

Your Healthy Mind Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Your Healthy Mind Lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. List two ways to connect with someone.

a. _____

b. _____

2. List two physical activities you could do each day.

a. _____

b. _____

3. How much physical activity does someone your age need each day?

4. How much sleep does someone your age need each night?

5. List two things you can do to get better sleep.

a. _____

b. _____

6. What is the most amount of screen time you should get each day?

