



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.

