

Date: \_\_\_\_\_

Name: \_\_\_\_\_

## Code for a Healthy Body!

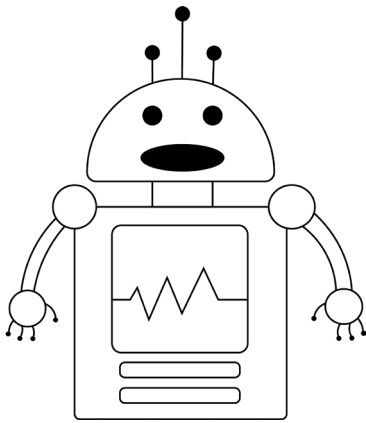
This activity was created by Amelia.

In the box below, there is a code for a healthy body, but it is incomplete! Use the list of conditions here that, if done, make for a healthier body and fill in the blanks in the box to complete the code!

eat well  
move your body  
get out in nature

practice gratitude  
take deep breaths  
sleep

take breaks



Hi! Esiw the Robot here! The lines below are formatted like **conditional statements**: these are lines of code that need the “if” (condition) to happen for the “then” action to happen! For example, for Line 1: what condition needs to happen first for your body to feel good?

Line 1: *if you* ( \_\_\_\_\_ ), *then body feelsGood;*

Line 2: *if you* ( \_\_\_\_\_  $\geq$  8 hours), *then body notTired;*

Line 3: *if you* ( \_\_\_\_\_ ), *then brain and body  
functionBetter;*

Line 4: *if you* ( \_\_\_\_\_ ), *then mind and body  
feelRefreshed;*

Line 5: *if you* ( \_\_\_\_\_ ), *then body isEnergized;*

Line 6: *if you* ( \_\_\_\_\_ ), *then body relaxes;*

Line 7: *if you* ( \_\_\_\_\_ ), *then life isGood;*