



# The Importance of Health and Family Life



## A. Fill in the Blanks

**Directions:** Use the words in the word bank to complete each statement.

1. Health and Family Life Education focuses on helping you \_\_\_\_\_ life skills that help you make better choices and live a \_\_\_\_\_ life.
2. It helps you understand how to care for your \_\_\_\_\_ and \_\_\_\_\_ health.
3. Life skills help you build positive relationships with \_\_\_\_\_, friends, and community members.
4. It helps you become more aware of your responsibilities in your \_\_\_\_\_ and how you can make it better.

## Word Bank

physical  
community  
emotional  
family  
develop  
healthy



## B. Matching

**Directions:** Match each life skill with the correct description. Write the letter on the line.

- \_\_\_\_\_ 1. Communication skills
- \_\_\_\_\_ 2. Decision-making skills
- \_\_\_\_\_ 3. Self-awareness
- \_\_\_\_\_ 4. Managing stress
- \_\_\_\_\_ 5. Empathy

- A. Understanding your strengths, weaknesses and emotions to manage your behavior.
- B. Being able to understand and share the feelings of others.
- C. Knowing how to make good choices by thinking carefully about your options.
- D. Being able to talk and listen to others respectfully.
- E. Learning healthy ways to relax and handle stressful situations.

## D. True or False

**Directions:** Write **TRUE** or **FALSE** for each statement.

- \_\_\_\_\_ 1. Health is not just physical, it also includes mental and social well-being.
- \_\_\_\_\_ 2. Family Life Education helps us develop life skills and become responsible members of the community.
- \_\_\_\_\_ 3. Ignoring your problems is a good way to manage stress.
- \_\_\_\_\_ 4. Making good decisions can affect your health and relationships.
- \_\_\_\_\_ 5. Life skills are only important at school, not in everyday life.

