

# Creating Health - Class 1

## Daily Habit Architecture & Building a Healing Environment (Ages 6-9yo)

1. Health is mostly built from:  
**A. Small daily habits done again and again**  
B. One perfect healthy day  
C. A single workout  
D. Taking medicine once
  
2. “Slow and steady wins the race” means:  
A. Rush and finish first  
**B. Keep doing healthy things every day**  
C. Only try when you feel like it  
D. Do everything all at once
  
3. Which habit helps stop germs from spreading?  
A. Skipping handwashing  
B. Sleeping in dirty sheets  
**C. Washing your hands carefully**  
D. Touching your face often
  
4. A good sleep room should be:  
A. Bright and noisy  
**B. Cold, dark, and quiet**  
C. Full of screens  
D. Warm and loud
  
5. Deep sleep helps your brain:  
**A. Clean and save memories**  
B. Play games  
C. Stay awake  
D. Get louder
  
6. Bright morning light helps your body:  
A. Feel confused  
B. Fall asleep faster  
**C. Wake up and start the day**  
D. Stay tired
  
7. Calm music or gentle sounds can help your body feel:  
A. Angry  
**B. Relaxed**  
C. Extra jumpy  
D. Nervous

8. Taking a short quiet break during the day can help you:

- A. Feel calmer and focus better**
- B. Get more stressed
- C. Forget what you learned
- D. Stay upset

9. Doing things at about the same time each day helps your body:

- A. Get mixed up
- B. Feel stressed
- C. Stay confused
- D. Work more smoothly**

10. Which is a healthy habit at mealtime?

- A. Watching videos while eating
- B. Eating very fast
- C. Drinking lots of liquid during meals
- D. Chewing slowly and paying attention to your food**