

StudentsXpress TODAY I CHOOSE HEALTH

What does being “healthy” mean to you?
How do you feel when you are healthy?

What can you do to help your mental health?
Describe different ways you’ve been able to turn around a bad mood.
Why is it important to take care of your mental health?

What are your favorite healthy foods and why?
Submit a healthy recipe!

How do you exercise, what do you like about it?
What is a new exercise or sport you would like to try?

Draw a picture of you doing something healthy.
How do you plan to stay healthy in the future?

Please turn in your submissions to your teacher
or rachel@studentsxpress.com by October 7, 2024

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