Bell Ringers

4/1: What is health?

4/2: Think about a time you felt disappointed. Write down how you dealt with your feelings.

4/3: Continue or start your vocab for chapter 5. Starts on page 86. There is a total of 18 words.

4/8: Can experiencing anxiety ever be useful? Why or why not?

4/8: What emotion/s are you feeling today?

4/9: Is stress always bad for you? (4th hour only)

4/11: Write about how you would help a friend who has lost a loved one