

You have a treasure to enjoy! It's your **well being**, or health and happiness. Every day you make choices. You decide whether to eat good food or junk food, whether to **exercise** or not. Every choice is a step that leads you toward health or illness, happiness or disappointment. **Decision making** skills can lead to good choices that keep you healthy.

Peer Pressure

Your friends may use **peer pressure** to talk you into doing something **risky**. You would never run too fast in the heat or dive into shallow water because it's not safe. But what if your friends teased you? Would you think about the **consequences**, or results? Would you use **resistance skills** to say "no" and avoid harm, no matter what your friends said?

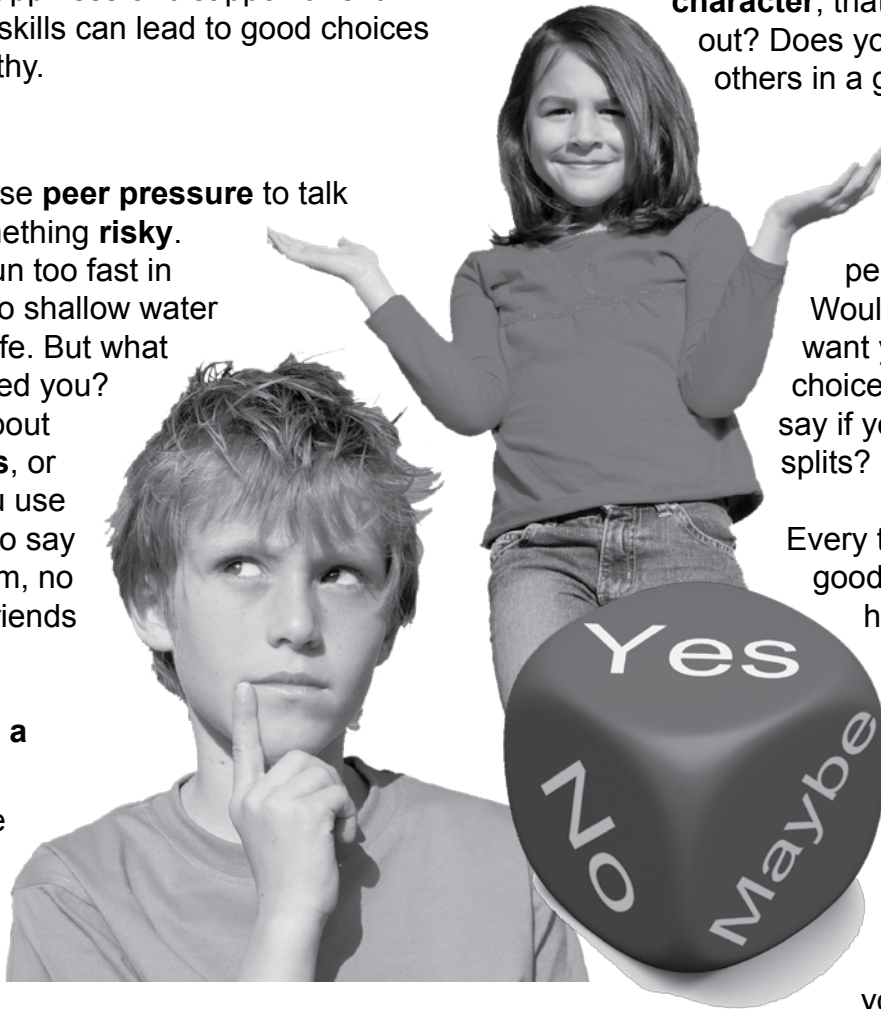
Steps For Making a Decision

First, recognize the problem. Second, think about the different actions you can choose. Third, name the **pros and cons**, or arguments for and against each choice. Fourth, decide which choice is the most healthy. Fifth, take action! This is how you use skillful mental activity or **critical thinking** and **problem solving** to reach the best **solution**. These are the same steps to take when needing medical assistance or resolving conflict.

Ask Questions

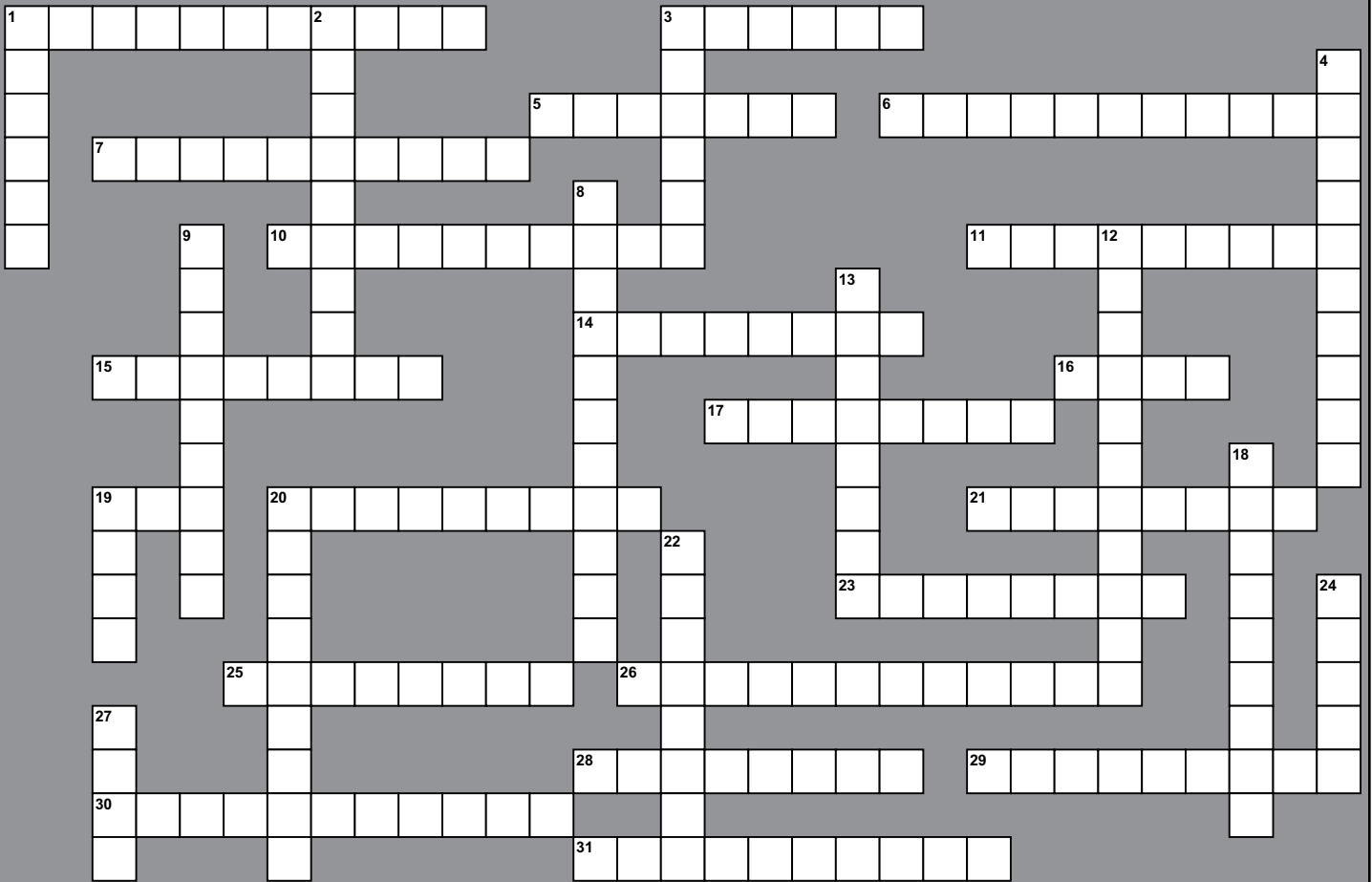
Is the choice healthy and safe, and does it follow the rules? Does the choice show respect for others? Would your family think it's safe? Does the choice show the kind of qualities, or **character**, that makes you stand out? Does your choice affect others in a good way? When should you ask friends or an adult for help? How can you protect your personal boundaries? Would your family want you to make good choices? What would they say if you ate three banana splits?

Every time you make good choices, you build healthy **habits**, or good patterns of **behavior**. This will make you **responsible**, or trustworthy. It's also how to win the **respect** of others and add to the treasure that's yours to enjoy.



Think about responsible choices in life and practice good decision making skills to form patterns, or habits, that will keep you safe and strong.





ACROSS

- 1 A person's surrounding space. P. 76.
- 3 Having a good body and mind. P. 11.
- 5 _____ solving. Reaching a solution.
- 6 Trustworthy.
- 7 The ability to do more. P. 22.
- 10 Plans for reaching a goal. P. 17.
- 11 Facts on food packages providing calorie and nutrient information. (2 words.) P. 45.
- 14 The energy found in food. P. 33.
- 15 Chemicals made by the body to control growth. P. 39.
- 16 _____ and cons. Arguments for and against a choice.
- 17 Worthy of trust. ★

- 19 In good health. P. 11.
- 20 A group of people in the same location or having the same interest. P. 76.
- 21 A person that eats, uses, or buys. P. 80.
- 23 A highly poisonous substance found in tobacco products. P. 88.
- 25 Tighten. P. 39.
- 26 The results of choices.
- 28 _____ thinking. Skillful mental activity to reach a solution.
- 29 _____ abuse. Overuse of drugs. P. 88.
- 30 The act of using calories through physical activity. P. 36.
- 31 _____ skills. Skills used to resist pressure to avoid harm.

DOWN

- 1 Using physical or mental energy. P. 22.

- 2 A discussion that helps people agree. P. 68.
- 3 People's patterns.
- 4 The solution to a problem. P. 68.
- 8 The system that moves blood. P. 29.
- 9 Having qualities that make a person stand out.
- 12 Substances that slow body systems. P. 119.
- 13 _____ making. Making choices.
- 18 Health and happiness. (2 words.)
- 19 _____ Principle. Fitness rules of Frequency, Intensity, Type, and Time of exercise. P. 17.
- 20 Part of an object. P. 14.
- 22 The energy found in food. P. 45.
- 24 A single beat of the heart that causes the blood to flow. P. 29.
- 27 The usual food and drink eaten by a person. P. 36.



1. Using resistance skills helps people avoid:

- A. Friends
- B. Harm
- C. Safety
- D. Responsibility

2. Which of the following is not one of the steps to making the right decision?

- A. Recognize the problem.
- B. Think about different actions you can choose.
- C. Follow the rules.
- D. Identify the pros and cons.

3. Improving your well-being is a choice.

- Identify five choices you will make to improve your well-being..
- Explain briefly how these five choices will improve your well-being.

First choice:
Second choice:
Third choice:
Fourth choice:
Fifth choice:
Explain briefly how these five choices will improve your well-being.

The Healthy Habits Weekly Challenge
(See P. 106 – 107.)

A. Drink 5 – 7 glasses of water at least five days a week. (1 point for each day. I earned _____)
Write in the number of glasses of water you drank each day:

M	T	W	Th	F	S	Su
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B. Eat a fruit **and** vegetable at least once a day, five days a week. (1 point for each day. I earned _____)
Write in the number of fresh fruits and vegetables eaten each day:

M	T	W	Th	F	S	Su
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C. Have a healthy breakfast at least five days a week. (1 point for each day. I earned _____)

M	T	W	Th	F	S	Su
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D. Do 60 minutes of aerobic activity at least five days a week. (1 point for each day. I earned _____)

M	T	W	Th	F	S	Su
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Total points earned this week: _____