

# Healthy Minds Lesson Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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

1. Name two playtime activities that you enjoy.

a. \_\_\_\_\_

b. \_\_\_\_\_

2. Name two people who you would like to connect with soon that you don't normally see or talk to.

a. \_\_\_\_\_

b. \_\_\_\_\_

3. What does being mindful mean?

4. What are two things you could do for downtime?

a. \_\_\_\_\_

b. \_\_\_\_\_



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

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6. List three healthy sleep habits.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

7. What are three ways technology can affect your sleep?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

