

**Chapter****1****Parent Letter and Activities**

Dear Parent or Guardian,

Your child's health class is currently studying the topic of overall health and well-being. This topic concerns three areas of health: physical, mental/emotional, and social health.

Questions your child will consider include: *What do I need to do to be healthy? How does my view of myself affect my health? How can I make responsible decisions? How do the decisions I make affect my health? Why is it important to have goals? How do I set and achieve my goals?* With your help, your child can explore these questions with confidence and find satisfying answers.

To support and extend our classroom work, please set aside some time during the next few weeks to complete one or more of the following activities with your child.

- Work with your child to think of good habits you follow in caring for your own physical, mental/emotional, and social health. Talk about how these aspects of health affect your overall health and well-being.
- Share with your child a story about someone who has been a positive influence on your life.
- Discuss goals that each of you wishes to achieve. Talk about steps you can take to move closer to those goals.
- Invite your child to join you in one or more healthy activities you participate in. Think of opportunities to challenge one another toward more healthy choices to improve your physical, mental/emotional, and social health.

Please engage in other activities that you feel will help your child develop overall health and well-being. Thank you very much for your attention. As always, please feel free to contact me.

Sincerely,

Health Teacher