

# Creating Health - Class 1

## Daily Habit Architecture & Building a Healing Environment (Ages 10-13yo)

1. Health is mostly built by:
  - A. One super hard workout
  - B. Small daily habits repeated over time**
  - C. Being lucky
  - D. Taking lots of vitamins
2. Why is “feeling fine” not always proof that you are healthy?
  - A. You can feel okay while small damage builds up**
  - B. Feelings do not matter
  - C. Only adults get sick
  - D. Health changes happen instantly
3. Which of these helps your body know it is time to wake up?
  - A. Staying up late on your phone
  - B. Sleeping at random times
  - C. Bright morning light**
  - D. Skipping breakfast
4. Why should bedrooms be dark at night?
  - A. It saves electricity
  - B. It makes dreams brighter
  - C. It looks nicer
  - D. Darkness helps your brain release melatonin**
5. Most deep sleep happens:
  - A. In the first part of the night**
  - B. Right before your alarm goes off
  - C. In the middle of the day
  - D. Only on weekends
6. Scrolling on your phone late at night can:
  - A. Help you fall asleep faster
  - B. Delay your sleep hormones**
  - C. Replace morning sunlight
  - D. Make your dreams stronger
7. Which is a good example of a circadian anchor?
  - A. Skipping meals
  - B. Staying up very late on weekends
  - C. Eating meals at regular times**
  - D. Waking up at a different time every day

8. Binaural beats work best when:
- A. Played outside only
  - B. Played very loudly
  - C. Played through speakers across the room
  - D. Listened to with headphones**
9. A quick “stress reset” could be:
- A. Doing slow breathing for one minute**
  - B. Yelling at someone
  - C. Ignoring your feelings
  - D. Holding your breath
10. Why is tracking your habits helpful?
- A. It makes you perfect
  - B. It guarantees instant results
  - C. It makes you competitive
  - D. It helps you see patterns and make changes**