

Healthy minds worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Healthy minds lesson.

1. List two playtime activities that you enjoy.

a. _____

b. _____

2. Name two people who you would like to connect with soon, that you don't normally see or talk to.

a. _____

b. _____

3. What does being mindful mean?

4. What are two things you could do for downtime?

a. _____

b. _____

5. How many hours of sleep does someone your age need?



6. List three healthy sleep habits.

a. _____

b. _____

c. _____

