

Healthy Minds Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Healthy Minds Lesson.

1. How many hours of sleep does someone your age need?

2. List three things you can do to get better sleep.

a. _____

b. _____

c. _____

3. List the three ways electronics can interfere with sleep.

a. _____

b. _____

c. _____

4. What is the definition of body image?



5. List three factors that can influence your body image.

a. _____

b. _____

c. _____

6. What is one thing you learned from watching the video of the model?