



FORM2 - UNIT 1: WHO WE ARE

Central idea: *The choices people make impact their health and well-being*

Key concepts: *Form, Causation, Reflection*

Related concepts: *Choice, Influence, Balance*

Learner Profile: *Balanced, Caring, Reflective*

Attitudes: *Appreciation, Commitment, Respect*

Lines of inquiry:

- *Healthy habits that contribute to balanced life style;*
- *Personal well-being in the school environment;*
- *The choices we make affect our lives.*