

8th Grade Components of Health Review

<p>1. Name and describe the three components of health.</p>	<p>2. What needs to be considered when making decisions? (H-E-L-P)</p>
<p>3. Explain the rules for setting and achieving goals. (SMART)</p>	<p>4. What would be considered HEALTHY coping skills for overcoming life's challenges?</p>
<p>5. List the benefits of having self-confidence.</p>	<p>6. What can you do to improve your self-confidence? Be specific.</p>