

health

This worksheet is a guide to promote discussion and thought about health using Think-Feel-Be resources

A healthy lifestyle involves many things including physical activity, what you eat and drink, and your rest or sleep.

To help you understand the impact of some of these things on your life, write down everything you eat and drink, as well as any physical activity and sleep you have for 3 days and record your energy levels for each day. Can you see a pattern?

What do you currently do that is healthy?

What do you currently do that is unhealthy?

What could you do to change unhealthy habits in your life?

What things could you do to help you stay healthy? (For example, going to bed earlier, not eating while watching television, using stairs instead of a lift, going for a walk, drinking more water)

After thinking about all of the above, choose 1 area for you to try to be healthier and focus on this for 1 week and keep a record.

TM
be
■
feel
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think
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think

health

Choose 2 words from the Think-Feel-Be health poster that you do well and think about what helps you do these things well.

Choose 2 words from the poster that you would like to improve in, and plan how you could improve in these areas.

think - feel - beTM