

DEAR HEALTHTEACHER WORKSHEET

»» USE THE "DEAR HEALTHTEACHER" LETTERS TO ANSWER THE QUESTIONS.

- 1** Two students have written letters to HealthTeacher. What do they want advice about? _____

- 2** In the first letter, what are the three healthy habits a student can do to get ready for a test? _____

- 3** How many hours of sleep do kids your age need? _____
- 4** How many hours of sleep do you get? Do you get enough sleep? _____

- 5** The first letter gives us tips for how to get enough sleep to be ready for a test. If you were going to change your sleep habits, what would you do first? Explain why that is your first choice. _____

- 6** Why does eating breakfast help people do better on tests? Find details in the first letter that support your answer. _____

- 7** HealthTeacher tells Ted E. Ready to eat whole grains, protein and fruit for breakfast. Using this advice, what would you eat for breakfast to do your best on a test? _____

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8 HealthTeacher tells Ted E. Ready that exercise can help him do better on tests. If your teacher let you choose, what kind of exercise would you like to do before a test? _____

9 HealthTeacher talks to Nina about the different signs of test anxiety. List four of the signs. _____

10 Have you ever had test anxiety? If so, what did it feel like? _____

11 HealthTeacher gives Nina advice for how to stop test anxiety. What can someone with test anxiety do to calm down? _____

12 Using both letters, list the four healthy habits a student can do to get ready for a test. _____

13 Which healthy habit are you most excited to try? Explain why you chose this one. _____