Name	Date	Class Period
		Andrew Committee

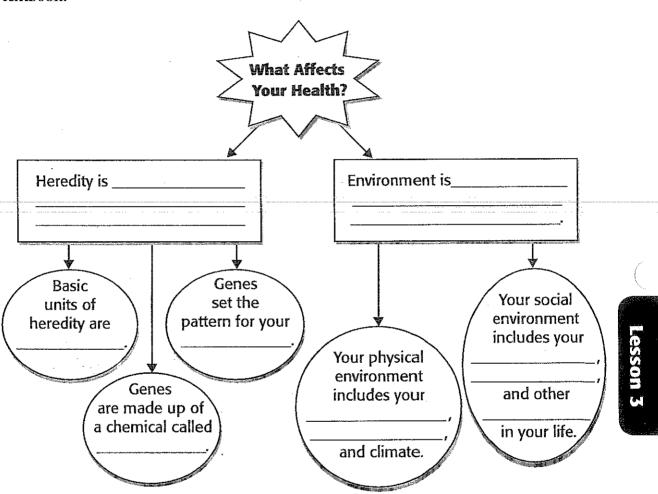
## **Concept Mapping Activity 1-2**

Directions: Complete the concept map on the ten building blocks for total health, using terms and phrases from your textbook.

			You p	ractice				
3	Getting reliable facts on a subject is called	The state of the s	when you learn how to handle stressful situations in ways that promote good and health.			means that you understand the internal and external factors that affect your decisions.		
m li	skills enable you to ake healthful choices, ke eating a balanced bod plan and getting enough sleep.					You practi when you take in support of a	action	
a	re exercising regularly nd drinking plenty of water, can help you earn new skills, meet hallenges, and enjoy	\ 	Buildin	en g Blocks al Health		When you progen good skills, you exproduce and feel way.	ess your	
The second	Making a plan in order to learn or do something involves skills.		skills, you	u practice are able to effectively.		Good skills give you the a to end a disagreer or keep it fron becoming a larg conflict.	nent 1	

## Concept Mapping Activity 1-3

Directions: Complete the concept map on the effects to your health from heredity and environment, using terms and phrases from your textbook.



## **Concept Mapping Activity 1-4**

Directions: Complete the concept map on risk behaviors, using terms and phrases from your textbook.

Risk is the chance that	
Risk behaviors are	
Cumulative risk is	
Consequences are	
Ways to Avoid or	Reduce Risks
Abstinence is	Prevention is