

Creating Health - Class 2

Movement, Nature, Creativity, and Human Connection (Ages 6-9yo)

1. Movement is like a nutrient because:
 - A. It replaces food
 - B. Your body needs it to stay strong and healthy**
 - C. It makes you taller right away
 - D. It only matters for athletes

2. When you move your muscles, they:
 - A. Send helpful signals to your body**
 - B. Turn into bones
 - C. Stop working
 - D. Fall asleep

3. Which activity helps keep your bones strong?
 - A. Watching TV
 - B. Sitting still
 - C. Jumping, running, or hopping**
 - D. Playing video games

4. Taking short movement breaks during the day helps your body:
 - A. Get rusty
 - B. Stay balanced and focused**
 - C. Forget how to move
 - D. Stop growing

5. When you close your eyes and can still touch your nose with your finger, what is helping you?
 - A. Luck
 - B. Practice only
 - C. Your body's sense of position**
 - D. Your imagination

6. If your heart is beating fast and your breathing feels tight before a test, what is happening?
 - A. Your body is giving you information**
 - B. You are broken
 - C. Your muscles disappeared
 - D. Your brain turned off

7. Being outside in nature helps your body because:
 - A. Trees give you superpowers
 - B. Fresh air and sunlight help your body work well**
 - C. You never get tired
 - D. You don't need sleep anymore

8. Cooking food with your family helps you:

- A. **Learn skills and pay attention to what you eat**
- B. Eat faster
- C. Make a bigger mess
- D. Skip vegetables

9. Drawing, building, or making music helps your brain:

- A. **Feel calm and focused**
- B. Stop thinking
- C. Get confused
- D. Forget things

10. Spending time with friends and family helps your body feel:

- A. Lonely
- B. Invisible
- C. **Safe and supported**
- D. Angry

Home Activity Key

Fill out your Weekly Wellness Tracker

WEEKLY WELLNESS TRACKER

Name: _____ Week of: _____

LIGHT	Minimum Daily Target:	Mon	Tue	Wed	Thu	Fri	Sat	Total
Light	<input type="checkbox"/> 10-20 minutes of natural outdoor light before 10am	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/> 15+ minutes outside during daylight							
Air	<input type="checkbox"/> 10+ minutes intentional outdoor breathing time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/> Open windows + get fresh airflow for 30 min							
Movement	<input type="checkbox"/> 20+ minutes intentional movement		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/> 5 movement snacks (micro-bursts)							
Rhythm	<input type="checkbox"/> Within 30 min consistent wake time		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/> Within 30 min consistent sleep time							
Reflection	<input type="checkbox"/> 5+ minutes journaling		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/> 5 minutes quiet gratitude or prayer							
	<input type="checkbox"/> 5 minutes device-could I make to fortify it this week?							

✓ = Met Minimum
Blank = Not Yet

Notes:

REFLECT ON YOUR WEEK:

1. Which input do I need to improve most?
2. What small change could I make to fortify it this week?