

The Best Me Review

WEBISODE 2 - SCREEN BALANCE

1. **What did Max need to balance?** *Max needed to balance out his screen time with off the screen time so that he could be connected more with himself and others. A little screen time is okay, but too much can get in the way of getting good sleep, making good choices, and spending quality time with friends and family.*
2. **When Max feels overwhelmed, what did he learn how to do?** *Max learned how to take a deep breath. When we are not feeling our best and need to boost our spirits, taking a deep breath can help. That helps us to calm down and think clearly.*
3. **Sometimes we might feel upset or frustrated like Max, but it's better to keep our feelings inside or just have a little screen time. T or F?** *False. When we are not feeling our best, we can take a breath or do an activity that helps our brain to calm down like draw, color, read, or write down our feelings. If something feels too hard to deal with, we should not ignore it to try to make it go away. Instead, we can always talk to a trusted adult.*
4. **Being healthy is about more than eating healthy and exercising? T or F.** *True. Discuss how exercising, eating healthy, drinking more water, and taking care of our emotions are healthy choices.*

Use this short video to help build students' understanding about emotions: [TBM Insider: Emotions](#)

Ask your students to reflect on which Best Me Promise they are working on and have them share how their promise will help them achieve a healthier mind, body, or spirit/inside self.

- Healthy mind - helps you make good choices for yourself
- Healthy body - helps your brain and muscles to be strong
- Healthy spirit/inside self - helps your feelings and emotions not get too big (so you can keep yourself safe)



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WEBISODE 3 - GOOD FOOD

1. **What was happening with Dani's grandma?** *She was not eating very healthy or getting enough exercise. When we don't eat healthy and don't exercise enough, that can make us feel sluggish and make it harder for our bodies to get rid of bad stuff like sneaky sugar.*
2. **When Dani's aunt let her pick out a meal for dinner, what were some healthy choices she made?** *Dani chose grilled chicken and beans, broccoli with carrots, and a salad for dinner. For dessert she chose to eat some sweet fruit and drink a glass of water.*
3. **A tomato is a fruit. T or F.** *True. Other food that are fruits include avocados, cucumbers, and peppers. What do these foods have in common? They all have seeds!*
4. **How much of our plate should have fruits and veggies?** *At least 1 half of our plate should have fruits and veggies. A fun way to think about it: try to make your plate as colorful as possible!*
5. **To start working on your Best Me Promise, you need to make big changes. T or F?** *False. The key is to make one small change. Change works best if you do it in small steps. It is normal for the first step to feel the hardest, but don't give up!*
6. **How will you start working on your Best Me Promise today?** *Ask students to share and congratulate them!*

