

6th Grade Health 12/09/19

EQ: What is mindfulness and how can it help?

CW: Mindfulness

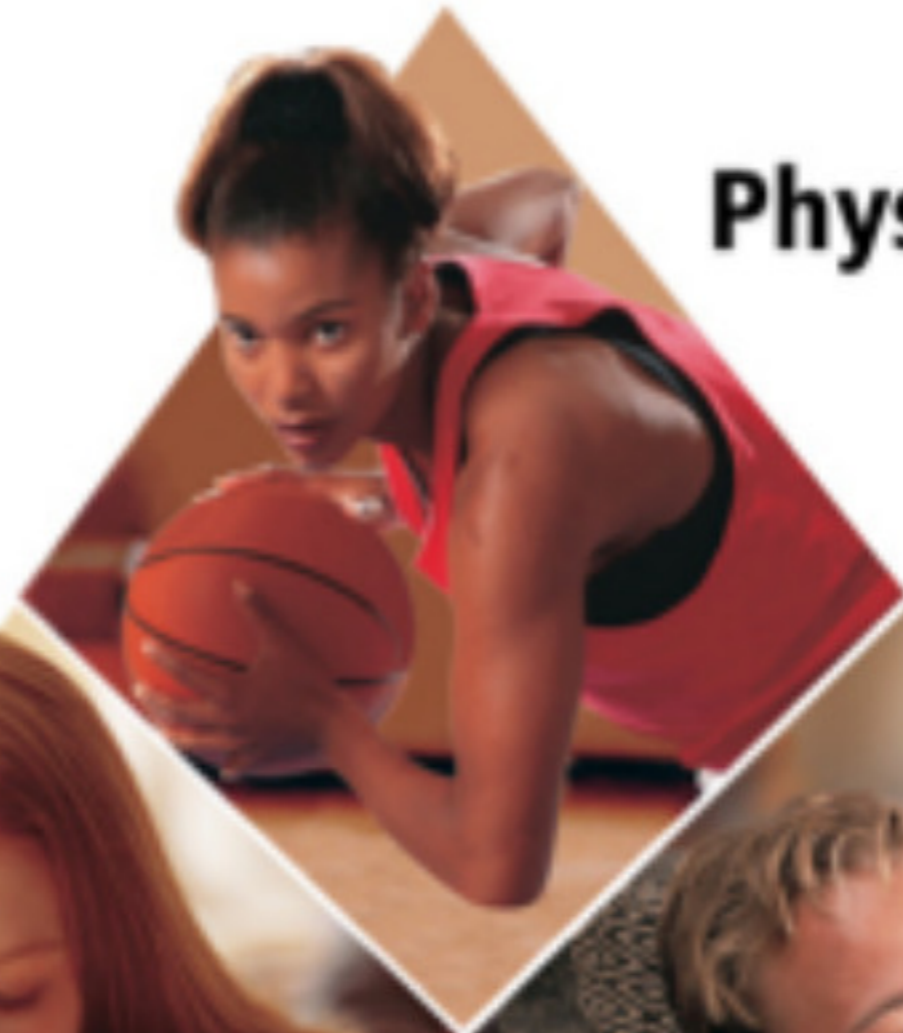
HW: No HW

Agenda

1. Question of the day
2. Mindfulness

The Health Triangle

Physical health



Family-social health



Mental-emotional health

