

Let's Talk:

Physical Activity

Physical Activity

If you were in a competition like the Olympics, what sport would you do?

Physical Activity

If you were in a competition like the Olympics, what sport would you **not** want to do?

Physical Activity

Name three reasons why it's important to be strong.

Physical Activity

What unhealthy activity would be the hardest for you to give up? Why?

Physical Activity

What unhealthy food would be the hardest for you to give up?

Physical Activity

What healthy food should we eat more?

Physical Activity

Do you like to play more inside or outside? Is one place better than the other?

Physical Activity

Do you think there's such a thing as a healthy dessert? What is it?

Let's Talk:

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What is the strongest part of your body?

Physical Activity

What are your parents' favorite junk foods?
What's yours?

Physical Activity

Who is the strongest person you know?

Physical Activity

What's your favorite way to get strong without playing a sport?