

## What is Health?

**In the blanks provided, write beside the example of physical, emotional, mental, or social.**

- 1. You take a shower every morning before school.**
- 2. You are considerate and try never to hurt the feelings of your friends.**
- 3. You exercise three or more times a week.**
- 4. You accept both your strengths and weakness.**
- 5. You adjust easily to your new class schedule for second semester.**
- 6. You always show up on time for our babysitting job.**
- 7. You are willing to try the new basketball drills that your coach introduces.**
- 8. You ask for help to deal with your sadness when your best friend moves out of state.**
- 9. You stay away from drugs and alcohol.**
- 10. You support your friend when she refuse the offer of a cigarette.**