

Name _____

Healthy Body, Happy Mind: The Importance of Self-Care

Open-Ended Response Answer Key

1. (Student's response should describe a personal experience, the self-care practices used, and the positive outcomes.)
2. (Student's response can be a creative story or comic strip illustrating the superhero using self-care to overcome a challenging scenario.)
3. (Student's response should discuss the connection between physical and mental health, provide examples of self-care practices, and explain their impact on overall well-being.)
4. (Student's response may vary but should identify a self-care practice, explain its importance, and describe how it is incorporated into daily life.)

