

Health and Happiness Chart

1. Discuss with a partner some of the things you do almost every day. For example, maybe you wash your hands or walk to school. Every day, people are affected by the people, places, and things in their community. People are also affected by their own behaviors. Some of these effects help keep you healthy and happy. Some of these effects may harm your physical or mental health.
2. Work with a partner to discuss good and bad ways you are affected by your community and your own behavior during your daily activities. For example, maybe when you wash your hands you help keep yourself and others healthy. Or maybe when you walk to school each morning, your community makes you feel either happy or sad.
3. Use the Health and Happiness Chart to the right.
4. For each row, think about the way either *Community Behaviors* or your own *Personal Behaviors* might affect your health. Write or draw your ideas under the *Helps Health* column if they help or under the *Harms Health* column if they harm you.
5. Discuss with your group: What would your community be like if it always helped your health and happiness?

	Helps Health	Harms Health
Personal Behaviors		
Community Behaviors		