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MEGANBEST



live Well

ATTAINMENT'S

It's my life live Well

MEGANBEST



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1

It is important to get enough sleep each night.



Recharge
to regain energy

Caffeine
*a compound found
in tea, coffee, and
soda that can keep
you alert and awake*

Sleep is a necessary part of every person's overall health and well-being. Sleep is important because it repairs the body and gets it ready for another day. Getting enough rest may also help prevent excess weight gain, heart disease, and illness. Sleep allows your body and mind to **recharge**, leaving you refreshed and alert when you wake up. Most adults need seven to nine hours of nightly sleep. Children and teenagers need more sleep. Stress, work schedules, or medical conditions can prevent people from getting enough sleep.

If you have trouble sleeping, work to establish a realistic bedtime and stick to it every night. Make sure that your sleep environment is comfortable and that the temperature in your bedroom is just right. Consider avoiding looking at screens before bed. The blue light that comes from screens can keep you awake. It is also a good idea to avoid large meals and **caffeine** or alcohol right before bed. If you still cannot sleep, try exercising during the day. Exercise can help your body prepare to rest.



▼▲ My Sleep Log

Directions: Track your sleep schedule for a week. Take notes of how you feel when you wake up each morning.

Day	Bedtime	Wake up	Hours of Sleep	How did I feel when I woke up?
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

A good bedtime for me would be _____ P.M.



activity

▽▲ Sleep Habits: True or False?

Directions: Mark each statement as true or false.

	True	False
1. Children need less sleep than adults.	<input type="checkbox"/>	<input type="checkbox"/>
2. Drinking caffeine before bed won't keep you awake.	<input type="checkbox"/>	<input type="checkbox"/>
3. Adults need 7 to 9 hours of sleep each night to be fully rested.	<input type="checkbox"/>	<input type="checkbox"/>
4. Getting enough sleep helps prevent excess weight gain.	<input type="checkbox"/>	<input type="checkbox"/>
5. Getting too much sleep is bad for you.	<input type="checkbox"/>	<input type="checkbox"/>
6. Blue light from screens can keep you up at night.	<input type="checkbox"/>	<input type="checkbox"/>
7. Being fully rested is part of being healthy.	<input type="checkbox"/>	<input type="checkbox"/>
8. Exercise during the day can help you sleep.	<input type="checkbox"/>	<input type="checkbox"/>



▽▲ Good Idea or Bad Idea?

Directions: Below are statements about sleep. Read each statement. Circle the happy face if you think the activity is a good idea, or the sad face if you think it is a bad idea.

1. You love playing video games and staying up until 2:00 A.M.



2. You have to be at work early the next morning, so you go to bed at 9:30 P.M.



3. You aren't feeling tired, so you decide to stay up late watching movies.



4. You exercise during the day so you will be able to sleep well that night.



5. You play with your phone and watch movies right before bed.



6. You drink coffee and soda with caffeine right before bed.



7. You get 8 hours of sleep every night.



8. You get 5 hours of sleep every night.



9. You make sure your sleep environment is comfortable.



10. You go to bed at the same time every night.





Waking up on time is part of being independent and responsible.



Alarm clock

a device that can make sound to wake someone up at the time it is set

Snooze

to have a short, light sleep

Waking up on time is important. Waking up late can disrupt your entire day and make you late for school, work, or appointments. Part of being independent is getting yourself up on time. The first step is setting your **alarm clock**. Before you go to bed each night, check to make sure your alarm is set. Be sure that the alarm is set for A.M., not P.M. Many people use their phones as their alarm clock.







Put the alarm clock on a dresser or somewhere you cannot easily shut it off. You are less likely to hit the **snooze** button and fall back asleep if you must get out of bed to turn it off. The snooze button lets you sleep for a few more minutes before the alarm goes off again. When setting your alarm, choose a sound that makes you want to wake up. Some people like to wake up to their favorite song. Just make sure it is a sound that is loud enough to wake you up.

Give yourself enough time to get ready in the morning. Time yourself so you know how much time you need before you leave the house. Be sure to leave time to brush your teeth, get dressed, comb your hair, and eat breakfast.



▽▲ How Long Does It Take Me to Get Ready?

Directions: Time yourself to see how long it takes you to complete each morning activity. Add up the time to see how much time you need in the morning to get ready.

Activity	⌚ Time it Takes
 Shower	
 Brush teeth	
 Comb hair	
 Get dressed	
 Eat breakfast	
 Pack lunch	

How much time do I need to get ready? _____



activity

▽▲ Good Idea or Bad Idea?

Directions: Below are statements about waking up on time. Read each statement. Circle the happy face if you think the activity is a good idea, or the sad face if you think it is a bad idea.

1. You hit the snooze button three times before getting out of bed in the morning.



2. You get up right away when your alarm goes off.



3. You set your alarm for 10 minutes before the time you need to leave the house.



4. You set your alarm for P.M. instead of A.M.



5. You set your alarm so you have extra time in the morning.



6. You choose a song you like to wake up to for your alarm.



7. You hit the snooze button one time when your alarm goes off.



8. You wake up late, so you don't brush your teeth in the morning.



9. You set your alarm for 3 hours before you need to leave the house.



10. You set your alarm clock in a place where you have to get out of bed to turn it off.



**▼▲ Problem Solving**

Directions: Read the following scenarios and write how you would respond.

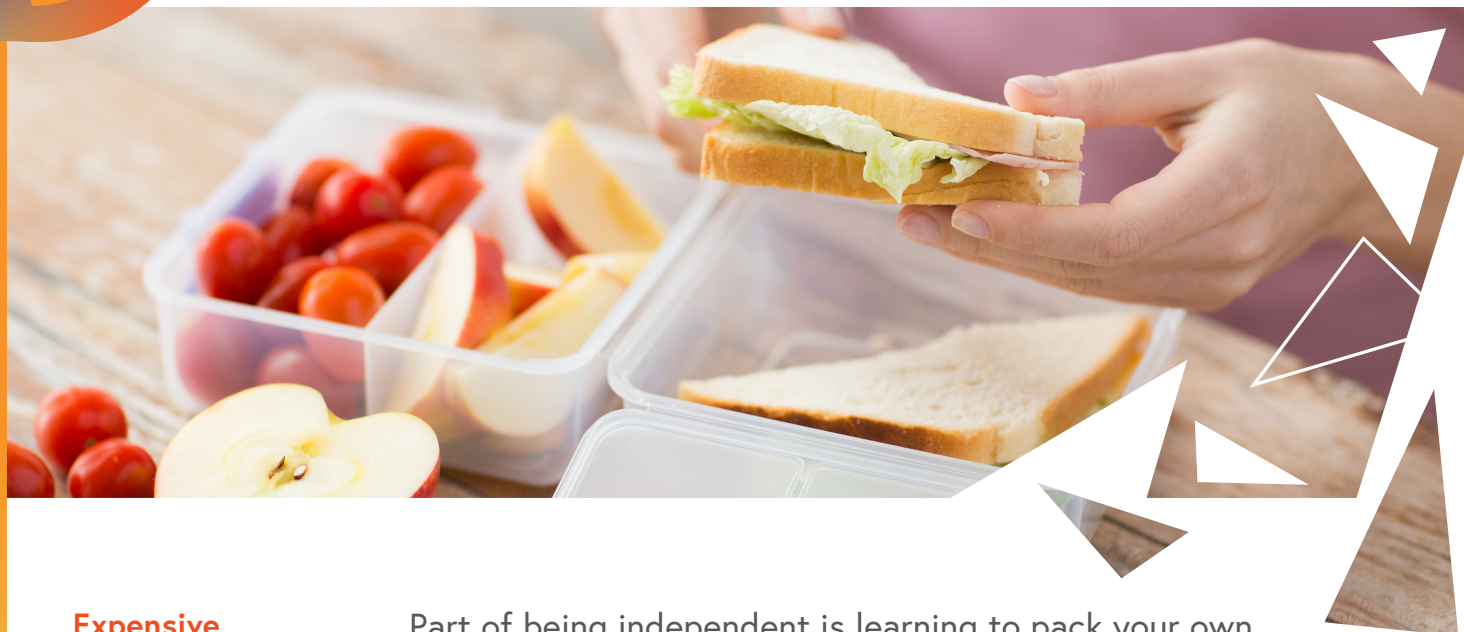
1. You forgot to set your alarm. What should you do?

2. You hit the snooze button too many times and now you are late. What should you do?

3. You do not know how long it will take you to get ready. What should you do?



Healthy eating includes packing a nutritious lunch.



Expensive

something that costs a lot of money

Insulated

covered in material that keeps in heat or cold

Part of being independent is learning to pack your own lunch. There are many reasons to pack your own lunch.

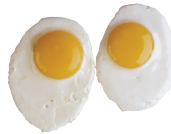
The food you pack will most likely be more nutritious and less **expensive** than food at a restaurant. Bringing your own lunch allows you to spend the extra time on your lunch break relaxing or going for a walk. In most cases, food from home will be more delicious than a meal you might pick up at a takeout restaurant.

There are also many reasons people do not like packing their lunch. It is a chore that takes time. If you want to pack good lunches, you might need to get some supplies. Food storage containers or bags are needed to store the food you want to bring to school or work. If your office or school does not have a refrigerator, you may want to get some ice packs or an **insulated** lunch bag. You can also pack lunches that do not need to be kept cold. Be sure to pack things that are easy to open and do not need to be cooked from scratch.



▽▲ Packing a Lunch

Directions: Circle all the items that would be good to pack in your lunch for work or school. Pick items that are easy to open and easy to eat.





activity

▽▲ Healthy vs. Unhealthy Choices for Lunch

Directions: Circle the food item in each row that is the healthiest choice to pack in your lunch.



Chips



Grapes



Sandwich



Pizza



Orange



Donut



Salad



Mac 'n cheese



Turkey wrap



Cookies



Leftover pasta



Candy bar



▽▲ Does This Lunch Look Complete?

Directions: Decide if each person packed enough food in their lunch. If they didn't, write what you would add.



☐ This lunch looks great!

☐ This lunch needs _____.



☐ This lunch looks great!

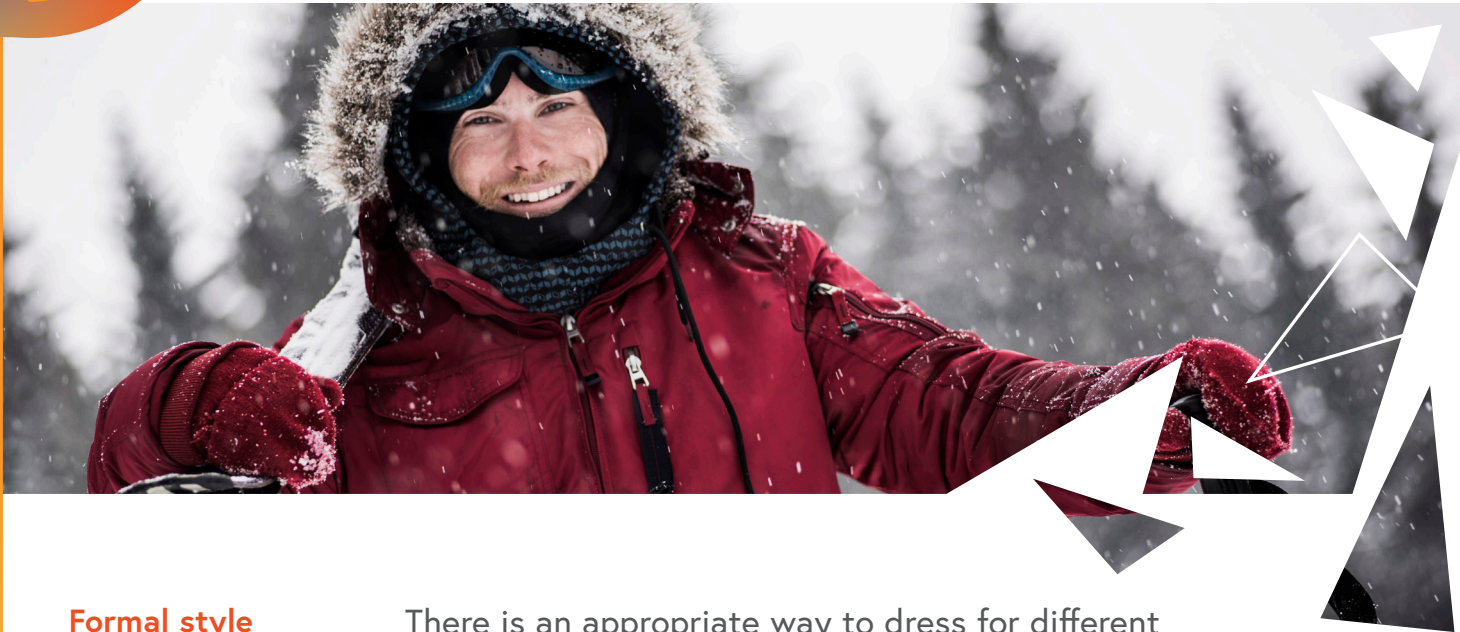
☐ This lunch needs _____.



☐ This lunch looks great!

☐ This lunch needs _____.

Choosing appropriate clothing will help you fit in.



Formal style
clothing or shoes
appropriate for
fancy activities

Casual style
clothing or shoes
appropriate for
every day

There is an appropriate way to dress for different activities and events. Dressing the right way for an activity is called style. People dress in a **formal style** to go to a wedding, and in a more **casual style** for things like a sports event. Formal clothing includes dress shoes, nice pants, and collared shirts or fancy dresses. Casual clothing can be things like jeans and t-shirts with sandals or sneakers. How you dress is always your choice, but you will be more comfortable if your clothing is appropriate for the activity.

The way you dress also depends on the weather. The weather changes based on the season. In cold climates, you should wear many layers and a warm jacket and hat. In warm temperatures, it is best to wear light colors and loose-fitting clothing. The weather can sometimes change, so it is a good idea to bring a jacket with you if you think it might get colder later. Be sure to check the weather before you leave home.



▽▲ Choosing Clothes for Cold Weather

Directions: Circle all the types of clothing you would wear on a cold day.



Cap



Shorts



Jacket



Socks



Jeans



T-shirt



Boots



Sandals



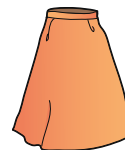
Mittens



Shirt



Dress



Skirt



▽▲ Choosing Clothes for Warm Weather

Directions: Circle all the types of clothing you would wear on a warm day.



Cap



Shorts



Jacket



Sandals



Jeans



T-shirt



Dress shoes



Flannel shirt



Tank top



Sweatshirt



Sneakers



Dress



▽▲ Choosing Clothes for Office Work

Directions: Circle all the types of clothing you would wear to an office job.



Cap



Sweatpants



Dress shirt



Sandals



Jeans



T-shirt



Dress shoes



Skirt



Shorts



Sweatshirt



Sneakers



Dress



5

You should check yourself over before you leave the house.



Embarrassing

something that causes someone to feel self-conscious or ashamed

Once you leave home for the day, it is hard to go back to get something you forgot or need. Before you leave the house each day, check yourself over and make sure you have everything that you need.

Mismatch

clothing that does not go well together or clashes

It is important to take your wallet and identification (ID) card with you everywhere you go. You may also need personal items, like glasses, a watch, water bottle, cell phone, and keys. You can use a backpack, purse, or bag to carry all the things you need.

It is also important to make sure you look good before you leave home. It would be **embarrassing** to leave the house with a **mismatched** outfit or messy hair. Use a mirror to check yourself over. Make sure that your face is clean, your hair is combed, and your outfit matches and looks good.



▽▲ Do I Have Everything I Need?

Directions: Circle all the things you need to bring with you when you leave the house.



Water bottle



Watch



Phone



Comb



Identification



Keys



Wallet



Money



Glasses



Notebook



Nail polish



Stapler



activity

▽▲ Do I Look Okay?

Directions: Look at each picture and decide if the person is ready to leave the house or not. Check the appropriate box and write what the person needs to change if they are not ready.



- ☐ Ready to leave.
☐ Not ready to leave.
She needs to _____.



- ☐ Ready to leave.
☐ Not ready to leave.
He needs to _____.



- ☐ Ready to leave.
☐ Not ready to leave.
She needs to _____.

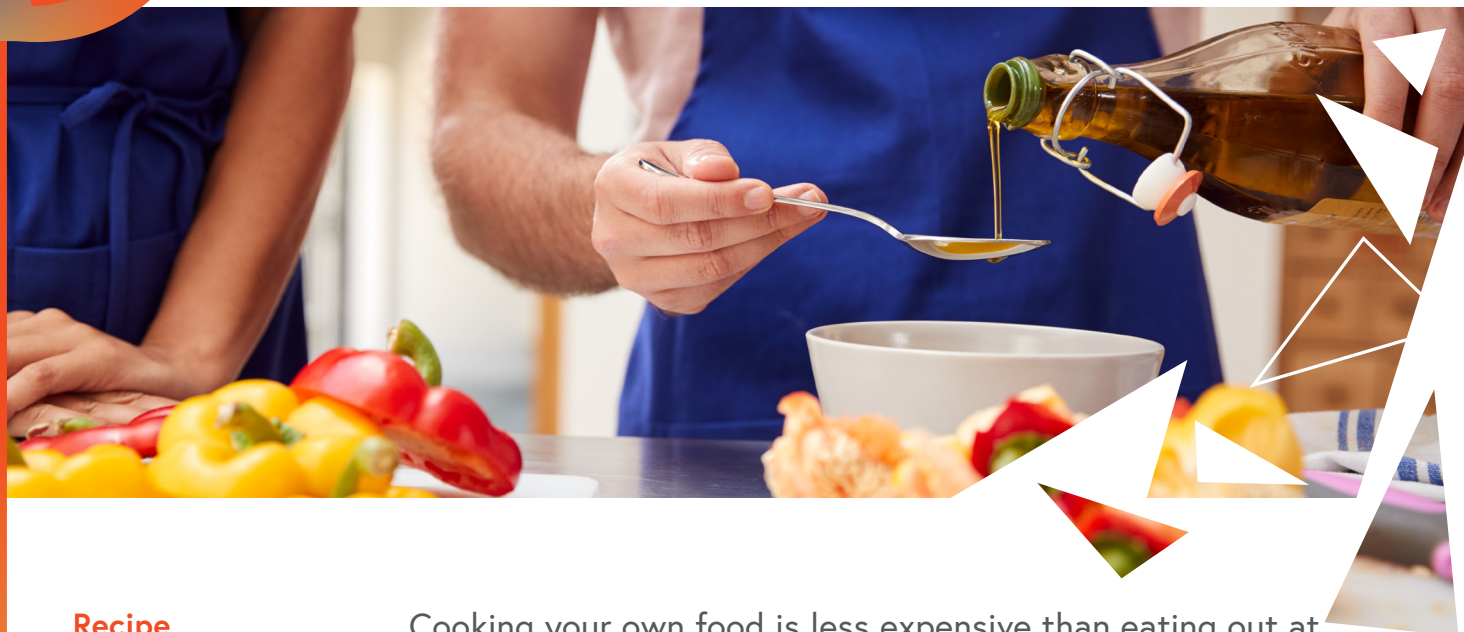
**▽▲ Problem Solving**

Directions: Read the following scenarios and write how you would respond.

1. You left home, but you forgot something.
What should you do?

2. You left home, but are not dressed for the weather.
What should you do?

3. You check yourself over in the mirror before you leave
and notice that your hair is messy and sticking up.
What should you do?

**Recipe**

*a set of instructions
for preparing a dish*

.....

Appliance

*equipment that
performs a
specific task*

.....

Cooking your own food is less expensive than eating out at restaurants. When you cook for yourself, you get to make the food you like, just the way you like it. But cooking for yourself takes practice. It may take time to learn to cook, and even when you do know how, sometimes the meals do not always turn out the way you want.

Preparing meals requires looking up a **recipe** and going grocery shopping to buy all the ingredients. You want to start with simple recipes. Some good ideas might be scrambled eggs, oatmeal, grilled cheese, or mac 'n cheese. It may take patience to make sure you follow the steps correctly. Recipes usually have two sections – a list of ingredients and a list of steps that teaches the reader how to make the dish.

It is important to make sure you have all the kitchen tools and **appliances** you need to make the dish. Check your kitchen for supplies and spend some time organizing everything, so necessary items are easy to find.



▽▲ What Cooking Appliances Do I Have?

Directions: Circle all the cooking appliances you have access to in your home.



Oven



Microwave



Waffle maker



Toaster



Coffee maker



Electric grill



Crockpot



Mixer



Toaster oven



Electric burner



Blender



Gas grill



▼▲ What Kitchen Utensils Do I Have?

Directions: Circle all the kitchen utensils you have in your kitchen.



Can opener



Colander



Cutting board



Frying pan



Tongs



Spatula



Teaspoon



Mixing bowl



Oven mitts



Potato masher



Measuring cup



Baking sheet



Baking pan



Sharp knife



Wooden spoon



Saucepan



▼▲ Planning a Meal?

Directions: Choose a meal that you want to eat. Then, research the ingredients and appliances you need to make the meal. Write down all the things you need here.

I want to make _____.

The ingredients I need are:

_____	_____
_____	_____
_____	_____
_____	_____

The appliances and tools I need are:

(check the ones you need)


☐

☐

☐

☐

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