

Read aloud each of the situations below and have a discussion with students.

**SITUATION 1**

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You are taking a trip to the beach with your family and your sister does not want to wear sunscreen. What would you say to help her understand why sunscreen is important?

**SITUATION 2**

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You are spending Saturday afternoon with your best friend. What types of fun activities could you do that would include getting exercise?

**SITUATION 3**

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You are going out to dinner with your parents at your favorite restaurant. What would you order that would include eating healthy foods?