

why why why why why why why

# HUMANS ARE IN THIS WORLD TO:



Think



Learn



Love and Care



Help

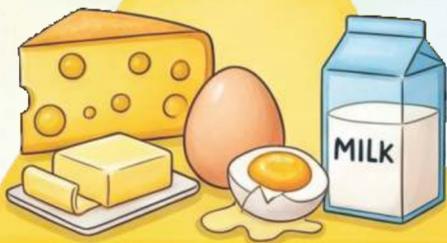
why

# HEALTHY EATING

## What is Healthy Eating?

**Healthy eating** means choosing foods that help our bodies grow strong and stay well.

dairy



meat



fruits and vegetables



grains



# BENEFITS OF HEALTHY EATING



## Grows Strong:

Helps you to grow up strong and healthy.



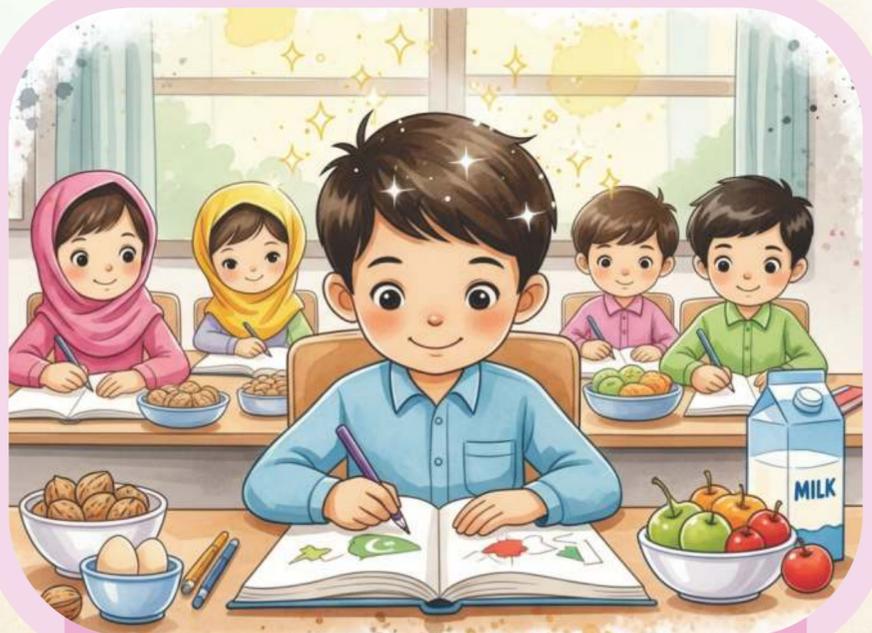
## Gives Energy:

Provides the energy needed for playing and learning.



## Keeps Us Well:

Helps fight off illnesses and keeps the body healthy.



## Makes Us Feel Good:

Helps us feel happy and focused.

# Healthy Eating Oath

- I promise to **take care of my body** by making healthy choices.
- I will **eat** lots of fruits and vegetables, drink water, and enjoy a **balanced meal** every day.
- I will also **listen to my body** and try my best to eat foods that help me feel strong and happy.
- I know that healthy eating helps me grow, play, and learn!





# FRIENDLINESS

## What is Friendliness?

Friendliness means being kind, smiling, and making others feel happy and welcome. It's about being nice to friends and meeting new people with a warm attitude.

## BENEFITS OF FRIENDLINESS



### Make Friends:

Helps you make new friends and keep the ones you already have.

### Feel Happy:

Makes you and others feel good and happy.



### Create Fun:

Makes playing and learning more enjoyable because everyone gets along.

### Get Help:

Friends are more likely to help you when you're friendly.



# Friendliness Oath

- I promise to be a friendly person.
- I will smile and say 'hello' to others, share my toys, help my friends, and always try to be kind.
- Being friendly makes everyone feel happy and welcome, and I want to make my friends and classmates feel great every day!



# YOU WIN, I WIN OR (GROW TOGETHER)



## What is Win - Win?

A "win-win" is when we care about what we want and what others want. It is when everyone gets something good out of a situation. Imagine if you and a friend both want to play with the same toy. A win-win would be if you both decide to play with it together and have fun.



# BENEFITS OF WIN - WIN

## Everyone is Happy:

Both people get to enjoy the outcome.



## Fairness:

It makes sure no one feels left out or unhappy.



## Good Relationships:

Working together makes friendships stronger.



# GOOD LISTENING



## WHAT IS GOOD LISTENING?

Good listening means paying close attention when someone is speaking and trying to understand what they are saying. It can include looking at the speaker, not interrupting, and thinking about what the speaker is saying.



# BENEFITS OF GOOD LISTENING

## Better Understanding:



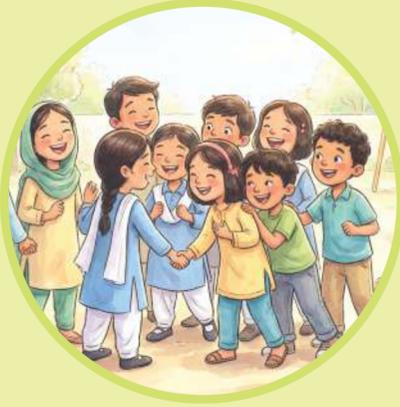
You can understand stories, instructions, and information better.

## Improved Learning:



Helps you learn new things more easily.

## Making Friends:



Shows others that you care about what they say, which helps you make friends.

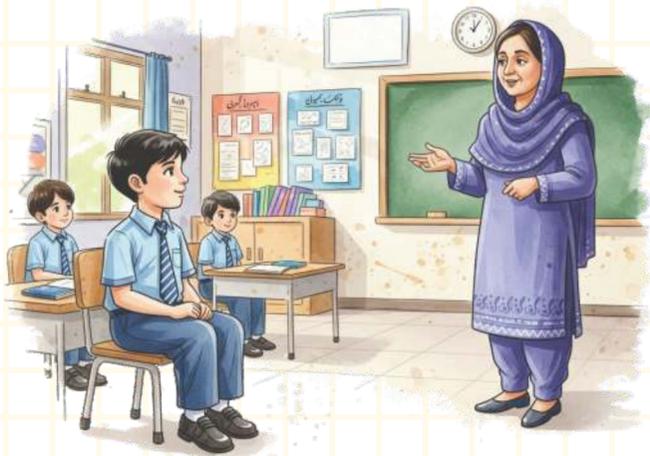
## Following Directions:



Makes it easier to follow instructions and do tasks correctly.

# STEPS OF GOOD LISTENING

## Look at the Speaker



Face the person who is talking.

## Stay Quiet



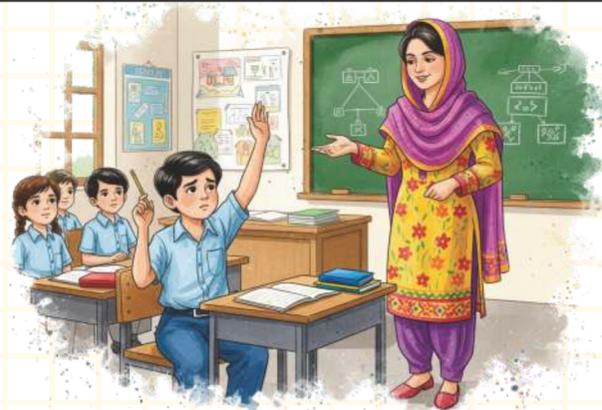
Do not talk when someone else is speaking.

## Keep Your Hands and Feet Still



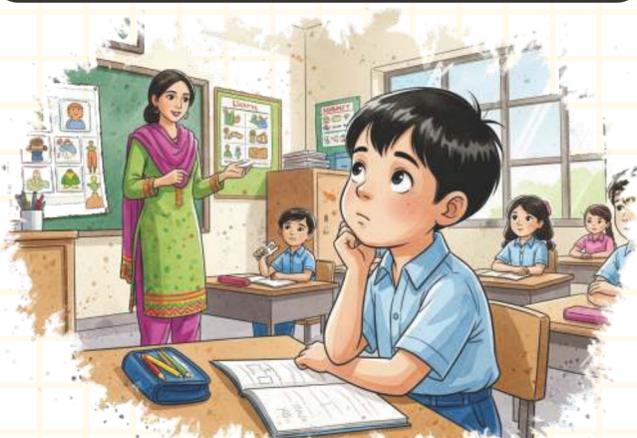
Sit calmly without touching others or moving around.

## Ask Questions if You Don't Understand



It's okay to ask politely if something is not clear.

## Think About What You Hear



Try to understand the message.

## Wait for Your Turn to Speak



Raise your hand and wait patiently.



# THE GOOD LISTENER'S OATH

I promise to be a good listener every day. I will:

Listen carefully to my teacher and friends.

Look at the person who is speaking to me.

Wait for my turn to talk and not interrupt.

Follow instructions to the best of my ability.

Ask questions if I do not understand something.



# SOCIAL DEVELOPMENT



## What is Social development?

- Developing friendships and learning how to make and maintain them.
- Recognizing and interpreting emotions and intentions of others.
- Expressing thoughts and feelings clearly and listening to others.
- Learning to share resources, work in groups, and collaborate on tasks.
- Finding ways to solve disagreements or problems with peers.



## BENEFITS OF SOCIAL DEVELOPMENT?



**Better  
Relationship**



**Increased  
Confidence**



**Emotional  
Stability**



**Improved  
Academic  
Success**