



The Importance of Health and Family Life



A. Fill in the Blanks

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

- Health and Family Life Education focuses on helping you _____ life skills that help you make better choices and live a _____ life.
- It helps you understand how to care for your _____ and _____ health.
- Life skills help you build positive relationships with _____, friends, and community members.
- 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.

- Communication skills
- Decision-making skills
- Self-awareness
- Managing stress
- Empathy

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

C. Short Answer

Directions: Answer the following questions in the spaces provided.

- Why are life skills important?



- How can good communication help you at home, in school, or in your community?



- Give two (2) ways you can manage stress in a healthy way.

- _____
- _____



- How does empathy help build stronger relationships in your family or community?



D. True or False

Directions: Write TRUE or FALSE for each statement.

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