

Boo Boos

Think of a time when you or a friend got hurt at school. Tell about what happened. Did you have to go to the nurse? If you did what did the nurse do?

Bullies

A bully is a person that hurts or scares another person on purpose. If a bully came up to you and started to scare you what would you do?

Choices

We make choices everyday. Write about a choice you have made. Was it a good choice?

Goals

Write about one goal you want to reach. (Example: what you want to be when you grow up, making honor roll) Make sure to include the steps you are going to take to reach those goals.

Danger

If a stranger came up to you and asked you for help to find their dog, what would you do?

Eat Well

Why is eating well important? Give three reasons.

Environment

Think of things in your environment at school. Describe three things in your school environment.

Exercise

What kinds of exercise do you do? Why is exercise good for you?

Families

Tell about your family. Remember to include all the members of your household.

Friends

Describe two ways you can make new friends.

Get Along

Think of a time when you and a friend (or brother or sister) got into an argument. Tell about what the argument was about. What was the consequence you received?

Hygiene

What is good hygiene? Explain why it is important to have good hygiene.

Catch an Illness

We have all caught a cold at some point. Tell about a time when you caught a cold. What are some things we can do to help prevent catching a cold?

Lice

Lice are small bugs that live in people's hair. What are some ways to help prevent lice from spreading to other people? Explain.

Medicine

There are many types of medicine. Some medicine can be very good and help make a person well, but some medicine can hurt people. Describe a time when you should take medicine. Describe a time when medicine can make you very sick.

Persuasion

Write a letter to your school principal trying to persuade him/her to increase your recess time. Be sure to include at least two reasons why recess should be longer.

Safety

Think of activities you like to do like riding a bike, swimming, or playing soccer. What are some things you can do to prevent injuries and stay safe while doing your activities?

Stress

Taking a test can cause stress. What are some ways in which we can help reduce our stress during a test? Explain.