

# teenFEMM

## Entry Ticket Activity

teenFEMM – Grade 7 | Lesson 7

|                                                                                                                                              |                                                                                                                                          |                                                                                                                                                                      |
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| <p><b>teenFEMM</b></p> <p><b>ADMIT ONE</b></p> <p>What is an exercise you've never tried but want to?<br/>What makes you want to try it?</p> | <p><b>teenFEMM</b></p> <p><b>ADMIT ONE</b></p> <p>What is your favorite exercise?<br/>Why do you like it? How does it make you feel?</p> | <p><b>teenFEMM</b></p> <p><b>ADMIT ONE</b></p> <p>Do you ever stay up late on a device? What steps could you take to give your body 8-10 hours of sleep a night?</p> |
| <p><b>teenFEMM</b></p> <p><b>ADMIT ONE</b></p> <p>Are you sleeping well? What could help you sleep better?</p>                               | <p><b>teenFEMM</b></p> <p><b>ADMIT ONE</b></p> <p>What's been stressing you out lately?<br/>What could you do to de-stress?</p>          | <p><b>teenFEMM</b></p> <p><b>ADMIT ONE</b></p> <p>What are two things that you could do to improve your nutrition each day?</p> <p>1.</p> <p>2.</p>                  |