

## Health Education Questions For Deeper Understanding

### **Grade 1 (Building on What I Know)**

What makes me healthy?

What do I know/want to know about being healthy?

How am I similar to and different from other people?

### **Grade 2 (Discovering connections Between Self and Others)**

How am I connected to my own health and well-being?

Who is one's "self"?

How can asking for help and advice support us in making healthy connections?

### **Grade 3 (Investigating Health Knowledge and Information)**

How can one nurture the "inner self"?

How do we know if what we see, read, and hear is the truth?

Why is it important to investigate information before making decisions?

### **Grade 4 (Sharing What it Means to Be Health)**

How do we define and value "self"?

How does one honour and respect other points of view, beliefs, and values without abandoning one's own?

How does communication and related technologies influence the health of self, family, and community?

How are relationships with self, others, and the environment influenced by one's identity?

### **Grade 5 (Facing Obstacles to and Embracing Opportunities for Holistic Well-being)**

Can someone have a disease but still be considered healthy?

How is "diversity in thought" necessary for community well-being?

How do my thoughts, feelings, and actions influence my peers?

### **Grade 6 (Affirming Standards)**

How do we define who we are?

How do media shape our view of ourselves and the world?

How and why do we develop personal values and beliefs?

How do our personal beliefs and values influence our behaviour? '

What does it mean to 'grow up'?

In a culture where we are bombarded with 'others' trying to define us, how do we affirm personal standards and make decisions for ourselves?

### **Grade 7 (Committing Self)**

What do you believe about intuition, dreams, and fate?

How can conflict lead to positive change?

How can we work to better understand the various points of view?

How does a person's point of view affect his/her relationships?

How do decisions, commitment, actions, and consequences vary depending on the various perspectives of the people involved?

How does a person's commitment, decisions, and actions change his/her life?

### **Grade 8 (Supporting Others)**

When is it necessary to question the status quo?

How do your personal relationships and experiences shape your view of others?

How are people transformed through their relationships with others?

How does what others think about you affect how you think about yourself?

What are the factors that create an imbalance of power within a culture/society?

When is it important to offer/provide support even if it is not requested nor appreciated?

### **Grade 9 (Promoting Health)**

What builds strong and healthy communities?

How does a community's well-being impact the well-being of an individual and vice versa?

What are the community's responsibility to the health of the individual and the individual's responsibility to the health of the community?

What motivates individuals, families, or communities to become and stay healthy?

How does labeling and stereotyping influence how we look at and understand our communities and the world?

How can negative cycles of intergenerational behaviours be interrupted?