



St. Joseph's Institute, Inc.
Candon City, Ilocos Sur

GRADE SCHOOL DEPARTMENT
School Year 2021-2022

LIVE WORKSHEET IN MAPEH 5

I. Click 😊 the picture it is good for our mental health, social health, and emotional health. Click ☹️ if it is not.

1. 😊 ☹️

Learn how to deal with stress

2. 😊 ☹️

3. 😊 ☹️

4. 😊 ☹️

5. 😊 ☹️

Exercise

6. 😊 ☹️

7. 😊 ☹️

Value Yourself

8. 😊 ☹️

9. 😊 ☹️

10. 😊 ☹️