

Session 3

What is Health?

Today we are going to learn about ways in which we are already being healthy and happy and learn how we can expand upon them. We will also think about the people who help us be happy. This session's question to think about it:

What do you think it means to be healthy?

Some examples of what it means to be healthy are: not being sick, feeling good, eating well and exercising.

Session 3 Activity

Ways I can be Healthy

Being healthy is more than just not being sick. It means your body feels good and that you are able to do all the things that make you happy with the people who make you happy. For today's activity we want you to think about things that make you feel healthy and the people who help you be happy. We have provided a piece of construction paper in the sleeve on the next page for you to use and draw the things that help make you healthy and happy. When you are finished you can put that paper back in there or keep it for yourself somewhere special like your fridge or your room.

Here are some examples of things and people that make you feel healthy and happy. Remember being happy is also very important to being healthy so make sure you include things that make you happy on your page as well.

- Your Family
- Exercising
- Playing sports
- Playing board games
- Eating healthy foods
- Anything else you think makes you happy and healthy!

Session 3 Conclusion

Today you were introduced to the idea of what health is. Our health is important and is a combination of the choices we make, the activities we participate in and our overall happiness. It is important to understand that each of us have different health journeys and different goals, but thinking about or health and happiness can be a great thing for our future. We have a question for you today that will help you think more about your health: What could you do differently tomorrow to feel healthier? There could be many answers to this question, whether you are dealing with an activity or action that makes you happier or one that is about health specifically like eating a fruit or exercising, there are many options for this question.

What could you do differently tomorrow to feel healthier?

As we do each session, please take the time now to fill out line 3 on your “What I Like about me Page” at the end of this binder.