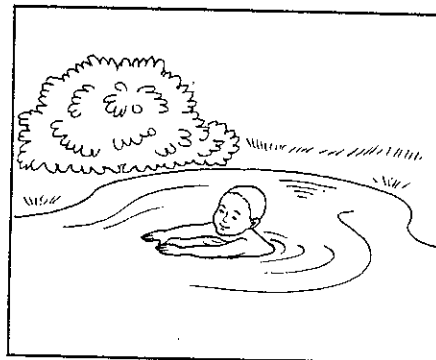
5. Does it follow family rules?

6. Does it show good character?









Name _____

When Should You Say "No"?

Circle when to say "No."

