

HEALTH 7 Q1L1- ACTIVITY

Activity 2: Fit me in

Directions: Classify the following activities into physical health, social health, moral/spiritual health, emotional health, mental, and environmental health by writing them on their proper column.

- Walking around the plaza
- Chatting with friends
- Going out with family and relatives
- Exercising on a regular basis
- Eating fruits and vegetables
- Drinking plenty of water
- Throwing garbage into the trash bin
- Showing love and affection to love ones
- Picking pieces of papers on the corridors
- Playing scrabbles and word hunt
- Reading educational materials
- Writing letters to someone

Physical Health	Social Health	Moral/Spiritual Health	Emotional Health	Mental Health	Environmental Health

