

This Google Slides game includes 30 questions to help students understand how they can make healthy choices.

Phoenix's friends are mean to him, but he still hangs out with them because they are popular. Is this a healthy choice?



YES

Click on
your
answer.

NO

QUESTION 12

Caroline wanted to eat two pieces of cake, but she only ate one. Was this a healthy choice?



YES

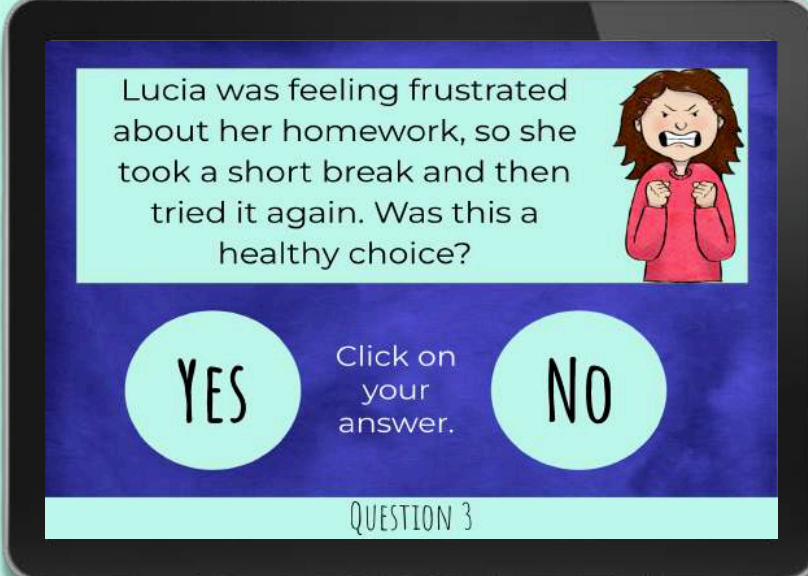
Click on
your
answer.

NO


QUESTION 7

The scenarios cover the following topics:

- Healthy eating
- Being active/limiting screen time
- Appropriate medicine use
- Saying "no" to things that aren't good for you
- Practicing good hygiene
- Using healthy coping skills

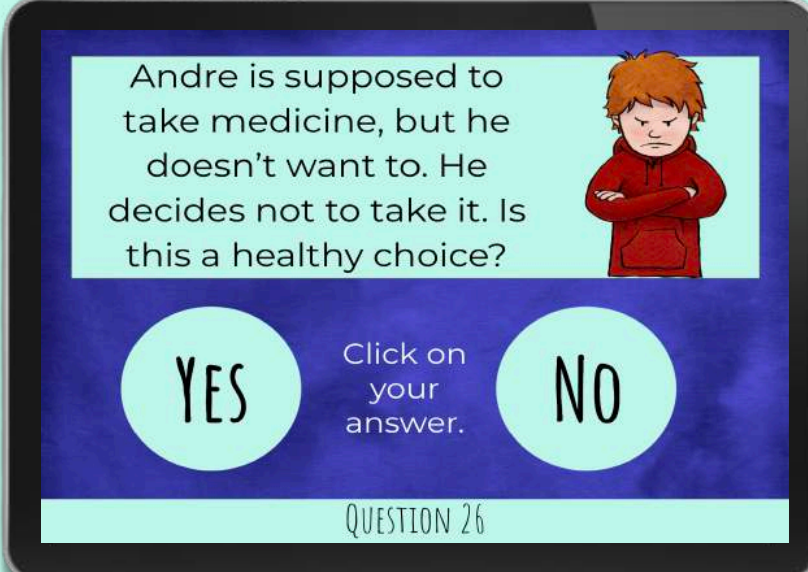


Lucia was feeling frustrated about her homework, so she took a short break and then tried it again. Was this a healthy choice?




YES Click on your answer. NO

QUESTION 3



Andre is supposed to take medicine, but he doesn't want to. He decides not to take it. Is this a healthy choice?




YES Click on your answer. NO

QUESTION 26

Students will look at each scenario and decide whether or not they think it's a healthy choice.

YEP!



Taking care of your body includes taking care of your teeth! An easy way to do this is by brushing your teeth at least twice a day - once in the morning and once at night!

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WHOOPS!



Staying hydrated is an important part of staying healthy!

It is recommended to drink 8 cups of water each day, but you may need more if you are exercising a lot or are spending a lot of time in the heat.

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When they click on their answer, they will find out whether or not they chose correctly. If they chose the wrong answer, they can go back and try again.

THIS GAME IS PERFECT FOR...

- Helping students understand the difference between healthy and unhealthy choices
- Helping students identify ways that they can be healthy in the different areas of their lives
- Small group lessons
- Classroom lessons
- Virtual learning lessons

**THE TEXT ON THE QUESTION AND ANSWER SLIDES
ARE EDITABLE TO SUIT YOUR SPECIFIC NEEDS.**