Chapter 1 Bell Ringers

1/22:

What does being healthy mean?

1/23:

List 5 healthy habits that you practice.

1/24: Andy spends a lot of time alone in his room exercising and lifting weights. He also studies hard and gets good grades in school. However, he does not get along well with other people, and he has trouble making friends.

Which side of the health triangle does Andy need to improve? What are some things he can do to help his overall wellness?

1/25:

Write about the ways in which your relationships with family and peers have changed over the past year.

1/29:

What does it mean to be responsible? List 10 ways you show responsibility.