1. Write down what being healthy inside means to you
2. Write down what being healthy outside means to you
3. What do you eat to keep healthy?
4. Can you remember the last thing that made you laugh?
5. Can you remember the last thing that made you cry?
6. Write down three things you enjoy doing to keep yourself healthy inside and out

1. Why do you think it’s important to talk about how you are feeling?
2. Write down something you could say to someone to encourage them to be healthy inside and out.

Healthy Inside and Out

Name:

Date: