

Skills Worksheet

# Directed Reading

## Lesson: What Is Health?

1. The condition of your physical, emotional, mental, and social well-being is called your \_\_\_\_\_.

### YOUR PHYSICAL HEALTH

2. Describe what physical health includes.

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### YOUR EMOTIONAL HEALTH

3. The way in which you express your emotions is called your \_\_\_\_\_.

4. As you grow up, stress in your life is sometimes caused by \_\_\_\_\_.

### YOUR MENTAL HEALTH

5. What is mental health?

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### YOUR SOCIAL HEALTH

6. Social health is the way that you \_\_\_\_\_.

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7. You can improve how well you get along with people by \_\_\_\_\_.

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### WHAT IS WELLNESS?

8. Wellness is a state of health achieved by balancing your \_\_\_\_\_.

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**Directed Reading** *continued*

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- 9.** List four ways to keep your health balanced.

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- 10.** Why are all parts of your health equally important?

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**Lesson: What Influences Your Health?**

- 11.** Two major influences on your health are \_\_\_\_\_ and

\_\_\_\_\_.

**WHO YOU ARE**

- 12.** The passing of traits from one generation to the next is called

\_\_\_\_\_.

**WHAT IS AROUND YOU**

- 13.** All of the living and nonliving things around you is called the

\_\_\_\_\_.

- 14.** Two types of pollution that are difficult to control are

\_\_\_\_\_ and \_\_\_\_\_.

- 15.** Explain how your environment can affect areas of your health other than your physical health.

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**Directed Reading** *continued*

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**Lesson: Healthy Attitudes**

**HEALTHY LIVING**

**16.** A set of behaviors by which you live your life is called

\_\_\_\_\_.

**17.** The way in which you act, think, and feel that causes you to make certain decisions is called \_\_\_\_\_.

**CONTROLLING YOUR HEALTH**

**18.** What can you do if one part of your health is not as good as it should be?

\_\_\_\_\_  
\_\_\_\_\_

**BEING RESPONSIBLE**

**19.** Taking steps to prevent accidents and illness before they happen is called

\_\_\_\_\_.

**20.** Why is it important to form good health habits while you are young?

\_\_\_\_\_  
\_\_\_\_\_

**Lesson: Life Skills to Improve Your Health**

**THE LIFE SKILLS**

**21.** Life skills can help you deal with \_\_\_\_\_ that can affect your \_\_\_\_\_.

**USING THE LIFE SKILLS**

**22.** Name two things that life skills can help you do.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Directed Reading** *continued*

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**CHECKING YOUR PROGRESS**

- 23.** List three questions that you can ask yourself if you want to check your progress in using life skills.

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- 24.** The best people to turn to for help in improving your life skills might include \_\_\_\_\_ and \_\_\_\_\_.

**LIFE SKILLS AND STAYING HEALTHY**

- 25.** Describe two steps that you can take to make using life skills easier.

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