

# Grade 4 Family Life

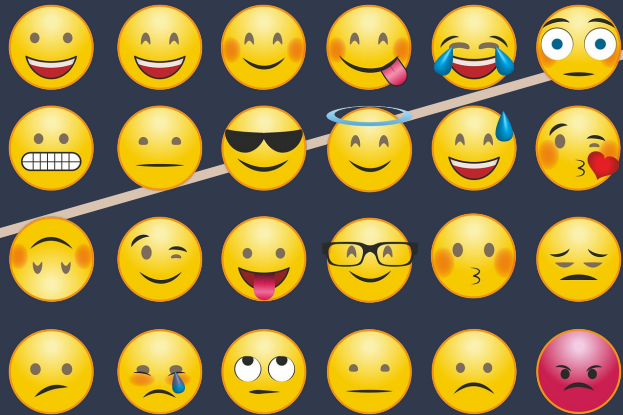
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# Why Rules?

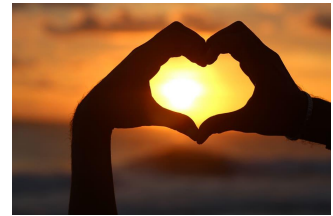
- Rules keep us safe.
- Rules keep order.
- Rules protect others and ourselves.
- Rules prevent accidents.
- God's gift of free will and following his rules.



# Different Feelings and Ways to Show those Feelings.



- As we grow and get older our feelings may change overtime.
- There are many different reasons that people feel a certain way about different things.
- People have certain triggers, what may be a trigger for one may not be for someone else.
- Even people can have an affect on someone differently than someone else.
- Feelings are neither right or wrong good or bad.



# Growing and Maturing



-There are different stages of human life.

\*Conception, pregnancy, and birth are the 1st stages of life.

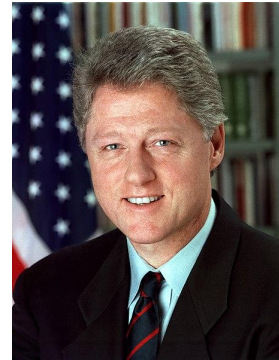
\*Infancy, childhood, and preteen years are next.

\*From 13-19 are your teenage years

\*Twenties and thirties is your young adult stage.

\*Forties and fifties are middle-aged adults.

\*The final stage is death.



# Being Healthy

- Must eat a balanced diet. Make sure to eat from all the main food groups.
- Stay active
- Get enough rest
- As you grow and mature you want to make sure you continue developing healthy habits.

