

## Reteaching Activity 1-2

### Building Health Skills

**Directions:** Each of the situations below involves one of the ten building blocks for total health. Read each statement. In the space provided, write the health skill being described. For assistance, review pages 10–17 in your textbook.

- \_\_\_\_\_ 1. Angelina went to the library to find reliable facts about nutrition.
- \_\_\_\_\_ 2. When he was offered alcohol, Travis knew how to say no effectively.
- \_\_\_\_\_ 3. With the help of his physical education teacher, Tabitha has a plan to run in next month's 5K race.
- \_\_\_\_\_ 4. To avoid getting worried about an upcoming event, Franco has learned to do deep breathing exercises to relax.
- \_\_\_\_\_ 5. Because she knows how important it is, Alicia finds time in her schedule to get at least an hour of physical activity every day.
- \_\_\_\_\_ 6. Before he bought a new bike, Eric thought about whether he wanted a particular brand just because his best friend had one.
- \_\_\_\_\_ 7. Although Hannah disagreed with what her friend was saying, she let her friend speak while she listened carefully.
- \_\_\_\_\_ 8. Keith suggested that his group of friends try to settle their disagreement by skateboarding one day and going to the movies the next.
- \_\_\_\_\_ 9. Yoki is organizing a car wash to raise money for a cancer organization.
- \_\_\_\_\_ 10. Ben has decided to get to bed one hour earlier so he is more rested.